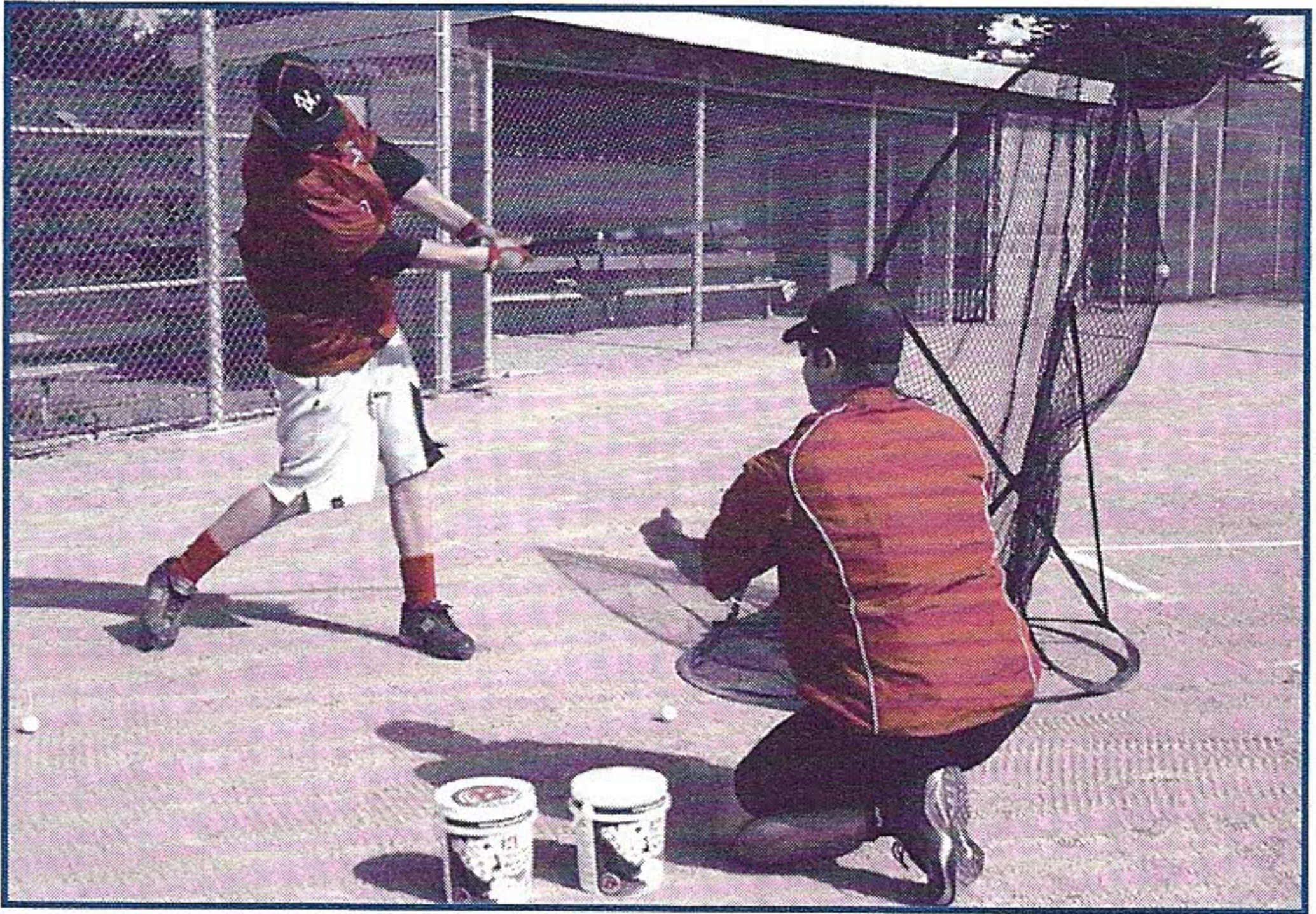


(HITTER GETS 5 SWINGS FOR EACH DRILL.)

### 3 **REGULAR** SOFT-TOSS DRILL



#### **PURPOSE:**

To help hitter become aware of the proper mechanics of the swing—allow hitters to work on individual parts of their swing.

#### **PROCEDURE:**

1. Hitter assumes a normal stance.
2. Hitter attempts to drive **SMALL-BALL**<sup>®</sup> into the net using proper technique.
3. Coach should toss balls over front edge of plate so contact is made in power zone.
4. Ball should be hit in center of the screen.