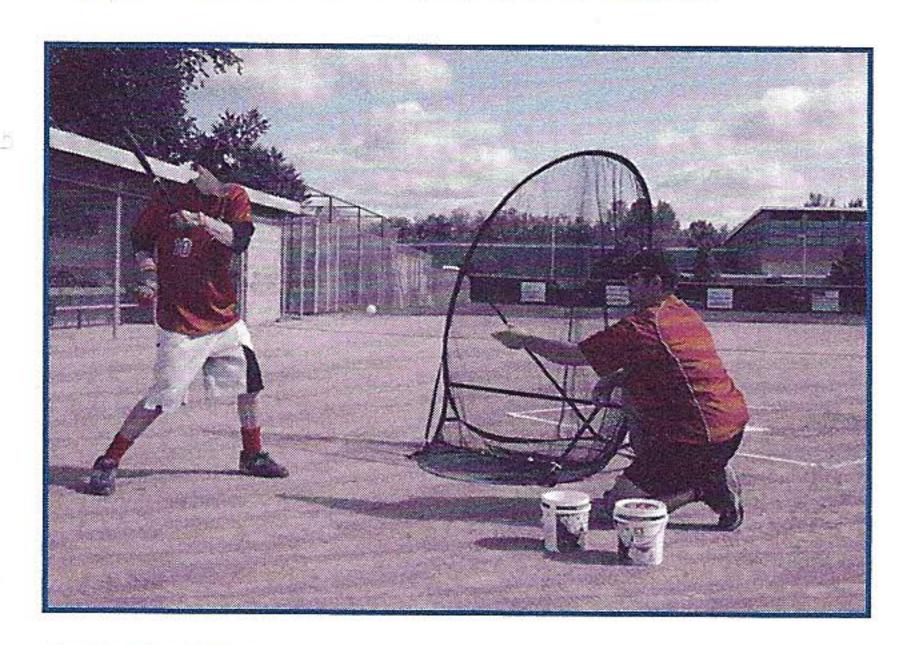
Screen with the JUGS Hitting Stick™ or a regular bat.

2 ONE-HAND/BOTTOM-HAND 50FT-TOSS DRILL



PURPOSE:

To teach hitter the proper action of BOTTOM hand and how it brings the club head through the strike zone.

PROCEDURE:

- 1. Hitter assumes a normal stance.
- 2. Hitter grips bat with BOTTOM hand only.
- 3. Hitter drives ball into net.
- Emphasis should be on <u>lead elbow pointing towards</u> ground.
- 5. Emphasize quick downward stroke.

COACHING TIP: throw pinky finger at pitcher's feet. This helps proper hand action.