

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

## 2 ONE-HAND/BOTTOM-HAND SOFT-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.
4. Emphasis should be on lead elbow pointing towards ground.
5. Emphasize quick downward stroke.

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