

VTU Stick Training Manual

Thank you for your purchase of the HTS VTU Stick. If you are wondering why VTU it stands for it's Vision Training Underload. We find this is an excellent tool for vision training AND underload training. Why do you need either or both?

Underload training has three main benefits:

- 1 Underload training allows the muscles to move faster than they would with a normal weighted implement. This acclimates the body to that speed and eventually carries over to the normal weighted implement.
- 2 Underload training changes the neuromuscular pattern from the standard implement. By changing this neuromuscular memory pattern the muscle learns to move faster.
- 3 Underload training allows the player to make more swings without being fatigued. This allows the player to hone their, or change, their mechanics quicker.

Why Vision Training?

- “Vision, like other sensory systems, can be improved with practice,” said Dr. [Bernhard Sabel](#), a neuroscientist at Otto von Guericke University in Magdeburg, Germany, who studies plasticity in the brain. “The improvements occur not in the optics of the eye, but in the central processing centers of the brain.”
- The individual who can process more visual information in a shorter period and make the proper response will have an advantage in competition.
- Vision training has little to do with improving eyesight
- It is a form of perceptual learning intended to improve the ability to process what is seen.
- By repeatedly activating the visual sensory neurons, they increase their ability to send electrical signals from one cell to another across connecting synapses.
- With sensory neurons, just like muscles, it's use it or lose it. The more they are used the better they perform.

So, you can see that our VTU Stick will absolutely improve your performance if you practice with it consistently.

In this package you will receive (1) VTU stick, (6) golf wiffle balls of various colors, and (1) training manual with several drills. If you have any questions about this product please e-mail Ed at ed@howelltosports.com.

The VTU Stick comes in a variety of colors and lengths. The cost of our WHITE 32" VTU Stick is \$24.95 but you can have a specific color and length for an additional \$7.00 (\$5.00 each if you purchase 3 or more). Your color choices are:

White, Black, Red, Orange, Yellow, Green, Blue, Purple. Pink is available on a TEAM basis only (10+ sticks).

WARNING! Use ONLY plastic, tennis or foam balls. DO NOT hit real baseballs or softballs!

Training Suggestions:

1. Train as often as you can. The best way to train is to use the VTU stick every day for 10-15 minutes.
2. Swing the stick with the intent to swing as hard as you can. If you don't train at a fast speed, you won't increase your bat speed. **Intention is VERY IMPORTANT!**
3. Train with a partner. Competition makes you swing harder and improve faster.

DRILLS:

1. **Time the pitch** - Your VTU Stick has a weight inside that moves as you swing. This weight should hit the end of the bat at the precise time you hit the ball. That means your timing and swing was great!
2. **Soft toss drills** - with wiffle golf balls. Make sure you swing as hard as you can. Don't worry about missing, the more you practice the better you get!
3. **Speed of Recognition** –

Player A puts white, yellow and orange ball behind their back.

Player tosses a ball to player B.

Player B holds VTU Stick in a bunting stance and attempts to bunt ball back to player matching color of ball being tossed to the color label on the VTU Stick

White ball is a "take" or "let it go" ball.

Note: Distance for toss: 6-10 feet for underhand, and 15-20 for overhand.

4. **Dry Swings** – Make 15 dry swings as hard as you can trying to hit an outside and low pitch, rest a couple minutes. Make 15 swings on an inside and high pitch, rest a couple minutes. Make 15 swings on a down the middle waist pitch, rest a couple minutes. **EVERY SWING SHOULD BE AS HARD AS YOU CAN!** Gradually increase to 3 sets of 45 swings. You will see your bat speed improve!
5. **Smaller Targets** – Try to hit smaller targets like sunflower seeds (every good baseball and softball player has a bag of these in their bat bag). After 15-25 swings at these small targets try hitting the wiffle golf balls and see how much easier it seems.
6. **Visualization Drill** – You will need to keep your eyes closed for this drill. Set yourself up as you were in the batters box and try to visualize the pitcher throwing different pitches, change-ups, drops, curves and, of course their fastest fastball. With your eyes closed make a swing at each of these pitches and try to time the weights click to hit the pitch perfectly. Visualization is an under utilized drill and will help your routine and improve your timing.
7. **Sweet Spot Training** – Have your partner throw 15 pitches to you and see how many you hit on the sweet spot. Instead of swinging as hard as you can. Your main goal is to hit the sweet spot. Don't do this for more than 15 pitches at a time because it might slow your swing down. **INTEND TO SWING HARD!**

We're sure that as you use the VTU Stick you will come up with your own drills. Thanks for your purchase and please check out our e-bay store for additional vision training products. Here's the link

<https://www.ebay.com/str/howelltosports>



Ed Howell * 322 Friendship Rd * Clarksboro, NJ 08020 * 856-381-8888 * www.howelltosports.com