

“Mike Trout reduced to a high school baseball player on fastballs on the inside part of the plate?”

Perry Husband Interview 2020-12-22

Joey Myers 01:09

All right, are you ready to go for this?

Perry Husband 03:47

Sure!

Joey Myers 03:49

Let me do an official start here. Let me make you host, so that we can seamlessly move right into it.

Joey Myers 04:00

Hello, and welcome to Swing Smarter monthly newsletter. This is your host Joey Myers from HittingPerformanceLab.com.

Joey Myers 04:05

In a part two, I have my good friend Perry Husband of hittingisaguess.com. I'm sure we can circle back and talk about where else we can find them. He has got a lot of cool videos, just search Perry Husband on YouTube. Good friend of mine.

Joey Myers 04:25

For those of you that know effective velocity that is a world beyond the world. I'm still learning, I think Perry would probably consider me a little bit more than a white belt. I might be more of like, orange, or yellow belt. I'm not a black belt in it for sure.

Joey Myers 04:42

Let me welcome you. Welcome, Perry.

Perry Husband 04:44

Thank you. Great to be here, it's always fun.

Joey Myers 04:49

In this episode or this newsletter chapter, however you're watching this, because this will become a book soon. I wanted to talk about forward momentum, and some things that go along with that.

Joey Myers 05:04

There's a lot of information out there on it, and I wanted to really take forward momentum as a theme around consequences. Depending on what you teach, and we'll talk about this, I'm sure some out there

teaching 80 to 90% load on that back leg and zero forward momentum, just know that everything that is taught has a consequence.

What consequence does loading up 80-90% of your weight on back leg?

Joey Myers 05:28

We'll talk about that a little bit more. Perry let's transition right into that. What is your opinion?

Perry Husband 05:40

I can honestly say from my perspective, it's everything when it comes to how I started the whole teaching process. Meaning, when I first got out of pro baseball, I went into golf, I taught golf for four or five years.

Perry Husband 06:01

One of the first things I learned was how the back-foot releasing and transferring energy forward was a major factor not only in how hard you hit it, but how consistent you hit it.

Perry Husband 06:20

When you release the backside perfectly, it was the one thing that let you be consistent, the same all the time, because the second you didn't release off the backside, everything starts to shift and change, like you mentioned with some people out there that believe in the rotational theory completely, for me, rotation is super important, but it's only one of the elements. That momentum to me was number one.

Perry Husband 06:52

When I first started teaching baseball, after I got out of everything, because I hated baseball for about three or four years, I was gone, burn my cleats and glove, I hit a bomb on my last bat, I think I was 22.

Perry Husband 07:12

I went like 10 for 17 with four Jacks in that MVC tournament in Wichita. My last game, I hit two bombs, I hit a bomb in my last bat into that little river, on the other side of the right field fence.

Perry Husband 07:29

If I don't get somebody calling me tonight, I'm done. I'm out, so nothing. I decided I'm hanging them up, so I went into golf full time. It was so enlightening to me to do golf, because it's so precise, you have virtually no margin for error.

Perry Husband 07:52

Just like one or two degrees off, and you're so far off your target that you can't even play the game. You must be super close to being precise. I started looking at the baseball swing after I learned how to hit a golf ball a long way, and consistently.

Perry Husband 08:10

I started translating that back into baseball, and one of the key elements out of the gate and so much so that I almost went too far into that one element of releasing the backside or momentum, because that's what it creates, that body speed.

Perry Husband 08:28

A lot of people won't recognize it, because when I talk about it, I say body speed, meaning just the energy of what transpires, when you get momentum going forward.

Perry Husband 08:40

Momentum is a better word, I think. I've started to use it a little bit more as of late. In fact, my last presentation that I did for the NFCA, for Mr. Oats, I did a whole thing on what I think are the most key elements in the swing. One of those was that momentum, and I used that term. I'll be using that term more now. I love it.

Joey Myers 09:11

We talked about consequences, so what are the consequences? We don't want to be biased, we'll talk about the consequences maybe of momentum if you can argue that there are some, which there are but maybe minimal compared to what are the consequences to really loading up the backside 80 to 90% of the weight during the turn. What are the consequences to that that you see?

Perry Husband 09:36

It's massive, there are massive problems with that, and that depends though, too. I haven't done a lot of work yet with the sensors on the ground, the launch, the things that help you with that.

