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ONE-HAND/TOP-HAND SOFT-TOSS DRILL



PURPOSE:

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

PROCEDURE:

1. Hitter assumes a normal stance.
2. Hitter grips bat with TOP hand only—similar to tennis grip.
3. Hitter drives ball into net.
4. Emphasize quick downward stroke.