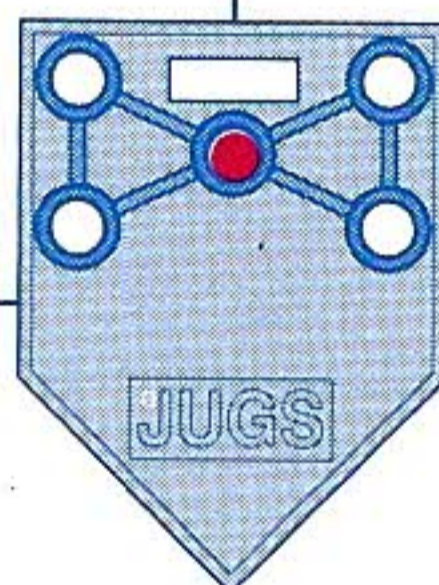
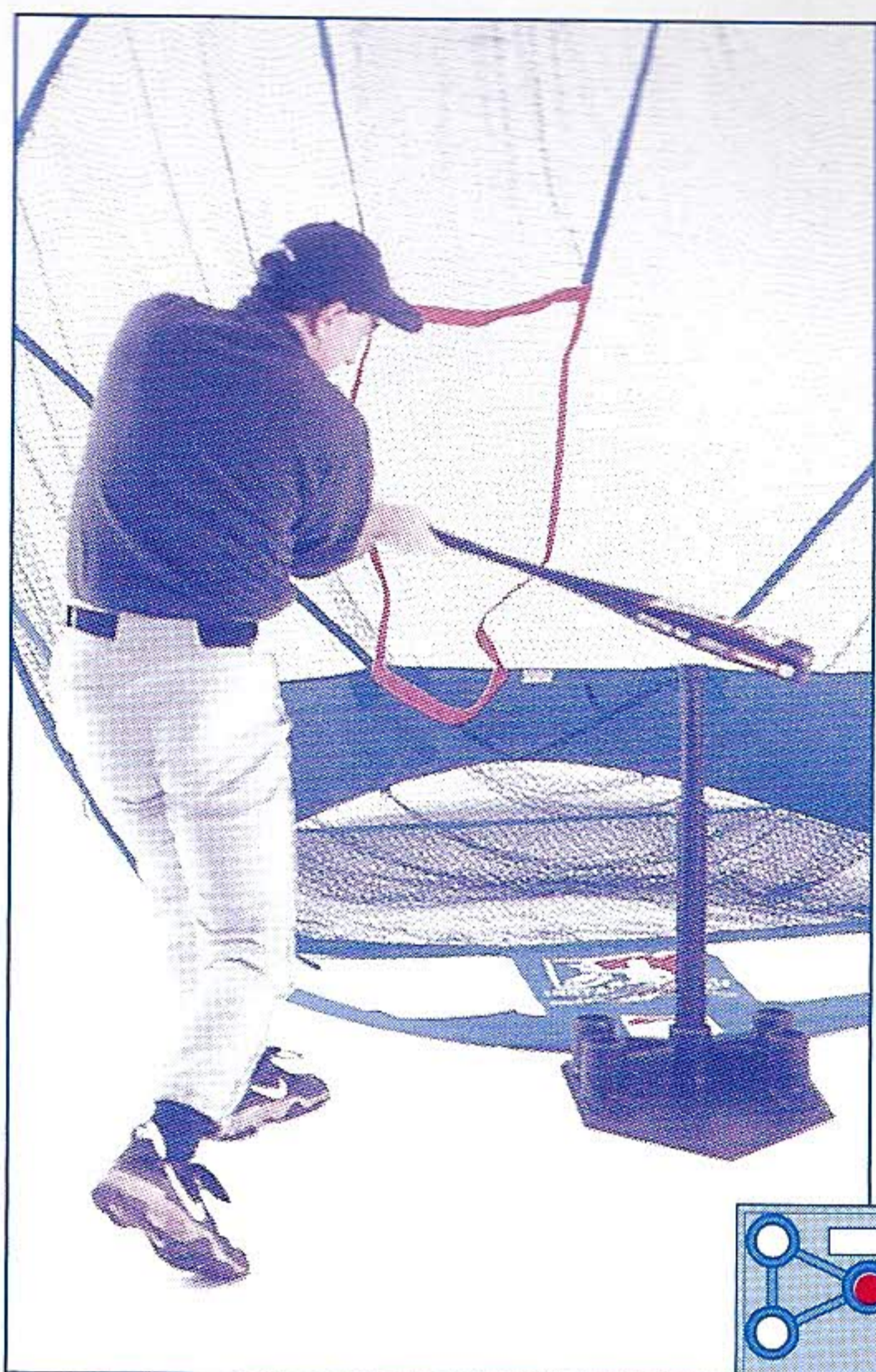


Basic Jugs 5-Point Hitting Tee Drill

Purpose: To develop a natural smooth, mechanically sound swing.



Procedure:

1. Place the tee in center position.
2. Place ball on tee, waist high.
3. Concentrate on hitting the ball back through the middle (*straight ahead*) and into the screen.
4. Keep your head down and keep your eye on the tee after the ball is hit. This assures keeping your eye on the ball and minimizes head pulling.
5. As your swing improves adjust the JUGS 5-Point Hitting Tee to various heights within the strike zone.