Difference between getting stuck on your backside versus being against your backside

Perry Husband 09:58

I've done a ton of work in it; I just haven't seen the data. One of the things that happens in baseball that's so crucial is that players get stuck on their backside. In other words, if you get weight on your backside, as opposed to against your backside, and there's a huge difference, because if you're on your backside, I can walk up with two fingers and put them on your hips and push you over.

Perry Husband 10:23

If that's the case, you have no chance against elite level pitching. Unless the elite level pitching bends over backwards to throw fastballs downhill, and away to where you have more time.

Perry Husband 10:36

By the time you get stuck back there, and you must fall forward in order to get momentum going. At a certain point, there's no way to push that way. If I'm stuck on my backside, I can wait here a long time, which helps me on off speed pitches, but it kills me on fastballs elevated and in, because by the time I start to go to that, I have no choice but to cheat my whole mechanics, start creating space with my body, and I'm trying to get the barrel to a place that's taking five miles an hour off the pitch, basically.

Perry Husband 11:14

That's the major problem, when you're not against your back leg, which means I'm loading, I'm against my back leg, and I can go that way instantly. Without that, I'm looking for that as a pitcher in the dugout, because if you're stuck on your back leg, that means that you have to fall into the action.

Perry Husband 11:37

If you must fall into the action, I can guess what timing that is going to happen. It's not very bad, it's never a very far away guess, the guess is almost exact, within a couple of EV miles an hour as to what a hitter's limitations are.

Perry Husband 11:54

That part of it is super important and let me talk about the two things about this. One, there is a perceived gain in the sense that if I stay on my backside, and I rotate, number one, I'm going to keep my head still, and that's going to help me see the ball better.

Perry Husband 12:14

Number two, it's going to buy me time or I can get to this ball that's inside, I can let it get a little bit deeper and still get the barrel to it.

Perry Husband 12:24

Now, if I do that, if I gain ground, if I gain something in here, I lose it at the other end. In other words, if I would release my fully, I'm going to be able to get to that pitch way easier than someone who has committed themselves to two rotational speed.

Perry Husband 12:45

In other words, you're letting the ball get deeper here, but it's costing you on the other end on off speed pitches. Whatever you gain here, you lose down there.

Perry Husband 12:56

That's just one of those factors that not very many people talk about. It's like it's all game by being able to stay back longer. No matter what, even if you do this perfectly, you're still losing out on one of the major factors in how hard you hit the ball, which is the body speed or the momentum going forward.

Perry Husband 13:19

You take that out of the equation, and it's almost a direct correlation, and all the exit speed tests that I've ever done. When you see a player like in my swing, for example, when I was playing and first started teaching, I would hit a lot.

Perry Husband 13:33

My exit speed was about 11 miles an hour when I would 100% rotate, versus combining the two. It's rotated, or it's momentum, and it's neither one of those by themselves. It's the two together.

Perry Husband 13:52

By marrying the two movements together perfectly, in my opinion, you create a whole new one. It's almost like they have a synergy of their own. That adds more to the pie.

Powerful forward momentum demonstration so easy a 4yo can understand

Joey Myers 14:05

I always talk to my hitters, when we teach this, if we got a hitter that's on their backside, we're trying to get them some momentum is I have them grabbed a bucket of balls and hold it out in front.

Joey Myers 14:16

I make it weighty enough to where it's not overbearing where young kid couldn't do it or high school kid, we put more weight in the bucket and we have them just stand there and lift the bucket up and down three times just standing.

Joey Myers 14:27

I tell them, okay, now I want you to cheat and I want you to take a step forward and raise it. As you take your step forward, I want you to raise it, you're using momentum to cheat to bring that bucket up.

Joey Myers 14:36

I ask them after the first round of just standing there static, where you are feeling your muscles work and they'll say "oh shoulder, forearm, maybe elbow". When I have them create momentum and cheat and bring it up, they say "well, it's kind of everywhere. I'm not really feeling it in my shoulder and everything like that."

Joey Myers 14:55

The whole purpose of that momentum, at least in my opinion, is to make that turn a lot easier. When you cheat, and you take the step forward and bring the bucket up, it's a lot easier to bring the bucket up.

