

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 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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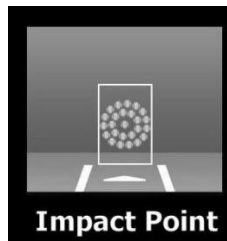
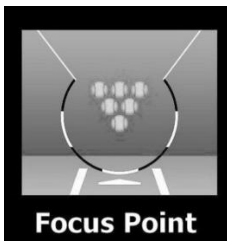
Softball

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 VX-5 & VX-7 incorporate greater areas of peripheral stimulation while the VX-3 stimulates a greater area of primary vision. Combine all three 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 12' from the front of home plate. Vary locations weekly as training intensifies. With the cables and inner ring attached to the frame I recommend training at a distance no greater than 20 ft. With the cables removed it is possible to train at any distance.



Front Toss 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 (Max 10 swings per set)
- 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



Two Piece Tunnel



Three Piece Tunnel

Combining pieces is an advanced form of training that maximizes potential. Also, tossing 2 balls at once insures singularity. The brain can only swing at one ball at a time. Tell hitters to hit the one they see well.

Reinforcement Setup:

Remove cables and inner ring. 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. 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 efficiency fall. So continue using the system until season is over.

Conversion Chart Index

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

|  Pitch Speed / Reaction Time Conversion Chart | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|--|--------------------------------|-----|-----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Softball | 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 | 75 | 69 | 64 | 60 | 56 | 53 | 50 | 47 | 45 | 43 | 41 | 39 | 38 | 36 | 35 | 33 | 32 | 31 | 30 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 26 | 78 | 72 | 67 | 62 | 59 | 55 | 52 | 49 | 47 | 45 | 43 | 41 | 39 | 38 | 36 | 35 | 33 | 32 | 31 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 27 | 81 | 75 | 69 | 65 | 61 | 57 | 54 | 51 | 49 | 46 | 44 | 42 | 41 | 39 | 37 | 36 | 35 | 34 | 32 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 28 | 84 | 78 | 72 | 67 | 63 | 59 | 56 | 53 | 50 | 48 | 46 | 44 | 42 | 40 | 39 | 37 | 36 | 35 | 34 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 29 | 87 | 80 | 75 | 70 | 65 | 61 | 58 | 55 | 52 | 50 | 47 | 45 | 44 | 42 | 40 | 39 | 37 | 36 | 35 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 30 | 90 | 83 | 77 | 72 | 68 | 64 | 60 | 57 | 54 | 51 | 49 | 47 | 45 | 43 | 42 | 40 | 39 | 37 | 36 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 93 | 86 | 80 | 74 | 70 | 66 | 62 | 59 | 56 | 53 | 51 | 49 | 47 | 45 | 43 | 41 | 40 | 38 | 37 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 32 | 96 | 89 | 82 | 77 | 72 | 68 | 64 | 61 | 58 | 55 | 52 | 50 | 48 | 46 | 44 | 43 | 41 | 40 | 38 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 33 | 99 | 91 | 85 | 79 | 74 | 70 | 66 | 63 | 59 | 57 | 54 | 52 | 50 | 48 | 46 | 44 | 42 | 41 | 40 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 34 | 102 | 94 | 87 | 82 | 77 | 72 | 68 | 64 | 61 | 58 | 56 | 53 | 51 | 49 | 47 | 45 | 44 | 42 | 41 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 35 | 105 | 97 | 90 | 84 | 79 | 74 | 70 | 66 | 63 | 60 | 57 | 55 | 53 | 50 | 48 | 47 | 45 | 43 | 42 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 36 | 108 | 100 | 93 | 86 | 81 | 76 | 72 | 68 | 65 | 62 | 59 | 56 | 54 | 52 | 50 | 48 | 46 | 45 | 43 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 37 | 111 | 102 | 95 | 89 | 83 | 78 | 74 | 70 | 67 | 63 | 61 | 58 | 56 | 53 | 51 | 49 | 48 | 46 | 44 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 38 | 114 | 105 | 98 | 91 | 86 | 80 | 76 | 72 | 68 | 65 | 62 | 59 | 57 | 55 | 53 | 51 | 49 | 47 | 46 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 39 | 117 | 108 | 100 | 94 | 88 | 83 | 78 | 74 | 70 | 67 | 64 | 61 | 59 | 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 |
| 40 | 120 | 111 | 103 | 96 | 90 | 85 | 80 | 76 | 72 | 69 | 65 | 63 | 60 | 58 | 55 | 53 | 51 | 50 | 48 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |

High Speed Pitch Training Zones