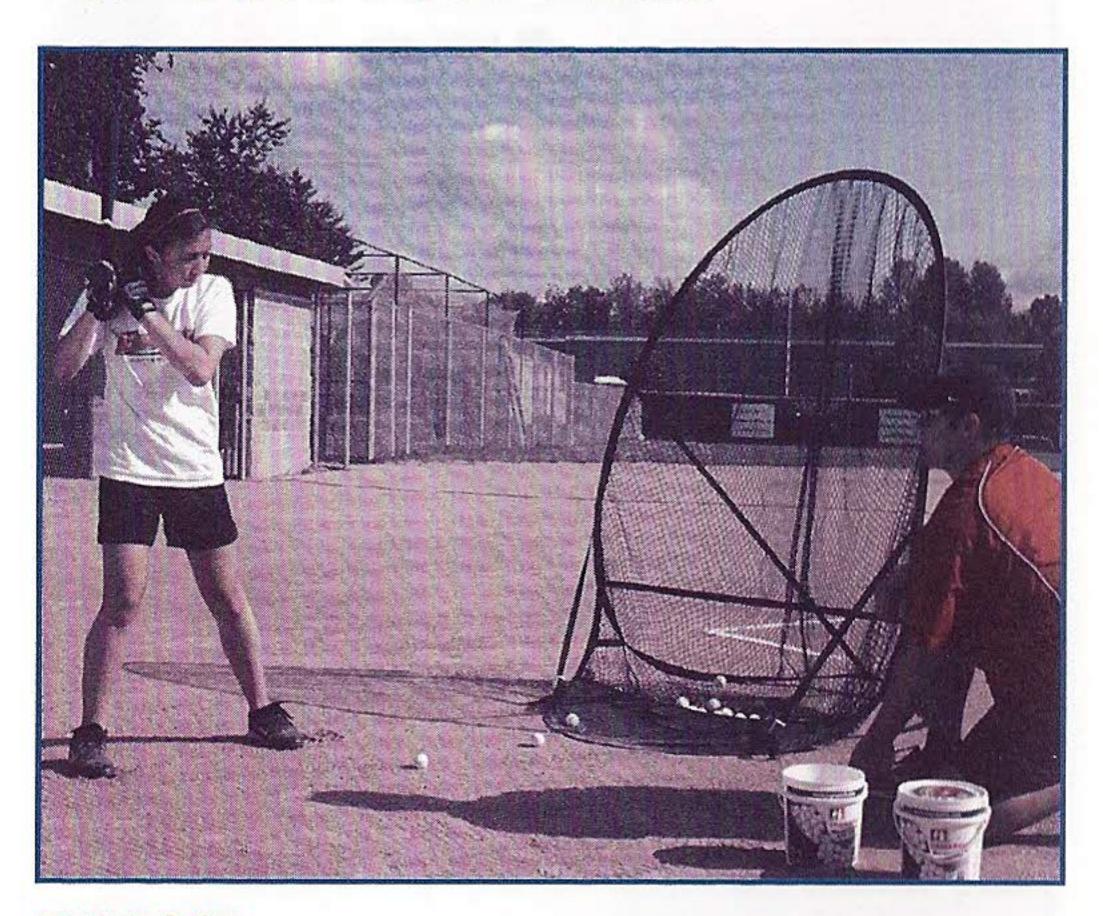
ONE-HAND/TOP-HAND SOFT-TOSS DRILL



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 <u>quick downward stroke</u>.