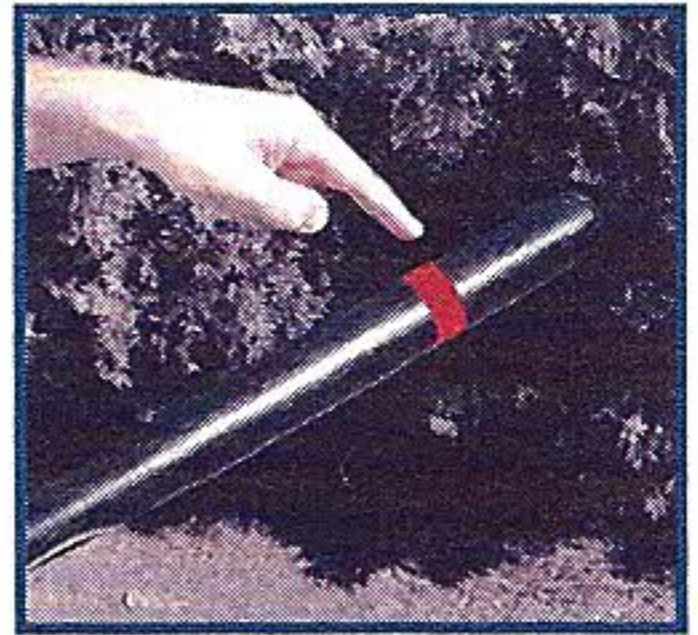


6

STRIPED BAT DRILL

PURPOSE:

- To emphasize mental concentration
- To emphasize keeping the head down and focusing on the ball



PROCEDURE:

1. Set JUGS **SMALL-BALL**[®] Pitching Machine at 20'.
2. Set machine to throw waist-high pitches down the middle of the plate.
3. Hitter assumes normal batting stance. Head still, eyes level.

IMPORTANT: MACHINE MUST BE SET BEFORE HITTERS ENTER BATTER'S BOX.

4. Place a piece of brightly colored masking tape or paint an orange stripe around the "sweet spot" of the Hitting Stick[™]. The "sweet spot" is approximately 4.5 inches from the end of the bat. *See photo above.*
5. Hitter attempts to hit the **SMALL-BALL**[®] on the striped portion of the Hitting Stick[™].
6. Hitter should concentrate on the **SMALL-BALL**[®] and attempt to see the stripe hit the **SMALL-BALL**[®].

COACHING TIP: When the hitter assumes a normal stance, eyes should be level to maximize depth perception. *Keep your eyes behind the barrel.*

NOTE: This drill can be implemented with the JUGS **SMALL-BALL**[®] Pitching Machine or live arm.