

Velocity Simulated Batting Practice Works Wonders

BURLINGTON, VT – Trying to find ways to make practice more game-like is one of the biggest challenges baseball coaches are faced with.

Peak Performance Coach Brian Cain, has found numerous ways to help coaches and players increase the quality of their practice and game preparation by making the practice environment more game like. In this article he will share a few simple and easy to use methods.

One technique that is under utilized by coaches is velocity simulation batting practice. In this form of practice, the batting practice pitcher is a specific distance from the hitter to mimic the timing they will have on game day.

Having consulted with Jeffery H Davis, a mathematics instructor and basketball coach at Mt. Mansfield Union High School in Jericho, VT, a simple formula that can be implemented to give hitters a more game like and realistic batting practice experience.

“Coach Davis helped up us to find the right mathematical equation so that we can simulate the pitching speed that we will face in the game during batting practice.” Cain said.

“We have used this formula and have had great success with our hitters in being more prepared to face a starting pitcher. Our guys have been more on time and have had more quality at bats early in the game because they have felt more prepared.”

Velocity Simulation Equation

A over B equals C over D. By

game batting practice from.

A C

-- X --

B D

A = Mound Distance From Home Plate – 60 feet, 6 inches

B = Radar Gun mph of starting pitcher you will face

C = Feet from hitter batting practice pitcher should be to simulate starting pitcher FB

D = Batting practice pitcher mph of batting practice pitcher

For example, if you were going to face a pitcher who was throwing 98 mph and your batting practice pitching speed was 45 mph, you would multiply, 60.5 (A) (we use .5 as in sixty and one half feet) and 45 (D) and then divide your answer by 98 (B) to get the number of feet you would need to throw batting practice from (C) of 27.8 feet.

If you were facing a 92 mph

pitcher and your batting practice pitcher throws 51 mph, you would multiply $60.5 \times 51 = 3085.5/92 = 33.54$ feet that your BP pitcher (behind L-screen) should be from home plate to come close to recreating the timing of the 92 mph fastball.

Stations & Machines

Setting up your pre-game batting practice to mimic and simulate the pitcher who you will be facing in your next game is a simple way to help you prepare.

If you are facing a curveball pitcher, set up a pitching machine to throw “Uncle Charlie” so that your players can get use the seeing the break of the ball.

Setting up stations in your batting practice routine is also a great way to get more game like swings into your preparation.

I see a lot of high school programs

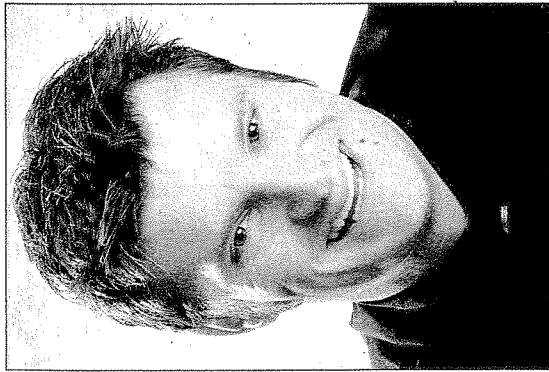
where one player jumps in the cage, takes 10 swings and then heads to first base.

When they run to third, they grab their glove and go play defense.

A more game-like routine is to divide your team up in to groups and use stations. Having a machine station where you can bunt a good fastball or breaking pitch will also help hitters adjust to game like situations.

Utilizing base running stations in a batting practice routine where they can read the down angle of the ball off the bat from 3rd base or can read the ball down in the dirt from the pitcher from first base are good ways to get the players base running mentality in check.

For more information on structuring game-like practice or for more on *The Mental Game of Baseball* visit www.brian Cain.com



BRIAN CAIN

cross multiplying A and D and then dividing by B you are able to come up with C which is the number of feet you want to be throwing pre-