

V-FLEX

Implicit Hitting System 2018

Welcome to Implicit Training...

This is your extended guide on how to use this system. It sets the guidelines for use and reinforcement so that hitters can reach their maximum their strike recognition potential.

The primary focus of implicit training is to condition hitters to swing at strikes and take balls. Each phase of V-Flex is specifically designed to increase a hitter's strike swinging probability by improving their strike recognition skills through intrinsic visual cues that affect timing. Our implicit training system assists the brain in teaching itself through sub-visual and visual cues that are completely nonverbal. Hitters become more disciplined at the plate and are less likely to chase balls when the training is intrinsically or implicitly applied. For additional information about implicit training go to our website at VflexSports.com

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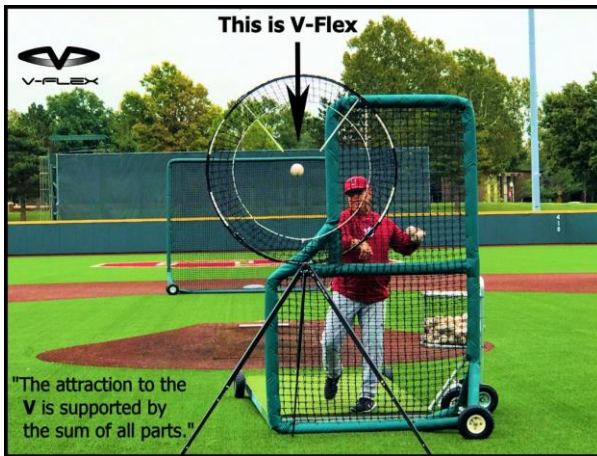
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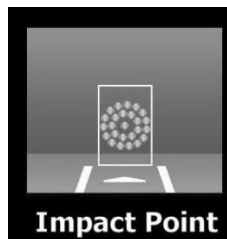
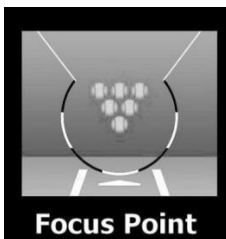
Baseball

The training format illustrated in this guide is designed to be used with all V-Flex training devices. Follow this manual regardless of which piece you have purchased. The only difference in the larger models and the smaller model is in the amount of focus they generate in the brain. The VXB-5 incorporates greater areas of peripheral stimulation while the VXB-4 stimulates a greater area of primary vision. Combine pieces together for maximum results.

Teach Before Training



- *Demonstrate the area of focus using the visual aid (V-Card) provided. This shows the hitter where the hittable strikes will be coming from.
- *Communicate the differences between strike recognition and pitch recognition.
- *Explain how the pitches that fit inside the V area represent strikes when they reach the impact zone at home plate.



V-Flex Locations

Initially place V-Flex at 15' from the front of home plate. Vary locations weekly between 15' – 25 'in batting cages as training intensifies. Optimal training distances: No less than 12 ft. and no greater than 45 ft.



VXB-4 Setup

Basic Training

- Minimize verbal feedback & instruction (no talking)
- Success = swing at strike
- Throw no more than 3 strikes in a row
- Max 10 swings per set
- Mix pitch type & velocity
- 3 - 5 days per week is recommended for training.
- Use with pitching machine occasionally is ok
- Track progress with practice & game app from SwingD.com

Advanced Training



VXB-Combo

Combining the VXB-4 & 5 is an advanced form of strike recognition training that maximizes strike swinging efficiency. Do front toss training in the cage with the VXB-5 and use the VXB-4 on the field. It is through the use of both that you receive the greatest benefit.

Reinforcement Setup:

Remove white prompting V-rods.... Set training device approximately 30- 35 feet from front home plate. The pitcher should be able to throw through the device at normal batting practice speeds with ease. Typically the device is around 8’ from the pitcher and 5’ in front of the L-screen. To increase the levels of difficulty for the hitter simply move the device closer to the hitter while leaving the pitcher in the same location. Reinforcement should be done on field in natural light when possible.




In Season Training:

V-flexing is an **in season** necessity. Strike recognition training is an ongoing process due to the unique nature of the strike zone. If you go 7-10 days without V-flexing you will begin to see your strike swinging probability fall. So continue using the system until season is over.

Conversion Chart Index

This chart shows basic pitch speed & distance for training. They are designed to help coaches precisely estimate pitch speed and distance for game day training.

 V-FLEX																																						
Pitch Speed / Reaction Time Conversion Chart																																						
Baseball	Ball Travel Distance (in feet)																																					
Speed (MPH)	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
25	117	108	100	93	88	82	78	74	70	67	64	61	58	56	54	52	50	48	47	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
26	128	112	104	97	91	86	81	77	73	69	63	66	61	58	56	54	52	50	49	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
27	126	116	108	101	95	89	84	80	76	72	69	66	63	60	58	56	54	52	50	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
28	131	121	112	105	98	92	87	83	78	75	71	68	65	63	60	58	56	54	52	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
29	135	125	116	108	102	96	90	85	81	77	74	71	68	65	62	60	58	56	54	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
30	140	129	120	112	105	99	93	88	84	80	76	73	70	67	65	62	60	58	56	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
31	145	134	124	116	109	102	96	91	87	83	79	75	72	69	67	64	62	60	58	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
32	149	138	128	119	112	105	100	94	90	85	81	78	75	72	69	66	64	62	60	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
33	154	142	132	123	116	109	103	97	92	88	84	80	77	74	71	68	66	64	62	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
34	159	146	136	127	119	112	106	100	95	91	87	83	79	76	73	71	68	66	63	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
35	163	151	140	131	123	115	109	103	98	93	89	85	82	78	75	73	70	68	65	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
36	168	155	144	134	126	119	112	106	101	96	92	88	84	81	78	75	72	70	67	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
37	173	159	148	138	130	122	115	109	104	99	94	90	86	83	80	77	74	71	69	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
38	177	164	152	142	133	125	118	112	106	101	97	93	89	85	82	79	76	73	71	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
39	182	168	156	146	137	128	121	115	109	104	99	95	91	87	84	81	78	75	73	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
40	187	172	160	149	140	132	124	118	112	107	102	97	93	90	86	83	80	77	75	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30

High Speed Pitch Training Zones