



Front Toss Strike Zone Trainer 5' Model

Front Toss Strike Zone Trainer 5' Model for On the Field Training!

Unlock your strike zone potential with real-time strike recognition training! Baseball and softball hitters who use this trainer can expect harder bat-to-ball contact on strikes and fewer swings at balls, not only in practice but also on game day. Charting hundreds of games where players were trained using V-Flex showed a 12-15% increase in swings at strikes and a significant reduction of swings on chase pitches outside the strike zone.

To begin training:

Place the device approximately 12-15 feet from home plate.

Use the visual aid, **V-Card**, to show the hitter where to focus during the session by placing it in the ring where the “implied V shape” is indicated by the white cables. This shows the hitter where the hittable strikes will appear. Six softballs and 7 baseballs fit inside this “V”. These pitches will correlate to 25 core strikes at home plate for softball and 33 core strikes at home plate for baseball.



During training:

The primary objective is to clearly identify the strike that passes through the “V” and put a great swing on it. A swing at a “ball” represents a misidentified strike.

Strikes should be **firmly tossed** through the V focus area.

Strikes are easily identified and can be tracked by the hitter for a longer distance resulting in a swing. A good indication that the pitcher is throwing firmly enough is seen by the direction of the hit. We expect strikes to be hit up the middle or to the opposite field. Front

toss should be done at a challenging speed to always create an instinctive swing at a strike during training. **See our pitch speed/reaction time conversion chart for recommendations.**

Baseball

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
25	117	108	100	93	88	82	78	74	70	67	64	61	58	56	54	52	50	48	47
26	128	112	104	97	91	86	81	77	73	69	63	66	61	58	56	54	52	50	49
27	126	116	108	101	95	89	84	80	76	72	69	66	63	60	58	56	54	52	50
28	131	121	112	105	98	92	87	83	78	75	71	68	65	63	60	58	56	54	52
29	135	125	116	108	102	96	90	85	81	77	74	71	68	65	62	60	58	56	54
30	140	129	120	112	105	99	93	88	84	80	76	73	70	67	65	62	60	58	56
31	145	134	124	116	109	102	96	91	87	83	79	75	72	69	67	64	62	60	58
32	149	138	128	119	112	105	100	94	90	85	81	78	75	72	69	66	64	62	60
33	154	142	132	123	116	109	103	97	92	88	84	80	77	74	71	68	66	64	62
34	159	146	136	127	119	112	106	100	95	91	87	83	79	76	73	71	68	66	63
35	163	151	140	131	123	115	109	103	98	93	89	85	82	78	75	73	70	68	65
36	168	155	144	134	126	119	112	106	101	96	92	88	84	81	78	75	72	70	67
37	173	159	148	138	130	122	115	109	104	99	94	90	86	83	80	77	74	71	69
38	177	164	152	142	133	125	118	112	106	101	97	93	89	85	82	79	76	73	71
39	182	168	156	146	137	128	121	115	109	104	99	95	91	87	84	81	78	75	73
40	187	172	160	149	140	132	124	118	112	107	102	97	93	90	86	83	80	77	75

High Speed Pitch Training Zones

- 100-110 ms
- 110-120 ms
- 120-130 ms

Softball

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
25	75	69	64	60	56	53	50	47	45	43	41	39	38	36	35	33	32	31	30
26	78	72	67	62	59	55	52	49	47	45	43	41	39	38	36	35	33	32	31
27	81	75	69	65	61	57	54	51	49	46	44	42	41	39	37	36	35	34	32
28	84	78	72	67	63	59	56	53	50	48	46	44	42	40	39	37	36	35	34
29	87	80	75	70	65	61	58	55	52	50	47	45	44	42	40	39	37	36	35
30	90	83	77	72	68	64	60	57	54	51	49	47	45	43	42	40	39	37	36
31	93	86	80	74	70	66	62	59	56	53	51	49	47	45	43	41	40	38	37
32	96	89	82	77	72	68	64	61	58	55	52	50	48	46	44	43	41	40	38
33	99	91	85	79	74	70	66	63	59	57	54	52	50	48	46	44	42	41	40
34	102	94	87	82	77	72	68	64	61	58	56	53	51	49	47	45	44	42	41
35	105	97	90	84	79	74	70	66	63	60	57	55	53	50	48	47	45	43	42
36	108	100	93	86	81	76	72	68	65	62	59	56	54	52	50	48	46	45	43
37	111	102	95	89	83	78	74	70	67	63	61	58	56	53	51	49	48	46	44
38	114	105	98	91	86	80	76	72	68	65	62	59	57	55	53	51	49	47	46
39	117	108	100	94	88	83	78	74	70	67	64	61	59	56	54	52	50	48	47
40	120	111	103	96	90	85	80	76	72	69	65	63	60	58	55	53	51	50	48

High Speed Pitch Training Zones

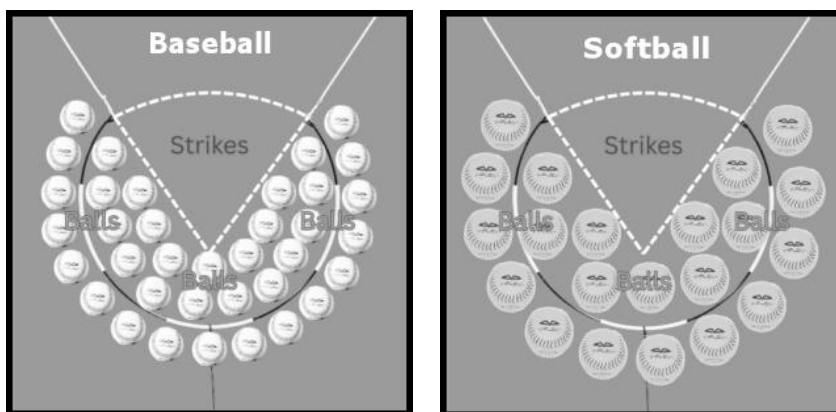
Training a hitter to recognize the difference between a ball and a strike **requires adhering to some basic principles:**

First, toss intentional contrast pitches—balls or non-strikes—in random sequences. The simplest way to do this is to **never toss more than three strikes in a row while using V-Flex.**

The design of this training device allows the trainer to throw two distinctively different types of "balls."

The first type of non-strike, or ball, is one that is simply **tossed outside the entire center circle formed by the white bungee and ring.** Tracking this pitch creates a critical eye movement pattern that correlates to an extreme ball that should be taken instinctively. This method shortens the track of a non-strike, or ball, and builds additional contrast patterns between balls and strikes.

The second non-strike, or ball, **will pass through the ring but not through the V focus area and just outside of the ring but within the large circle formed by the white bungee.**



Limit the number of swings at strikes per set to no more than seven. The number of sets is a personal preference and can vary between 5–10 sets per session, but *adherence to the seven swings per set should remain consistent.*

Basic Training Recap

Minimize verbal instructions

Success = swing at a strike (not perfect launch angle or swing)

Firmly toss strikes to initiate an instinctive swing

Throw no more than 3 strikes in a row

Max 7 swings per set

Use with a pitching machine to magnify larger peripheral spaces.

Also, do training sets **with the center ring removed** from the device as well. You can position the device 25-35 feet from home plate during **live BP**. Pitcher will be approximately 8' from device. Pitch at normal game like speeds.



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 visual indicators that affect the swing and timing. Our implicit/indicator training system assists the brain in teaching itself through pre-perceptual 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 V-Flex, please visit our website at www.vflexsports.com.