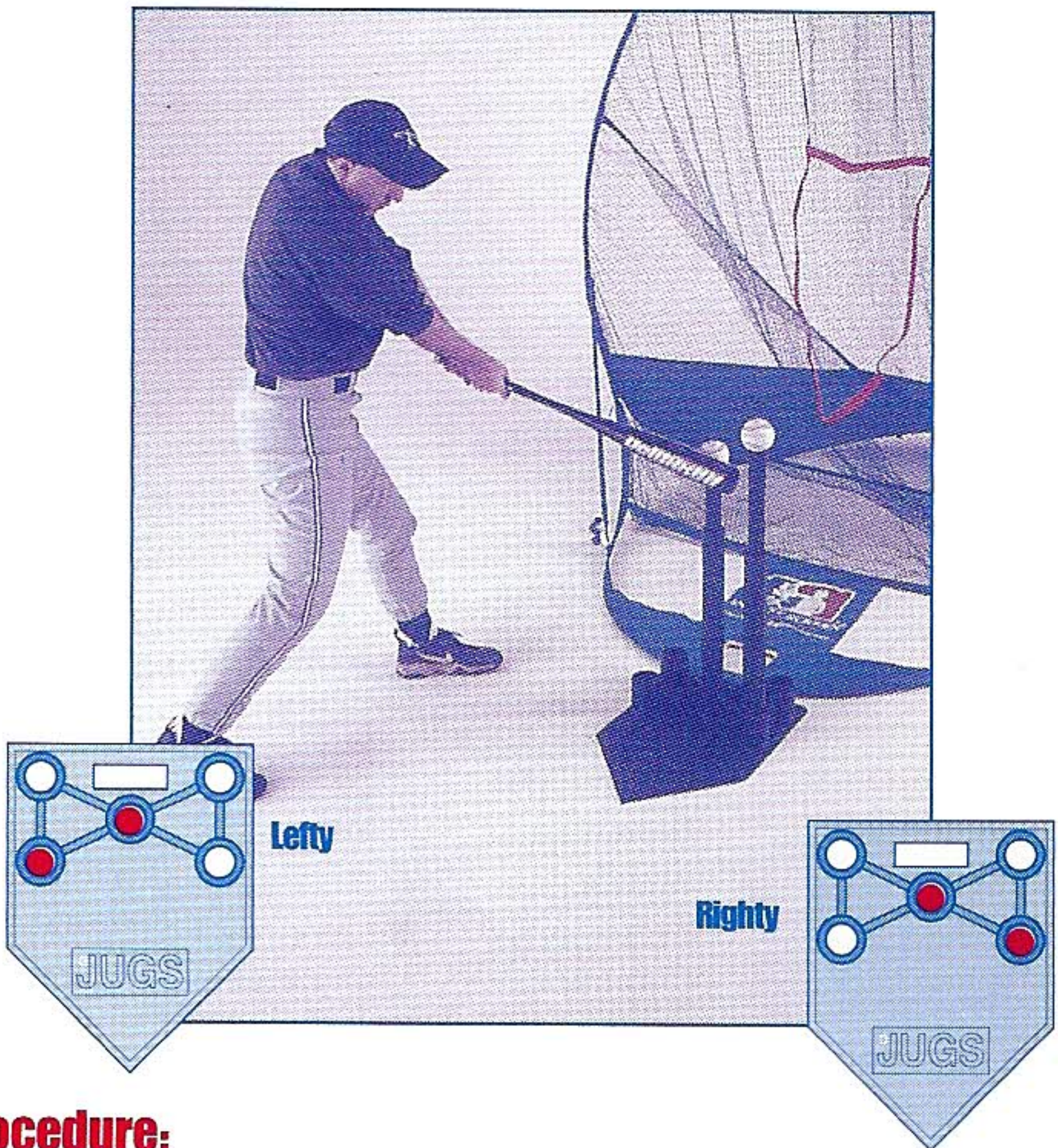


Front Side Closed Drill

Double Tee Drill #3

Purpose: To teach the hitter to stride directly toward the pitcher keeping the front side closed on all pitches regardless of their location.



Procedure:

1. Place the tees in the middle and back outside positions.
(adjust screen accordingly).
2. Middle tee should be 4-6 inches lower than the back outside tee with the balls in place.
3. Place balls on both tees.
4. Hit the ball off the middle tee by swinging level or slightly downward.
5. Use a quick, compact, inside-out swing to avoid hitting the ball on the outside tee.
6. Do not uppercut or you will hit the outside ball.
7. Stride toward the pitcher keeping the front side closed.
8. Keep your head down and keep 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.