Joey Myers 15:10

When you need to explode with momentum, you can explode that much faster, it makes the swing safer on your body number one, and it makes just that turn, like you're saying, I totally agree with that, where you get the linear momentum, and it helps you with the term a lot sooner.

Is the swing either rotation OR linear?

Perry Husband 15:28

The other thing I didn't mention is, I have a little cheater bat here, whenever you rotate more than you go forward, there's also another factor and that is the barrel is going to stay in that line for a period of time, but as soon as I stop going forward, the barrel starts lifting out and up, away from that.

Perry Husband 15:51

It doesn't have to go up, but it tends to, there's a tendency to lean back. Right at this moment, you find a lot of people, when they're early, they'll hit those toppers, because they're cheating their body, and they roll over this way.

Perry Husband 16:06

It's kind of another way to roll over, it's to get your body to cheat and then rotate exclusively, but now the barrel is going out this way too soon. The second I release off my backside, it stays in that line up to beyond a foot.

Perry Husband 16:23

Buy yourself this much more time in line with the pitch by releasing off the back side. Again, that's a pro and con thing a little bit, because for every inch I gain going that way, that means I must be on time for the pitch inside.

Perry Husband 16:42

What the world hasn't figured out yet, at least nobody that I've seen, yet, that's talking about it, is that you don't have to have one or the other. That's where I get lost.

Perry Husband 16:58

What the hell are you talking about? Why? Why do you feel like you can only do one or the other? It's like there's only one mindset and that is load, get your foot down, see the pitch, and adjust your swing in the middle of a 95 mile an hour pitch assortment.

Perry Husband 17:18

It's such a dumb idea from the onset. No one can do it. No one in the history of the game has ever been able to do it. Everybody laughs at that when you say that because well, Mike Trout is awesome.

Mike Trout reduced to a high school baseball player on fastballs on the inside part of the plate?

Perry Husband 17:32

Yes, he is awesome, but he's awesome on the pitches that match what it is that he's doing? When you look at him on an up and in pitch, we've talked about this almost every time, he's like a high school baseball player on fastballs on the inside part of plate, and that's what I'm talking about.

Perry Husband 17:50

You don't have to give that up in order to have a swing that has both of those two factors. You can use your momentum and your rotation and get to the up and in pitch super effectively and be able to hit other pitches. It's not all or nothing.

Joey Myers 18:13

Let's talk about that a little bit. I'm sure some out there who haven't heard this before, like what high school baseball insider, high school baseball hitter inside pitches.

Joey Myers 18:21

What's funny, first of all, is that a lot of these same coaches that talked about this 89% load up on the backside and rotate 100% pure rotation, but then, they show pictures of Mike Trout hitting and you drew

a circle around his head from the start of the swing to the end of his swing or during his turn, his head not only moves forward, but it also moves down.

Joey Myers 18:43

Number one, if you're going to teach that, don't show Mike Trout.

Perry Husband 18:48

Exactly.

Joey Myers 18:52

Perry can go into this a little bit more, I just want to tease it, the reason Perry says that Mike Trout's high school hitter on the inside half of the plate is because of what we call the adjustable swing.

Joey Myers 19:04

You see Trout get into more of this 90-degree arm, I know this talk isn't about the front arm bar or anything like that, but talk a little bit about that, you don't have to go into it super depth but just enumerate for people.

Perry Husband 19:18

Mike Trout on the inside up in corner of the strike zone on fastballs for five years is right around 73-75 miles an hour of exit velocity.

Perry Husband 19:28

Now, occasionally, he pulls his hands in and gets the barrel to it and he hits a bomb. Every time I mention, or you mentioned on Twitter that locking out the lead arm is the right way to go, somebody invariably is going to send a Mike Trout video of him going like this and hitting a ball right on the barrel perfectly hitting it out.

Perry Husband 19:44

In the up and in corner, he averages 73 miles an hour of extra speed. In the middle up, up and in, and middle in box, which is one third of the strike zone.

Perry Husband 19:50

He averages 83 over five years. It's not like five minutes or one five at bats. We're talking about five years of his heyday, one of the greatest careers in history, he's averaging 83 miles an hour on a third of the strike zone at game speed.

Perry Husband 20:14

Now, I'm not saying he can't get to that, because he absolutely will, and I've seen an example of that in 2015, where he actually got out front more and hit like six bombs out of that area and tripled his hard-hit ball rate in that area, but it cost him on the other end.

