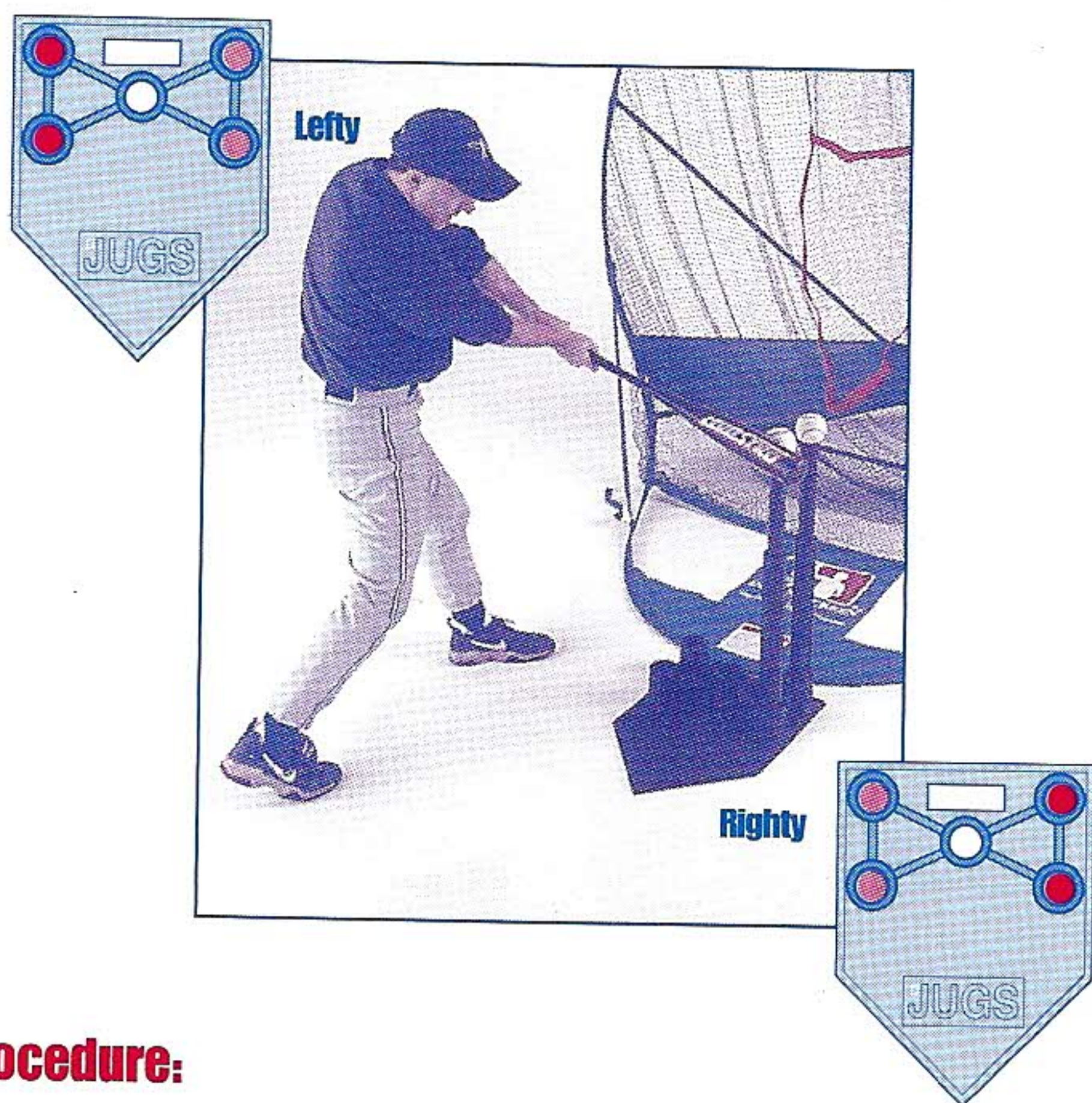


# Follow Through Drill

## Double Tee Drill #4

**Purpose:** 1. To teach proper follow through on the hitting swing. 2. To teach the hitter to stride toward the pitcher with a closed front side. 3. To teach the hitter to swing the bat level or slightly downward. 4. To teach the hitter to use an inside-out swing.



### Procedure:

1. Place the tees in the two outside positions or two inside positions.  
(adjust screen accordingly).
2. Both tees are at the same height.
3. Place a ball upon each tee (use polyballs or JUGS Softies™ only).
4. Use an inside-out swing for a quick, compact swing.
5. Swing the bat level or slightly downward, hitting the ball on the back tee first.
6. Back ball will drive front ball into middle of JUGS Instant Screen if swing and follow through are done correctly.
7. 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.
8. As your swing improves adjust the JUGS 5-Point Hitting Tee to various heights within the strike zone.