

RED-SEAM/WHITE-SEAM DRILL

7 SWING-RED, TAKE-WHITE DRILL

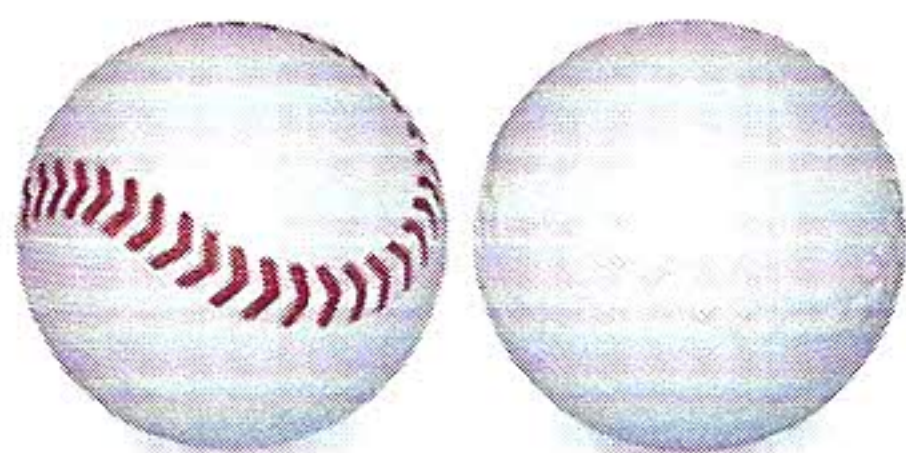
Pitcher approximately 20' away from hitter



NOTE:

Pitcher must
be behind

SMALL-BALL®
Instant Protective
Screen.



For every twelve balls, there are two white balls.
Hitter should hit RED and take WHITE.

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