Perry Husband 20:34

That's exactly what it's always a tradeoff, there's always a pro and a con. You can adjust, and if you adjust, and you adjust in a way that you're gaining something on this side by cheating the time that it takes to get the barrel to the place where you're going to do the most damage, that 100-100 spot, you're going to gain a little bit of time, but you're going to lose all kinds of energy.

Perry Husband 21:03

What's the cost? In Major League Baseball, the entirety of Major League Baseball, they lose about 10 miles an hour, on average, in that area, that up and in area. The whole world hits have an 83-84 mile an hour exit velocity in the up and in portion with using that methodology.

Mike Trout losing 20-mph exit speed on pitches up and in versus down and away?

Joey Myers 21:30

Tell the difference, down and away, what is the average ball exit speed?

Perry Husband 21:33

Mike trout is 102-101 on a pitch down and away where he gets extended down and middle, down and away. He's around 101 x plus, average exit velocity, not tap out the average exit velocity.

Perry Husband 21:34

This 83 up and in average exit velocity. There's a 20 mile an hour differential in his approach. Now, why anybody ever throws him any other version other than up and in fastball?

Perry Husband 21:34

That's just one of those things that baseball hasn't figured out yet. They're about to, and you're going to see some crazy stuff happen soon. They're about to figure out that if you stop throwing the worst pitch in the game, which is down and away fastball, down and middle fastball.

Perry Husband 22:20

It's literally the worst, I did a study once and it was very quick just to find out, but I did all. I took all major league pitches that were curveballs in the top two thirds of the strike zone, so they were hanging.

Perry Husband 22:34

I took all the sliders that were hanging top two thirds of the strike zone. I took only the bottom row of fastballs, I did change ups, curveballs, and sliders. The worst one was, I want to say it was hanging curveballs, but don't quote me on that. I'll go back and look at that.

Perry Husband 22:59

It was at least two to one. In other words, two hard hit balls happen on low fast balls, compared to one of the off speed pitches that were up and one of them was 12 to 1, there was 12 hard hit balls on fast balls down versus the one pitch that was up in the zone. I can't remember which one was which.

Joey Myers 23:25

Maybe a change up?

Perry Husband 23:27

It was four to one, two to one, and 12 to one.

Joey Myers 23:32

Wow

The hanging fastball?

Perry Husband 23:33

Probably the change up because it doesn't happen all that often. It was not a fair way to look at it completely, because there's not as many of the other pitches obviously. It's a weird thing when you get a slider up and in, or you get a slider up in the strike zone, it's kind of a weird thing.

Perry Husband 23:49

Even though everybody thinks it's an automatic homer, every time you hang a pitch, but hanging your fastball at the bottom of the strike zone is legitimately the biggest hanging pitch there is.

Perry Husband 24:00

When you talk about hanging anything, hanging curveball, hanging slider, fastball down, is the hanging version of a fastball, because you have more time. It matches the bat path better. You get extended on it better.

Perry Husband 24:16

In Mike Trout's case, there's 20 mile per hour differential reasons behind, why the down fastball is stupid. It doesn't hide any pitches. I'm going to do a thing on that. The 25 reasons why fastball down and away is the dumbest pitch in the game.

Joey Myers 24:34

That'd be a good one, because a lot of people will be scratching their head going "What?"

Perry Husband 24:40

Every one of them is measurable. It's not like I'm making it up. They're all measurable. This is very slight, but the rotation like when you throw a fastball, your spin rate is slightly lower at the bottom of the strike zone than it is at the top.

Perry Husband 24:56

That's one of those things, if you want backspin, you're going to get it at the top of the zone more than you're going to get it at the bottom zone. It's not dramatic but there is a difference, at least in the short study that I did.

Joey Myers 25:10

Wow, yeah

Perry Husband 25:11

I haven't looked at all of them

Joey Myers 25:13

You should all out there know, if you don't know Perry, which you should, Perry's got almost three decades of this research, and its stats, its swing experiments, it's a lot of stuff, it's not like Perry's just picking this out of his hat, his magician hat.

Perry Husband 25:30

With the momentum, I would say there's nobody on the planet that has experimented more with releasing off the backside and putting an exit velocity to it, which is always one of the things I had a problem with early on, was people would argue, but then they would never have the guts to put speed up with it or consistent contact.

