

## Launch Angle Pro User Guide

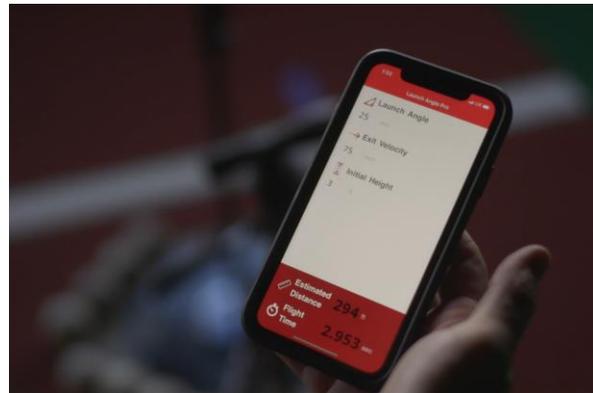


1. You must know your exit velocity first to use this product correctly. If you do not know your exit velocity find someone with a radar gun to get it. ([Smart Coach Radar](#) by Pocket Radar will give Exit Velocity Swing by Swing. Without your exit velocity you have no idea how to train for improvement.



2. Exit velocity should be measured regularly & at different pitch locations. Once you've gathered your consistent exit velocity move to step 3.

3. Download the Launch Angle Pro App from the Apple or Android App store. Start plugging your exit velocity & launch angles into the Free Launch Angle Pro app & start developing your hitting plan for this session. Carefully examine the ball distance you'll reach at various launch angles & flight time of the ball. Flight time is very important!! You must consider flight time and whether a defensive player has enough time to make a play on your batted ball.



4. Mark out the bottom & top launch angles you want to train at with your Launch Angle Pro target light. The size of the red target is adjustable from a small square to a large circle. Adjust your target size by pulling in & out on your beam light until you reach your desired size target.



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### 4. Now it's time to develop your batting practice session goal

What is your goal today?

- Line drive gap shots at 11-20 degree launch angles
- Hit more doubles & triples at 21-30 degree launch angles
- Launch Angles below 15 - work on squaring up the ball just making solid contact, the "hit the ball hard mentality." This is a great drill to start with because before you can be an elite consistent hitter you need to be able to hit the ball hard first.
- Maybe you're just working on increasing your exit velocity at a specific launch angle. \*Smart Coach would be needed to work on increasing your exit velocity.\*
- OR do you have an exit velocity of 90mph+? That's home run launch angle time! Plug different launch angles into the Launch Angle Pro app to figure out your optimal launch angle.
- Work on hitting to opposite field. You probably have a different exit velocity when hitting opposite field and need to adjust appropriately.
- The combinations are endless but in the end, you are specifically training yourself to be a better overall hitter.
- As a guideline from MLB Statcast, here are the Launch Angles for different types of contact:
  - Ground ball: Less than 10 degrees
  - Line drive: 10-25 degrees
  - Fly ball: 25-50 degrees
  - Pop up: Greater than 50 degrees

5. Develop yourself as an elite athlete by practicing all different launch angles optimized for how YOU hit. Every hitter is different so it's up to you to train yourself to maximize your hitting development. You will truly learn how to be a better hitter without an instructor. When YOU understand how YOUR body works YOU can then adjust yourself swing by swing!

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**Preparation is key to having a successful batting tee session. After following the steps above you are ready to start hitting but NOW you are training with a purpose! You're not just taking random swings off a tee to make your coach happy or to tell mom & dad you're practicing**

8. Set up your tee, dial in your launch angle and now it's time to go to work! You should almost immediately start seeing the following happen:

- You suddenly become hyper focused because you most likely did not hit your target on the first couple of swings.
- You begin to visualize your entire body making a swing and start questioning your mechanics with the voice inside your head...
  - "What did I do wrong?"
  - "How to do I correct this? How do I need to change my body mechanics?"
  - "Did I not load correctly?"
  - "Was I not on time?"
  - "Did I roll over?"
  - "Did I drop my hands?"
  - "Did I drop my back shoulder?"
  - "Was my load off?"
  - "Why did I leak power? My exit velocity just dropped on that swing."
  - The questions and self-corrections are endless until you begin hitting your reference point consistently. It's like a game of how many times you can hit the BullsEye and it makes batting practice a lot more fun!!!

### **Key Tips**

- As you continue to take more and more swings you will notice yourself adjusting swing by swing to get it right. REMEMBER- you should have a launch angle "range" you're working within. It's IMPOSSIBLE to swing at the same launch angle every swing and even harder in game situations. What you are doing is increasing your muscle memory on the proper swing paths you're trying to accomplish.
- It's challenging and you will begin to truly understand your swing and how to adjust. Combined with a smart coach radar gun, running constantly capturing exit velocity, is the most effective method to get instant crucial #'s for your tee work. Even without a smart coach, it is still effective but you don't know swing by swing what your exit velocity is. Whichever path you choose it will still develop you tremendously and quickly when done on a consistent basis.

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9. Maximize yourself as a hitter by focusing on the only #'s that really matter, Exit Velocity & Launch Angle! When done consistently this is the most cost-effective approach to become a more consistent hitter, in our opinion. As with anything you do in life, you get out what you put in. If you put the work in and can honestly say to yourself the Launch Angle Pro has not made you a better hitter you can return it anytime, no questions asked! The key to success in baseball is effective training so you can perform consistently at all aspects of the game.

GOOD LUCK!!!!

Please contact us anytime with questions or concerns at [info@mvpbaseball.com](mailto:info@mvpbaseball.com)

Please follow the links below for video tutorials(we only have a few but will be making more)

### Coaches Corner

Please review on our website and Amazon. Reviews are huge for new customers and hearing from satisfied users is huge for them when deciding on what training aid to purchase. We want see as many players as possible become a better hitter!