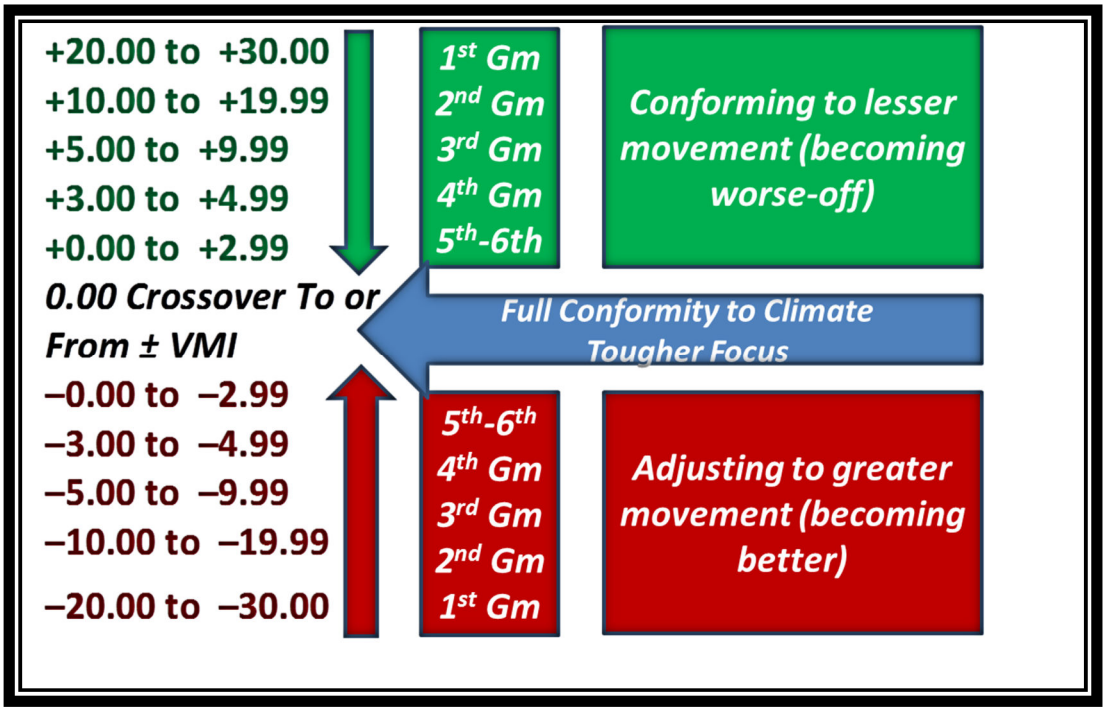
Putting a Microscope on the Larger VMI Ranges

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VMI Tracking: The Larger Plus Ranges of the VMI

The uniqueness in the varied VMI Ranges and how to interpret them for your selections:

Below is the same graphic I used in the previous article. It helps to remember that the VMI tracks Home Teams as they stay in their home venue for more than one series. It also tracks Visiting Teams as they travel to various venues both familiar and unfamiliar (with the air--that is).



+8.01 to +10.00—This range makes a hitter **very** dangerous. It is between 1 inch "Less" movement and 1-1/4 of an inch less movement on the Four-Seamer and percentage similarities on the additional pitches of the arsenal.

If the pitcher he is facing today is a "Tight Pitcher," your player will normally hit greater than his average against him. If he is a "Reverse Pitcher," hitters will struggle with the Two-Seam and the Sinker, but will hit the slower pitches much better. A "Loose Pitcher" will often be more effective in this range, because he can keep the hitter from sitting on the fastball. This range is also the "Knuckleballer's" bigger challenge to get by hitters with little damage done.

In other words, a team of hitters in this range is very dangerous, and they probably don't need much coaching or additional focus to perform well. In fact, they are relaxed, having fun; even their team defense and decision-making is generally better.

+10.00 to +20.00

This is where Colorado lives at home in their first several games back from a road trip. And as the whole baseball world has noticed, every team that arrives at Coors Field will tend to hit the ball well. If both teams are in this range, it is next to impossible to determine which is going to win the game or even hit better than the other. Both teams of hitters are very dangerous, especially when the visiting team gets one game of adjustment behind it.

