



Bridging the Gap between Science and Instruction

(Pitching)

Introduction to Implicit Training

1. **Explicit & Implicit (coach centered vs player centered)**
2. **Mind & Brain (mental vs neurological)**
3. **Visualization & Materialization (imaginary vs real)**
4. **Skill Acquisition & Performance Enhancement (learning vs excelling)**

Creating Intelligent Spaces

1. **How do intelligent spaces give rise to pitch command?**
2. **How is depth perception transformed into absolute depth?**
3. **Why are vivid neurological spaces essential for performance enhancement?**
4. **What is an *emergent* target and how does it differ from *solid* form targets?**
5. **How do multiple V-Flex devices accelerate performance?**

Internal Rewards Protocols

1. **Why does the brain prefer randomness over repetition?**
2. **How neurotransmitters alter behavior.**
3. **Why is efficiency rewarded by the brain?**
4. **What is the difference between “wanting” and “having” a reward?**
5. **Creating shortcuts to the brains internal reward center.**

Review the Main Objectives of Implicit Training

- ❖ **The objective is to prompt the pitchers brain to adapt to the new emergent spaces within its receptive field with a minimal amount of explicit instruction.**
- ❖ **Create intelligent spaces that give rise to more pitch control and command.**
- ❖ **Design internal reward systems that adhere to the principles of neuroscience.**
- ❖ **Mearse results so accurate modifications can be made.**