CORNERSTONE
coaching academy

Equivalents for 60ft 6 inches (Rounded to the nearest mph)

Distance from hitter	To simulate 65mph	To simulate 70 mph	To simulate 75 mph	To simulate 80 mph	To simulate 85 mph	To simulate 90 mph	To simulate 95 mph
30	33	35	38	40	43	45	48
35	38	41	44	47	50	53	56
40	43	47	50	53	57	60	63
45	49	53	57	60	64	68	72
50	54	58	63	67	71	75	79
55	60	64	69	73	78	82	87

A few words of wisdom regarding this chart

1.) While the timing is equivalent, it is not a true simulation. The faster the ball is moving at home plate, the more difficult the ball will be to hit. Here's a silly example showing you why. While it is the same time, how much more difficult would it be if we backed up to our centerfield fence and threw a ball 432 mph right down the middle. It would take the exact same time to cross home plate as a 70 mph fastball from 60 feet, but it would be WAY more difficult to hit because of the speed of the ball as it crossed the plate. The point is, the best simulations are as close to your actual pitching distance as possible, the closer you are, the easier it is to hit.

2.) If your pitching distance isn't 60 ft 6 inches and you'd like to find an equivalent pitching distance, you can use the following formula… (Distance from hitter) x (simulated velocity) / (actual pitching distance). For instance if you play in a league with 54 foot mounds and you are doing batting practice from 40 feet, and you'd like to simulate 65 mph, you would have 40 ft x 65mph / 54 ft = 48.15mph.

3.) Make sure you use this chart "responsibly." For instance, there is no reason to set up a practice where you simulate a 95mph fastball and demoralize players. We use it only to simulate the velocity we anticipate seeing. If you can simulate that velocity from your actual pitching distance, that is best. But when we know we are facing something who throws 90mph, and the hardest thrower on our team throws 78, looks like I'm throwing 68 mph from 45 feet for a practice.

4.) We will actually put a radar gun behind the plate while I am throwing to "calibrate" my arm so that I don't get carried away, or lose velocity to the point where I need to move closer.