However, in the second series for the Rockies while at home, their VMI begins to fall toward zero, so they are too adjusted to their own environment and eventually fall into the 50/50 win category where focus is tougher—just like all the other teams in the zero categories.

"Tight Pitchers" and "Loose Pitchers" are in the biggest danger of being victim to hitters in this range. However, in the early spring when the temperatures are colder in Colorado, the Slider is devastating, so the Tight Pitcher can be effective until the summer arrives. When teams arrive in Atlanta, Kansas City, Texas and Arizona, which are the other Lightweight venues during summer months and sport a higher than Plus 10 VMI, they are also very dangerous, but are prone to becoming victim to the "Reverse Pitcher."

+20.00 to +30.00

This range is only a matter of degree greater than the same issue as discussed above. It too is caused by a team arriving at Coors Field in Colorado after a series or more by either team in a colder, sea-level venue. The issues for the hitter and pitcher are the same as described above, but fortunately this VMI range lasts for only the first game of the series.

Therefore, the ball movement is far less (about 3 inches less lift on the Four-Seam) and is so different that the first game in the series is the biggest adjustment for the visiting team. So winning tends to fall toward the home team's favor. Of course, with a three game series, that makes it difficult for the visitor to win two, considering the high tendency in MLB to win today and lose tomorrow.

-8.01 to -10.00

If he is a "Reverse Pitcher," your player will probably hit his average or greater against him, because the hitters are typically setting up for the Four-Seamer from their previous exposure and, of course, this causes them to need little adjustment to pound the Two-Seamer.

If he is a "Tight Pitcher," hitters will struggle with the Four-Seam and the Slider, but will hit the slower pitches much better, including the Curveball.

"Reverse Pitchers" live dangerously close to "Loose Pitchers". When they are getting hit hard in this VMI range, they tend to switch to additional pitches, and so they tend to let the opponent "off-the-hook", instead of switching to the "Four-Seamer".

Hitters, on the other hand, are challenged beyond belief. If they transition from locations like Colorado, Texas, or Atlanta (where the team may enter this range after a game or two within even greater minus VMIs), then they can start or continue a losing streak. Every observer of baseball is quite aware of how a team can fall apart during a losing streak. The physical aspect of not being able to hit the most common pitch in baseball can--and does--create not only frustration, but greater mental issues from trying too hard. It even carries over into defensive mistakes, base running, and poor decision-making because of "over-thinking it."

In this case, the media doesn't help much, because they focus on what happened, but have no time to focus on "why" it happened, while writing one report after another.

-10.01 to -20.00

This range is normally only associated with leaving Coors Field in Colorado after a series or more there by either team. Therefore, the same is true as I mentioned in the above paragraphs, except that this is where the issues really begin. This VMI may be associated with leaving Coors Field and arriving at a Central Division opponent's venue at 500 to 1,000 feet elevation and fairly warm conditions.

If he is a "Reverse Pitcher," your player will probably hit his average or greater against him because the hitters are typically setting up for the Four-Seamer from their previous exposure. This, of course, causes them to need little adjustment to get down on the Two-Seamer.

If he is a "Tight Pitcher," hitters will struggle with the Four-Seam and the Slider, but will hit the slower pitches much better, including the Curveball.

-20.01 to -30.00

This range is only a degree greater than the same issue discussed above. It too is associated with leaving Coors Field in Colorado after a series or more there by either team, but normally this team travels directly to a colder, sea-level venue. The issues above are the same, but into a greater opposing environment in terms of ball movement.

This concludes the studies we've done on the VMI ranges and how MLB players tend to react while performing under conditions that cause the baseball to take a different track to the plate from the pitcher's hand. You should now be able to utilize "Today's Team Match-Ups," our newest BaseballVMI.com tool to its greatest advantage. Your standard membership qualifies you to utilize this tool.

Visual Memory by Clifton Neeley, creator of the Visual Memory Index© and author of the web-site www.baseballvmi.com. Clifton pitched and played baseball and fast-pitch softball in the mountainous southwest Colorado area from 4,000 feet in Grand Junction to 6,000 feet in Durango to 9,000 feet in Telluride prior to his college experience in baseball.