Why don't instructors experiment and test hitting mechanics off the tee?

Perry Husband 25:54

A lot of guys that hate the tee are like, "Yeah, that's great", you can swing out of your butt, and hit a ball hard off the tee. We're not gaining anything by doing that, so we don't even bother.

Perry Husband 26:05

We never test off the tee. I'm thinking there's two reasons why you wouldn't test off the tee, one is you think it's below the hitter. You can get away with a lot of stupid stuff, if you don't test off the tee.

Perry Husband 26:23

You can say whatever you want to, because if a kid walks in the door and he only tests on live, like Carlos. Let me let me share this with you.

Joey Myers 26:33

It's Carlos Peña, by the way, for those of you out there. Perry have worked with him.

Perry Husband 26:40

I got to share this

Joey Myers 26:42

Yes, go ahead and share it. For those listening on audio, I got the video, I'm going to have the video for you. This is obviously going to be more of a visual thing here, just go to the video portion of this to see Perry sharing a screen right now in a video of Carlos Peña.

Perry Husband 26:57

Alright, so let's see if I can go. Oh, wait a second. One second. I think I grabbed the wrong one.

Perry Husband 28:03

That's the one I want to see. Let me go through this quickly, this was Carlos back in 2009.

Perry Husband 28:27

If you test someone off the tee, he was right around 100 miles an hour, he was 101 to 99 right in that range.

Perry Husband 28:36

When you watch somebody hit a ball like that, 100 miles an hour, we know what that number is. Now, we do the same thing, but with batting practice. Now we're at 106 to 110, and we go to the games, and game exit velocity is around, this one is 111. His tap out was about 119. That's right at the limits of everybody in baseball.

Perry Husband 29:05

In fact, I think it might have been like number two or three that year. Let's just go back now, and you take Carlos Peña, and you don't test off the tee, and you have him walk into a place.

Perry Husband 29:19

Let's just say that he maxes out at 106, 106 is great, right? What happens two months from now when I get them to 110, everything is great.

Perry Husband 29:31

The problem is, is 110 is a joke compared to where he's supposed to be, and if you don't test off the tee, then you don't have a standing exit velocity off of just what you can do physically, what you're capable of.

Perry Husband 29:48

You don't have a power potential number to see what else happens. There's a lot of players in the world right now, if you've never tested this, then you have no idea.

Perry Husband 29:59

If you haven't tested your max exit velocity off the tee, then you don't know if the number that you're getting day in and day out off of live batting practice is the right number, because there's always a correlation.

Perry Husband 30:12

If you're efficient, if your swing is at max, and if you're a spin guy, if you're one of those people that believes in rotation alone, I guarantee you're nowhere near your max and exit velocity, you're probably 10 or 12 miles an hour away.

Perry Husband 30:28

The number correlates directly. In other words, if you are at whatever that number is, 100 miles an hour off the tee, then you better be at 105-106 off live batting practice, and you better be at 110, at least, 112-115 off live game speeds, or there's an issue.

Perry Husband 30:51

There is an issue, if you don't have a significant jump each time, but a lot of you out there, I promise, probably have, in some cases, your exit velocity off live pitching is less than the tee exit speed.

Perry Husband 31:06

That happens because of all the force at impact. In other words, there's no force hardly off of a tee, because I'm generating all the force that balls creating none of the force, it's just sitting there. That's why it's a great number as a baseline to start using.

Perry Husband 31:25

We don't do that, because we're way beyond that.

Joey Myers 31:29

You are correct. That's a thing, I think it's a great point where you talked about the tee versus no tee. I think a lot of people to experiment, to track off a tee versus not, I think they're just afraid of what they're going to find.

Joey Myers 31:44

When you use a tee, all we're doing is we're isolating the variable. For those that are familiar with the scientific method, you ask a question, you develop a hypothesis, how you think the answer to that question is, you do some research, you do some testing, experimenting, and you develop a conclusion.

Joey Myers 32:01

All we're doing is we're taking once you get somebody throwing a ball to a hitter, now you're introducing a whole ton of other variables, one being timing, one being speed, one being location, whereas off of a tee, we can isolate that for all those variables.

