



## **Velocity House**

Legacy Center | Brighton, MI

June 8-July 31 (Monday, Tuesday, Thursday, Friday)

*Baseball Training 9:00 – 11:00a / Sports Performance 11:30 – 1:00p Group #1*

*Baseball Training 10:30 – 12:30p / Sports Performance 12:30 – 2:00p Group #2*

**\*\*Maximum of 30 Athletes\*\***

### **Pitching Evaluation**

- **Velocity and Pitch Design** – Your initial bullpen evaluation will be stored in your player profile with our **Rapsodo 2.0**. Velocity, spin rate, true spin rate, spin axis, vertical/horizontal break, and strike zone analysis will be used to shape future bullpens and your individual throwing plan.
- **Pulldown Velocity Baseline Testing** - 5 oz, 6 oz and 4 oz baseline testing to measure your kinetic sequencing of the body.
- **Command** – Your second bullpen evaluation will be centered around successful execution of pitch sequencing. Measuring your ability to locate effectively based on count, score, swing plane and barrel path.
- **Video Analysis** – Slow motion video analysis will be used to gather a physical plan on how to move efficiently to produce powerful results.

### **Program Objectives – Pitching**

Our main goal at The House is to engrain efficient body movement patterns to develop and sustain velocity increases. Pitchers will gain body balance and awareness for technical repeatability to improve pitch command. With the use of elite technology, we will design the appropriate pitch arsenal that promotes higher swing and miss rates or poor contact. Live at-bats will give us needed feedback on every player's progression. Your player profile will be updated to send a weekly summary to your college coach.

### **Weekly Outline - Pitching**

- Individualized velocity building program based on Driveline principals
  - High intent pulldowns
  - Long toss progression in 104,000 sq. ft dome
  - Plyo-ball care
  - Recovery training



- Bullpen sessions
  - Maximum intent training
  - Command with volume
  - Live at-bats to measure pitch effectiveness
  - Flat ground training with low intent
  - Pitch shaping bullpens

### **Position Player Evaluation**

- **Swing Tracker** – Every swing in front toss, batting practice, machine training and live at-bats is measured through technology and stored in your player profile for in depth analysis.
  - **Rapsodo 2.0** – Batted ball measurables including exit velocity, launch angle, direction, spin axis, distance and video analysis.
  - **HitTrax** – Immediate post impact feedback on exit velocity, launch angle, line drive %, damage within the strike zone analysis, and point of impact metrics.
  - **Blast Motion** – Accurate barrel testing including time to contact, peak bat speed, hand speed, attack angle, vertical bat angle and power output.
  - **Triple Play Ultra** – Pitching machine set to simulate game speed and spin rates for fastballs, LHP curveballs and sliders, and RHP curveballs and sliders.
- **Position Specific Skill-Work** - Players will be drilled with reps to build skills that matter for their position. Full use of our indoor field house and dome, and outdoor grass surface.

### **Program Objectives – Position Players**

Our goal is centered around developing an intent mindset to hit the ball harder and farther. Training explosive movements to organize the body to produce a higher power output is our main objective. Swing plane, angle of attack, spin rate adjustability, and barrel awareness will be measured in every live swing we take. Players will learn how to feel their swing and gain control of the strike zone. Defensive training will be position specific designed to improve proper play recognition, foot work, hands, and technical improvements for in game efficiency.

### **Weekly Outline - Position Players**

- Weighted Axe-Bat training program
- Tee training | Short Toss | BP | Machine Training



- Exit Velocity measured
  - Importance of average exit velocity | consistent power
- Distance - XBH intent
- % of hard contacts (within 10% of maximum exit velocity)
- % in launch angle window (8-34 degrees)
- Angle of attack optimizing energy transfer into the baseball
- Strike zone awareness - Cold zones measured
- Spin recognition | Accounting for break | Developing check swings
- Count simulation with machine testing
- Live at-bats - measured and delivered in weekly summary

### **Sports Performance Athlete Evaluation**

- **Testing Protocol**
  - Fit3D Body Composition Analysis
  - Laser Time - 60yd Sprint (Will record both 10 and 30 yard splits)
  - Broad Jump
  - Vertical Jump
  - FMS Assessment
- **FMS Assessment** – Injury predictor, evaluates overall movement qualities, identifies compensatory movement patterns.
- **Nutrition Consultation**
  - **Body Composition:** 3D imaging of postural alignment, circumference measurements, and percentage of lean muscle mass
  - **Meal Plans:** Dietary goals and meal plan outlines will be catered to athletes' individual needs

**Post-Training Supplementation:** As direct partners with Thorne Research, we provide each athlete with post-workout shakes. Thorne's Sports Performance Nutrition line is NSF approved and 100% NCAA compliant.

**Sports Performance Programming** - Progressive training outline structured around individual's overall movement quality identifying specific areas of emphasis prioritized throughout their program. Each athlete will have their own individualized cards for each day. Training sessions are broken into four main components.

*Warm-Up + Activation | Field work + power development | Lift | Accessory - post-training*

**Warm-Up (10 - 15 minutes):** Includes four phases - slow and fast dynamic movement, CNS activation, and movement preparation.



**Field Work (30 minutes):** Emphasis during field work will prioritize power development and transferability, multidirectional training, linear acceleration and top-end speed.

**Lift (50 - 60 minutes):** Individualized cards for each athlete will highlight daily emphasis and programmed intensity.

**Accessory (15 - 30 minutes):** Athletes will be prescribed shoulder care plans and additional mobility routines post training sessions. These plans are developed through the assessment of each player and highlight areas of emphasis. Additional resources will include cupping, flossing, dry needling, athlete recovery yoga, and trigger point therapy.

### **Velocity House Staff**

Our staff has over 20 years of experience in college baseball, MiLB and MLB.

- **Director of Baseball:** Ryan Ford | Cell: 248-568-7843
  - Oakland Athletics Draft Pick
  - Two-Time Minor League All-Star
  - Conference Pitcher of the Year at Eastern Michigan University
  - Conference Tournament MVP at Eastern Michigan University
  - 10 years of experience giving instruction
- **Academy Director:** Brendan Kelly | Cell: 616-340-5747
  - Player Development Coordinator for the Gary Southshore Railcats (American Association)
  - Minor League Player Development Assistant for the Toronto Blue Jays
  - Driveline Throwing Trainer Assistant for three years
- **Strength and Conditioning Coordinator:** Randy Young | Cell: 248-787-0691
  - Former Strength and Conditioning Coach at Eastern Michigan University
  - Worked with athletes of all levels including professional and Olympic athletes
  - CSCS | Masters in Exercise Science