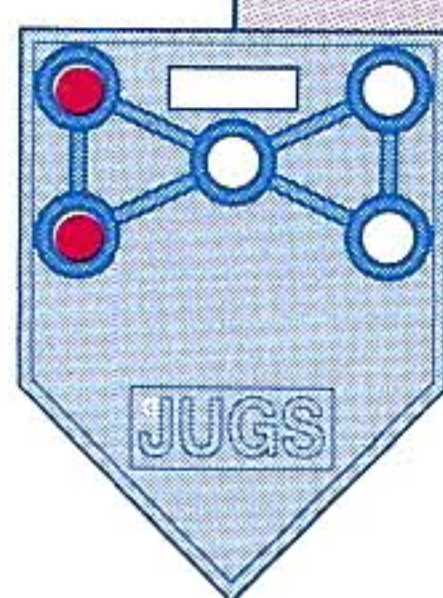
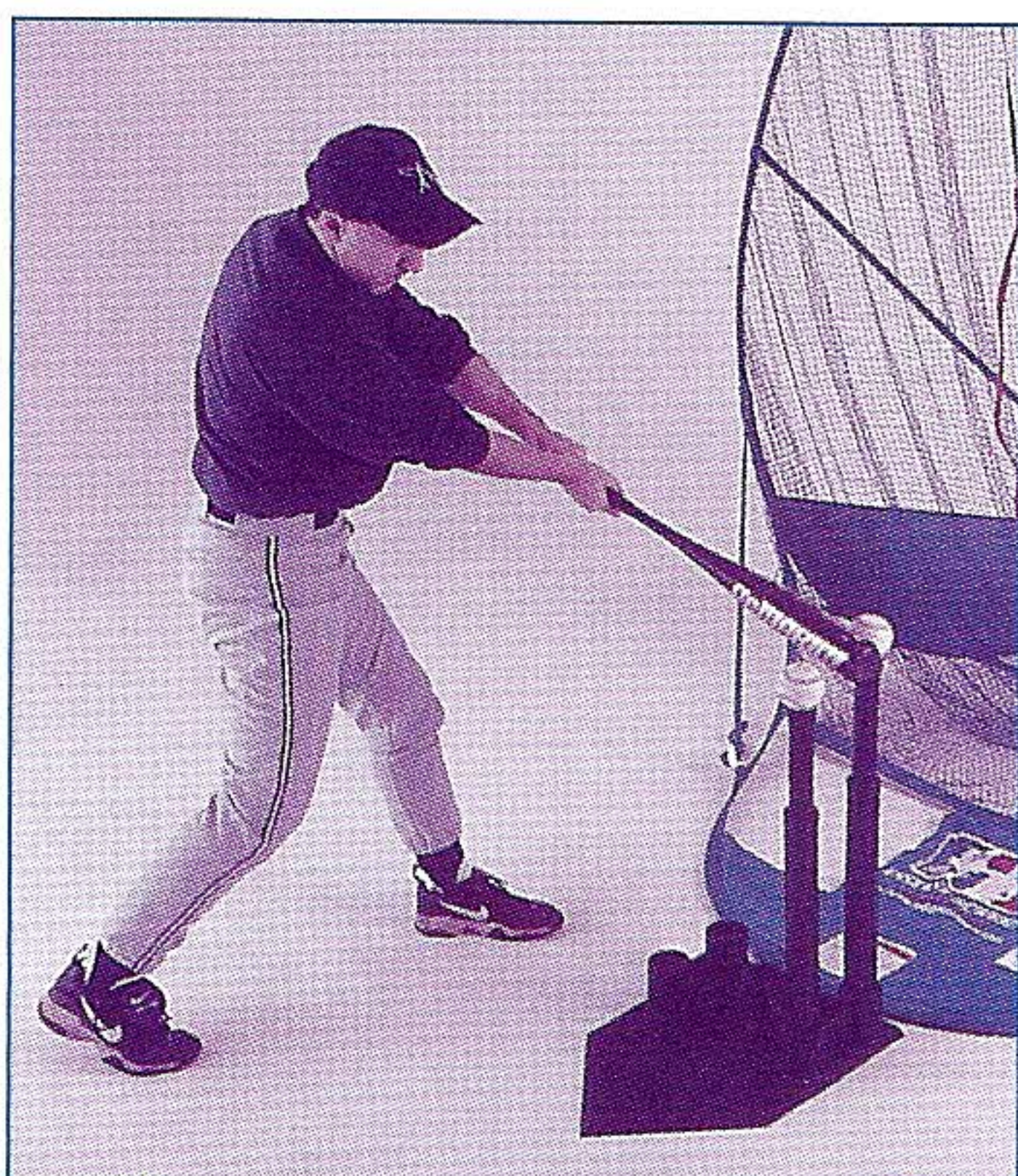


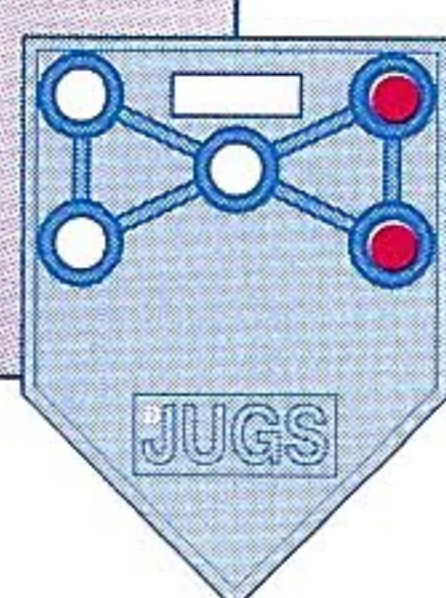
# Double Tee Drill #2

**Purpose:** To teach a slightly downward level swing.



Lefty

Righty



## Procedure:

1. Place the tees in the outside positions.  
One in front of the other.  
*(adjust screen accordingly).*
2. Place a ball on each tee.
3. **The back tee should be approximately six inches lower than the front tee.**
4. Hit the ball off the front tee using a swing that is slightly downward to avoid hitting the back ball.
5. Uppercut swing will result in the back ball being hit.
6. 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.
7. As your swing improves adjust the JUGS 5-Point Hitting Tee to various heights within the strike zone.