Joey Myers 32:15

We can look at the purity of the mechanics, if we're teaching forward momentum, we can have a swing, we can do 100 swings with forward momentum and we can do 100 swings without forward momentum, and now we can compare the data, that's what Perry's talking about

Perry Husband 32:31

What you can't do without that number, you can't compare it to anything. You're in a round room, if you're in a round room, you can't measure where you're at very easily.

Perry Husband 32:41

You must have a square or line or point to help you measure off of. In hitting, that's why I started with it was because when you isolate down to having hit a ball off the tee, as in golf, it's the only way you can be precise with everything, because it's the one thing that allows you to isolate all those other things and focus just on what's producing speed.

Perry Husband 33:09

What's producing launch angle also, that's another reason why the tee is a really good thing, and timing, because timing is always exactly the same as sitting on a tee.

Perry Husband 33:21

There is a timing involved, it is a timing. In other words, the guys are doing these self-adjust swings would have to put the tee way in here. I guarantee you when you start training like that, you might get good at squaring the ball up with this cheated swing.

Without forward momentum, hitters are losing 10 to 15 miles per hour exit velocity

Perry Husband 33:37

I also guarantee you that you're never going to be anywhere near your max, you're going to lose at least 10 or 15, or even 20% of your exit velocity on that.

Perry Husband 33:48

Now once you step it up to now a ball coming in, if you've got any kind of inconsistencies with the swing, for example, if I'm spinning, and I'm bending the lead arm, at the moment of impact all that force, some of it gets absorbed into me, and the ball jumps off the bat softer.

Perry Husband 34:07

Period. But you don't know that because you don't know what the other number is, it doesn't matter. You can have all kinds of talk about what's happening here.

Perry Husband 34:20

We just got to get a little bit better at this and everything's cool, as long as you don't know that on day one, if we test your tee, we automatically know what your game exit velocity should be.

Perry Husband 34:31

If it's not at that, you have some issues, you have some inconsistency in the swing. That's why testing is so crucial using the tee and I'm going to throw one more thing out there, if you use a target while you're doing exit velocity off the tee, testing it.

Perry Husband 34:50

There's a cost for swinging wildly, now all of a sudden things change. If I put a tee at exactly 10 degrees launch angle, and if you miss it a little bit, it's at 20 degrees, and you miss it over the top a little bit, it's at zero degrees, and those are going to hit the target.

Perry Husband 35:07

Everything within 20 degrees of perfect, or that 10 degrees is going to hit the target. The second you start missing the target, means that our misses are getting bigger and bigger and bigger.

Perry Husband 35:21

By adding that consequence in of having to hit the ball consistent, and trying to get speed, combining those two things is what controls people to make a closer to their game swing.

Perry Husband 35:35

Still, they might cheat by a mile an hour or so because there's no fear, but what it also does is it teaches the very first thing about 100-100, that's actually three one hundred, it's actually the perfect mechanics, perfect timing, and perfect contact of squaring up those two round things.

Perry Husband 35:58

The only way to square up those two round things perfectly and know whether you're on time or not, is when you put the ball in one place. If it's moving all over the place, all these different places, I can hit the ball okay, but we haven't released it yet, but we have a measurement for that, for precise launch angle exit velocity combined.

Perry Husband 36:21

Right now, there's no measure for it other than that ball is hit pretty good. Exit velocity is the only one, and we're happy with the exit velocity that we're at, because we don't know that it should be 10 or 12 or 20 miles an hour faster.

Joey Myers 36:37

I love it.

Perry Husband 36:38

We're going to wake up to that sooner.

Joey Myers 36:39

I know, and if anybody's going to bring it to light, it's going to be Perry Husband.

Perry Husband 36:45

I thought I already did 30 years ago.

Joey Myers 36:47

I know!

Perry Husband 36:48

If you just ask it, that's the thing I would leave everybody with. Quit talking about it and just test both philosophies. When you test it, all the questions go away. Everybody's afraid of that actual testing to go, "Oh, wait a second, maybe. Maybe adding that release is a good thing."

Perry Husband 37:12

I've yet to see a single person, and it varies anywhere from three to 11 or 12 miles an hour, when they are not releasing off their backside. The second they do, that number goes up because the body travels somewhere between three or eight or 10 miles an hour moving in that direction when you release.

