

## **Velocity Enhancement is Formulaic. It's Not Fancy, But It Is Complex**

At the Texas Baseball Ranch®, for the past 14 years we have hosted hundreds of pitching athletes every single year, with individuals and their families coming from not only every single state in the United States but worldwide. We have also hosted athletes from Norway, Italy, Taiwan, Germany, The Netherlands, Saudi Arabia, Japan, Mexico, Canada, Chile, Dominican Republic, Puerto Rico and Venezuela.

The overwhelming reason so many athletes come from around the world and around the USA to the Texas Baseball Ranch® is for the promise of velocity enhancement. Many are in search of that 5-10 mph boost in their game-time velocity that they believe will put their career on an entirely different track. Of course, to have become such a successful pitching camp over the past 14 years, it was imperative to be somewhat successful with regard to fulfilling that promise and in fact we indeed have been exceptionally successful. As of August 17, 2017, we have had 320 of our clients top 90mph, 114 exceed 94 mph and 11 surpass the 100 mph barrier. Those numbers go up almost every single week and nearly at every single camp.

One of the most common questions I receive on a regular basis is something along the lines of, “Coach Wolforth, how do you guys at the Ranch do it? We’ve heard from so many coaches, scouts and trainers that pitching athletes just can’t gain much velocity on purpose. It’s like trying to grow a bigger head. You either are a hard thrower or you are not. It’s simply genetics. Yet you guys seem to do it routinely, as if it were a matter of normal operating procedure. How do you actually pull this off?”

In truth, when you come to understand the nuances of velocity creation you begin to realize the basic process of velocity enhancement is actually formulaic. It’s not fancy but it must be individualized and it is complex. If you can get an individual athlete’s formula right however, velocity will be improved. Period.

## **Velocity Enhancement is Actually Formulaic**



Let me explain the basic formula.

### **#1. Improve or Enhance:**

*The Player's Intent to Throw Hard; His Momentum, Rhythm and Tempo; His Ability to Recover Between Throwing Sessions; The Preparation of His Soft Tissue to Handle Increased Velocity; His Movement Sequencing, Torque and Synchronization; His Mechanical Efficiency; His Ability to Efficiently Slow Down His Arm After Peak Acceleration; His Contributions from His Posterior Chain; (Building) a Bigger Motor, His Tenacity and Persistence, His Belief in What is Possible*

### **And at the very same time:**

### **#2. Eliminate or Reduce:**

*The Player's Arm Pain, Discomfort or Tenderness; Any Constraints in The Athlete's Physical Structure or Alignment; Any Limitations in the Player's Mobility/Flexibility or Strength/Stability; Any Issues with Sleep, Nutrition or Hydration; Any Interference of Innate Athleticism; The Debilitating Influence of Others.*

Here is where most people fall short in our opinion... They address only one or two of these possible variables. For example, they hit the weight room real hard, dedicate themselves to a long toss program or utilize weighted balls, and often are met with underwhelming or disappointing results.

If an athlete's primary constraint is mobility/ flexibility, hitting the weight room probably will not bring much in the way of gains. Some lifts may actually hinder the athlete. If an athlete's primary constraint is mechanical inefficiency, more long toss or following a weighted ball program almost certainly will increase his pain/discomfort/tenderness, place him at greater risk of injury and reduce his ability to recover.

### **What is the answer then?**

First, we believe you must reject the "One Size Fits All" approach to training. What one player desperately needs most at this very moment may not even be in the top 10 for another athlete. Furthermore, what one player needs most today may very well not be what that same athlete needed last year or what he needs one year from today. In other words, to truly be effective in training, you must first customize, or what we refer to as 'hyper-personalize' the process.

Second, in order to customize or hyper-personalize we must first observe, evaluate, assess and test. Only then can we prioritize and prescribe with any certainty or confidence.

Third, we believe that a truly effective velocity enhancement program must be holistic and comprehensive, and not simplistic and naive. One can certainly purchase a 'one size fits all' velocity program online but you run the significant risk of wasting resources and time or even worse, unnecessarily increasing the risk of injury to the athlete as they are training because you chose a process that doesn't fit the athlete's current needs or doesn't address his constraints/ limitations.

Fourth, we believe velocity enhancement is far from a panacea and only one of many factors in developing into a truly elite pitching athlete. While we certainly understand the basic desire and search for velocity gains, we believe it is one of our primary missions to educate our clientele on what the entirety of exceptional performance looks like. In truth, velocity gains are just a small part of that journey to exceptional performance.



For more information on the Texas Baseball Ranch and the various training programs offered, visit [www.TexasBaseballRanch.com](http://www.TexasBaseballRanch.com), call (936) 588-6762 or email: [info@TexasBaseballRanch.com](mailto:info@TexasBaseballRanch.com)