

Velocity PLUS Command



BY COACH RON WOLFORTH

Understanding the Task at Hand



- **Velocity Development is a multifaceted equation.**
- **I'm going to list what I believe are the 12 most important variables in the velocity equation ...but by no means is this theoretical equation limited to just these 12 variables.**
- **The human body and psyche are incredibly complex and if we don't at the very least respect that complexity...if we arrogantly assume we have all the variables figured out...then we run the risk of being either dangerous or ineffective...or BOTH.**

The Velocity Equation



- Each variable in the equation has different ‘weights’ or significance attached to them. In other words, not all variables are of equal importance or significance.
- Instead of : $A + B + C = \text{Velocity}$
- The truth is more something like : $A^2 + 4B + 1/2C = \text{Velocity}$

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- **Full disclosure: I personally do not know the values of each variable. For example...I don't know if A is $2A$ or $3A$ or if it should be A^2 (A squared). I can give my best guess... but that is all it would be... a guess. So I'm not going to attempt to give you my estimations. I just don't think that is wise or prudent in our discussion here today.**
- **So why even bring it up in the first place? To make the very important distinction at the outset that not all variables are equal. Far from it.**

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- **What I am doing to do instead is to rank those variables 0-12 in order of importance from my perspective so that you have a feel for the significance of each variable. A= the most significant variable in my opinion...B= the second most significant variable...and so on.**

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- **Secondly, while I believe it is helpful to be cognizant of the weights of the different variables...I have found the instructive thing here is that significant velocity gains are created by what we refer to as MASSIVE SIMULTANEOUS ACTION.**
- **In other words we are going to try to effect as many of those variables at once as we can.**

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- This MASSIVE SIMULTANEOUS ACTION produces two critically important results.
- First: Each variable on its own will contribute to velocity. When you add the contributions of 12 different variables you have made a larger accumulative contribution than if you just tried to affect 1 or 2 variables...which is the most common process today in most training.
 - i I.e....guys lift weights and HOPE that will increase their mph...or they long toss and hope...or they stretch and hope...or they throw more bull pens and hope
- We say at the Ranch: Hope is NOT a plan

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- This MASSIVE SIMULTANEOUS ACTION produces two critically important results.
- Second: Many times it's not what you are lacking that stops you from really being an electric thrower...but instead its what's constraining you that is limiting your growth.
 - i I.e....You are strong...but your flexibility is poor...you are flexible but functionally week...Your movements are synchronized but they are slow and not explosive...You are athletic but you've been sold on being a glove hitter
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- **So if we affect all the variables that we can...**
- **And break the constraint or constraints that may be limiting our development...**

- **MAGIC HAPPENS.**

The Velocity Equation



- **So now let's discuss the 12 variables**

The Velocity Equation



— Variable A- Mind Set

- i A belief system that supports the reality that you have an electric and durable arm-that you are capable of increasing your capabilities in velocity, durability and command on a daily basis.

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— Variable B- Intent

- i You work with the specific goal and purpose of being explosive, dynamic, electric , fluid, smooth, efficient, durable, precise and consistent.
- i Race car driver example...win vs. not wreck
- i The Bernstein Principle: The body will organize itself based upon the ultimate goal of the activity
- i The more specific the goal...the more specific the organization

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— Variable C- Physical Asymmetries and Imbalances

- i Much like a tire out of balance on our automobile, if we are to run at peak efficiency and effectiveness without breakdown, we first must be structurally sound and balanced.
- i The more we move away from symmetry and strength balance the more at risk we will be with injury and limitations on consistent performance

The Velocity Equation



– Variable D- Skill Specific/ Movement Specific Strength

- i Speed = coordinated strength. The right muscle fibers firing in the right order and the right time
- i Before we can move some body parts explosively other body parts must be stable. That stability = strength
- i Skill Specific...not the strength of an O lineman, a body builder or a power lifter...the strength of a pitcher

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– Variable E- Skill Specific/ Movement Specific Mobility / Flexibility

- i If our ROM- (Range of motion) is limited or constrained or out of balance...so will our ability to repeat explosive movements
- i Example: If our hamstring flexibility is limited...we will be constrained in our ability to both accelerate and decelerate

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– Variable F- Skill Specific /Movement Specific Coordination

- i Speed = coordinated movement. For us to be explosive, our various muscle fiber contributors must be turned off and on in a very , very specific synchronized sequence so that they maximize the contributions of each other and not interfere, contradict or impede the contribution.
- i For example...if all muscle fibers are turned on we get an effect we call tetanus. Or we are frozen. (example me skiing)
- i It is important for the body to learn how to coordinate skill specific movement related to pitching a baseball
- i A key in all movement is learning what needs to be turned OFF in order to maximize an athletes specific movement

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- **Variable G- Kinesthetic Awareness or ‘Feel’ as to how well the movement achieves the specific Goal**
 - i The better or more in tune/ connected an athlete is regarding how his movements are related to the results he is achieving...the more accelerated his learning or development becomes. The less aware he is, the slower the learning.

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- **Variable H- Deliberate/ Concentrated/ Focused Practice**
 - i Firing the Circuits / myelinating new circuits
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- **Variable M- Nutrition/Hydration & Sleep**

Final Comments re: Velocity



- Address as many of the variables on a daily basis as you can...**MASSIVE SIMULTANEOUS ACTION!**
- If you do...I promise you....you will like the results.
- My critics refuse to believe our results...I think you know now why our students excel...
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Command



- **Developing Command is MUCH more simple than Velocity.**
- **Command is simply repeated movement...repeated often enough that adjustments become smaller and smaller until they become part of your automatic/default neuromuscular program.**
- **Repeatable movements come from 1)stability, 2) consistent tempo 3) consistent energy 4) awareness to what is occurring now and 5)focused repetitions repeated often as possible.**

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— Stability

- i Single Leg Final Arcs
 - ÷ With target
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- i All Drills WITH a 'Stick'
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- **Tempo**
- **Energy**
- **Awareness**

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— Oates Protocol w/ Location

- i 95%-97% of peak velocity
- i Targets that shrink with mastery

Thank You



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