Perry Husband 37:36

The better the athlete, obviously, the more speed is moving in that direction. It's a direct correlation to exit velocity.

Joey Myers 37:44

I agree. Just test it, the thing is some of these people will put 20-30 years in of their swing and how that's supposed to be and they're not going to test it because they can't just let that house of cards come tumbling down. Totally just test it.

Joey Myers 37:58

I want to be respectful of your time, Perry. Where can people find you on the socials, I know we talked about it in the beginning but just to reiterate, and anything new that you're working on that you want to make light up for people

Perry Husband 38:10

I'm working on a couple things. Hopefully, we'll have something that we can talk about really soon. You can find me at hittingisaguess.com or on Twitter, it's at EV Perry Husband. I've got some of the others, but I haven't started focusing on those yet.

Perry Husband 38:39

We will have some new stuff coming up soon. We're going to have to go back to do the old stuff because I left mechanical hitting. I did what I thought was the best thing I could do, which is prove that there's some mechanical things that are better than others, launch angle and contact, and exit velocity all combined. All you must do is test it.

Perry Husband 39:06

I left and we come back. Now suddenly there's all these questions about mechanics and all these arguments about mechanics. There should be no argument. Test that versus that, the second you do you go, that's 18% better or that's 42% better.

Joey Myers 39:29

I love it. I love it. Well, hey man, I'll let you go here, before we go so, I can actually control the screen, can you give me hosting power back? The power to host.

Joey Myers 39:38

I'm in control is what you're saying

Joey Myers 40:03

Well, hey, thank you again for your time. I know this is part two, you got to two sections in the book, which would be cool, and we'll obviously be doing more. This is just Volume One, by the way.

Joey Myers 40:14

In the next years, I'm going to be making Volume Two, volume three, we'll have more of these conversations. Hopefully, we can win some people over to experimenting.

Perry Husband 40:23

Pretty soon they won't have any choice because as soon as you let the cat out of the bag, and you start testing, then everybody else is going to be like, wait a second, how can my kids only have 48? When I see that kid at 62?

Twin 13yo girls with 72 and 73-mph exit speed?

Perry Husband 40:37

I just did a thing the other day, I have these two girls that Todd works with, they're twins. They were 12 at the time, and they're at 72 and 73 miles an hour respectively.

Perry Husband 40:55

They turned 13 since we did that little experiment, just super recently, but 72 and 73. I've worked with a lot of college teams, typically there's some teams that will have two or three players in the 70s and the rest are in the mid to high 60s.

Perry Husband 41:16

We're talking about two players that are at their absolute or really close, I actually think they can gain three or four more. It's simple, you isolate which movement pattern is not working, and you add, you make that movement pattern better. One of them is momentum. It's a big one, and the second you do, speed goes up 100% of the time

Joey Myers 41:41

I found similar thing and I'll let you go on this, but it had a college gal division one. Beginning of the summer she was at about that 73-72 miles an hour ball exit speed by the end of the summer, so two and a half months or whatever it was before she had to report for fall ball. She was at 83 miles an hour.

Joey Myers 41:57

Now most of that was her hard work and she probably wasn't at her peak, there were still some like you said, two to three miles an hour probably, she wasn't a big girl, she was probably 5'6 or 5'7, probably Sierra Romero type height, and within three months, she hit a softball and gain 10 miles an hour.

Perry Husband 42:19

That's what Todd did with Rachel Garcia, it was 11 miles an hour in exit velocity off the tee and it was even more than that because her live exit speed was even higher than that.

Perry Husband 42:31

You don't lose it. When you do all that, when you're mechanically efficient at the moment of impact with a live pitch, you don't lose the energy that you lose with that swing adjust theory because there's so many variables that are going to absorb that energy. It's not going to jump.

Joey Myers 42:50

I love it, Perry. All right, man, we will let you go. We could talk all day on this, I know we could. Thank you again for making the time today.

Joey Myers 42:58

Keep up the good work. I love my buddies that are the mad scientist out there, that are really hitting the pavement hard. I love it.

Perry Husband 43:05

All right, man. Talk soon.

Joey Myers 43:08

Merry Christmas, too, by the way.

Perry Husband 43:09

Yeah, you, too.

Joey Myers 43:11

Thanks, bud.

Perry Husband 43:12

All right. Bye.