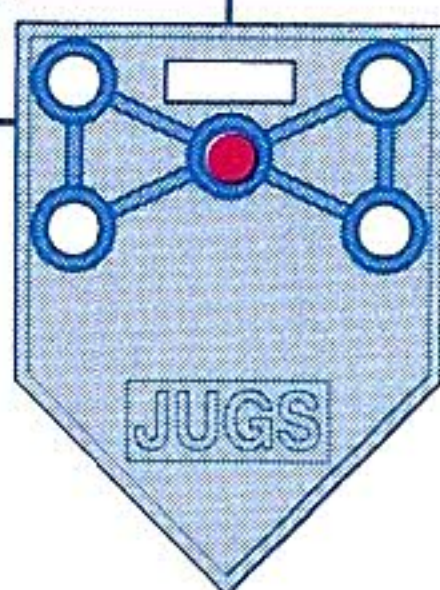
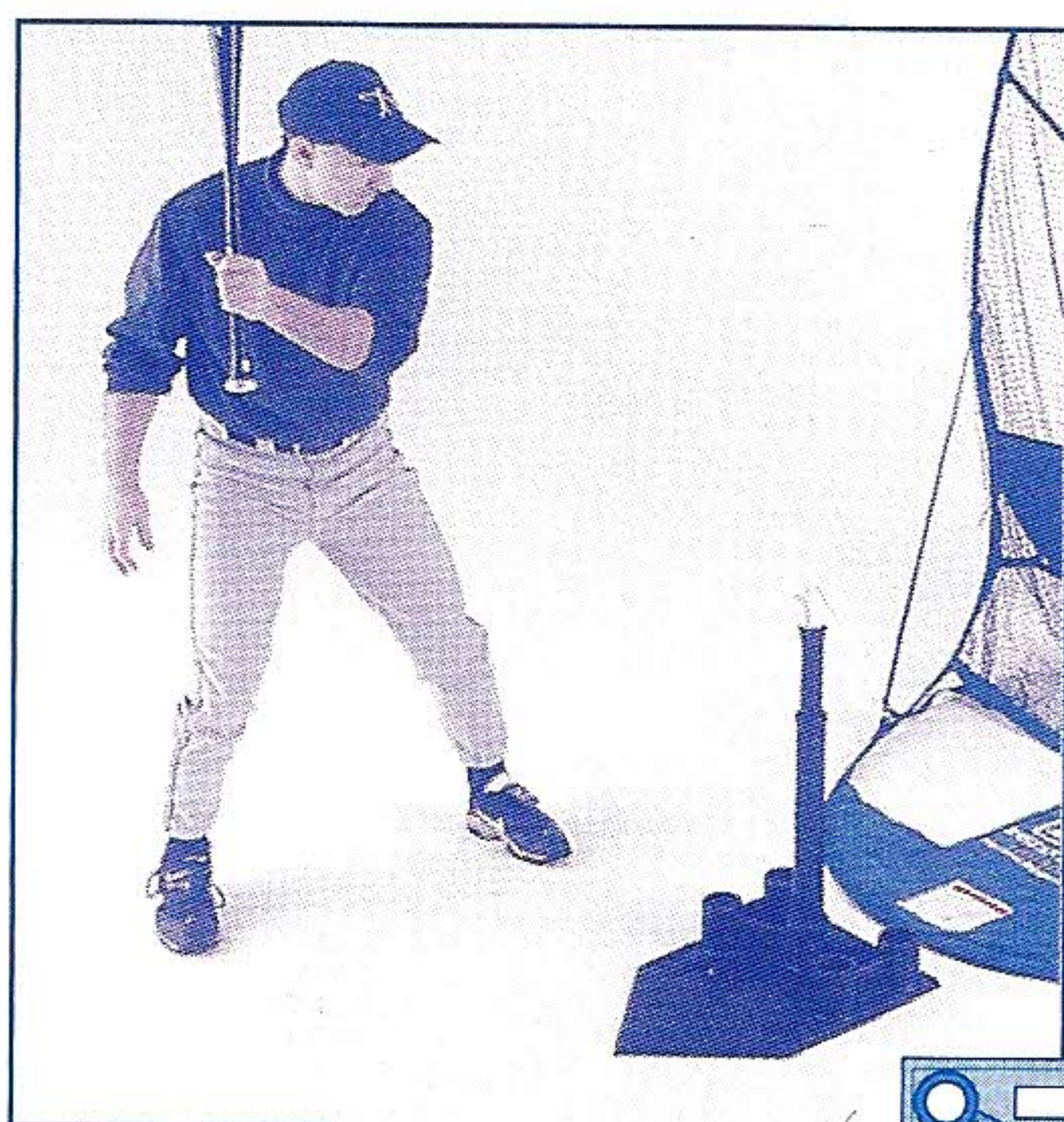


One Handed Bottom Hand Drill

Purpose: To teach the proper action of the bottom hand.



Procedure:

1. Place tee in center position.
(adjust screen accordingly).
2. Hitter assumes normal stance.
3. Hitter grips bat only with bottom hand
(choke bat slightly).
4. Hitter swings at ball using only the
bottom hand to grip the bat.
5. Emphasis should be on the lead elbow
pointing toward the ground and not
flying open in the air.
6. Quick downward stroke and
backhanding action.
7. Emphasize throwing the “*pinky finger*” at
the pitcher’s feet. This helps create proper
hand action.
8. 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.
9. As your swing improves adjust the
JUGS 5-Point Hitting Tee to various
heights within the strike zone.