

CASE STUDY: UNLOCKING VELOCITY

**HOW WE HELPED INCREASE AN
MLB PITCHERS VELOCITY FROM
91-98 MILES PER HOUR**

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Competitor Performance Academy





The Challenge:

From Underdog to Dominance

When professional pitcher Jeff Hoffman approached us, he had an ambitious goal: to increase his fastball velocity from 91 mph to the elusive 100 mph mark. At the time, Jeff was a non-roster invitee to spring training, fighting to prove his worth and secure his place in Major League Baseball. Despite his talent, he knew there was untapped potential in his performance.

Jeff's challenge was clear: he needed to generate more force, enhance his explosiveness, and transfer power efficiently through his kinetic chain. To achieve this, we needed to deliver a holistic and individualized training plan, working in tandem with his team's strength and rehab staff, while respecting the demands of professional baseball.

Our Approach:

A Science-Backed, Integrated Plan

1. Sprint Training from a Velocity Profile

-Using a sprint velocity profile, we identified key areas for improvement in Jeff's lower-body power and acceleration.

-A tailored sprint program focused on developing explosive starts and maximizing his drive phase. This not only enhanced his overall athleticism but also helped generate the ground force critical for increasing pitching velocity.

2. Velocity-Based Strength Training

-We implemented velocity-based training (VBT) to ensure precision in Jeff's strength work. By tracking bar speed and power output, we optimized his training load and intensity for maximum explosiveness.

-This approach allowed us to improve his force production while minimizing fatigue, enabling him to recover quickly and perform at his best.

3. Joint-Specific Isometrics

-To stabilize key areas and improve force transfer, we introduced joint-specific isometric exercises targeting his hips, shoulders, and core.

-These exercises not only strengthened his mechanics but also reduced injury risk by reinforcing the stability required for high-velocity pitching.

4. Comprehensive Arm Care

-Collaborating with his team's strength staff and leveraging best practices in arm care, we developed a routine incorporating Controlled Articular Rotations (CARs) for mobility and strength in his shoulder and elbow.

-This ensured durability and optimal performance, even during a demanding season.

5. Rehab and Recovery Techniques

-Partnering with a physical therapist, we integrated advanced recovery protocols such as soft tissue therapy, mobility drills, and workload monitoring.

-These measures enabled Jeff to sustain intense training while minimizing wear and tear on his body.

6. Mentality and Belief

-At the heart of the program was Jeff's belief in the process. With the goal of reaching 100 mph fueling his drive, we cultivated a growth mindset and celebrated every milestone along the way.

The Results:

From Non-Roster Invite to MLB All-Star, to a Big-Time Contract

Through this tailored program, Jeff achieved remarkable progress:

- **Increased Pitching Velocity:** His fastball velocity jumped from **91 mph to 98 mph** from 2020-2023, a testament to his commitment and the effectiveness of the program.
- **Improved Athleticism:** Enhanced sprint performance and power allowed Jeff to become a more explosive athlete overall.
- **Career Milestones:** Jeff went from being a non-roster invitee to one of MLB's best relief pitchers. In 2024, he was recognized as an MLB All-Star, cementing his place among baseball's elite.
- **Sustained Performance:** Injury prevention measures and advanced recovery protocols helped him maintain peak performance throughout the season.
- **The Big Payoff:** Jeff signed a lucrative **3 year, 33 million dollar** deal with the Toronto Blue Jays.





Conclusion: Belief, Collaboration, and Transformation

Jeff Hoffman's journey is a shining example of what's possible when science, expertise, and belief converge. By combining sprint-based training, velocity-specific strength work, arm care, and recovery techniques, we helped Jeff not only achieve his goals but also transform his career trajectory. From a spring training invitee to an MLB All-Star, his success highlights the power of a tailored, integrated approach.

Want to Become a More Explosive Athlete?

If you're ready to take your performance to the next level, contact us today. Whether your goal is to throw harder, run faster, or dominate your sport, we're here to help you achieve it. Let's unlock your full potential!

Start here:

1. Go to www.competitor.fit/freetrial
2. Fill out the information and we'll contact you for a Free Assessment before your trial begins

Or, simply scan the QR Code Below

