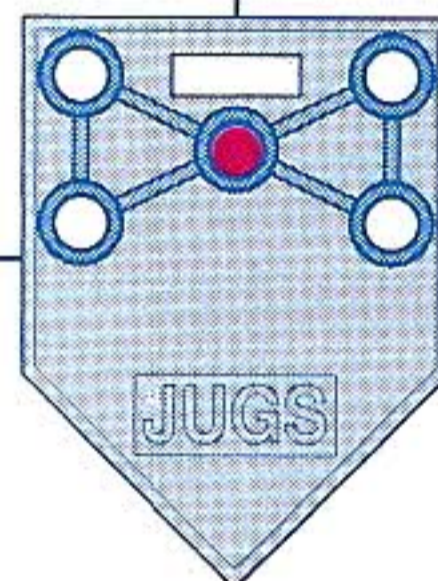
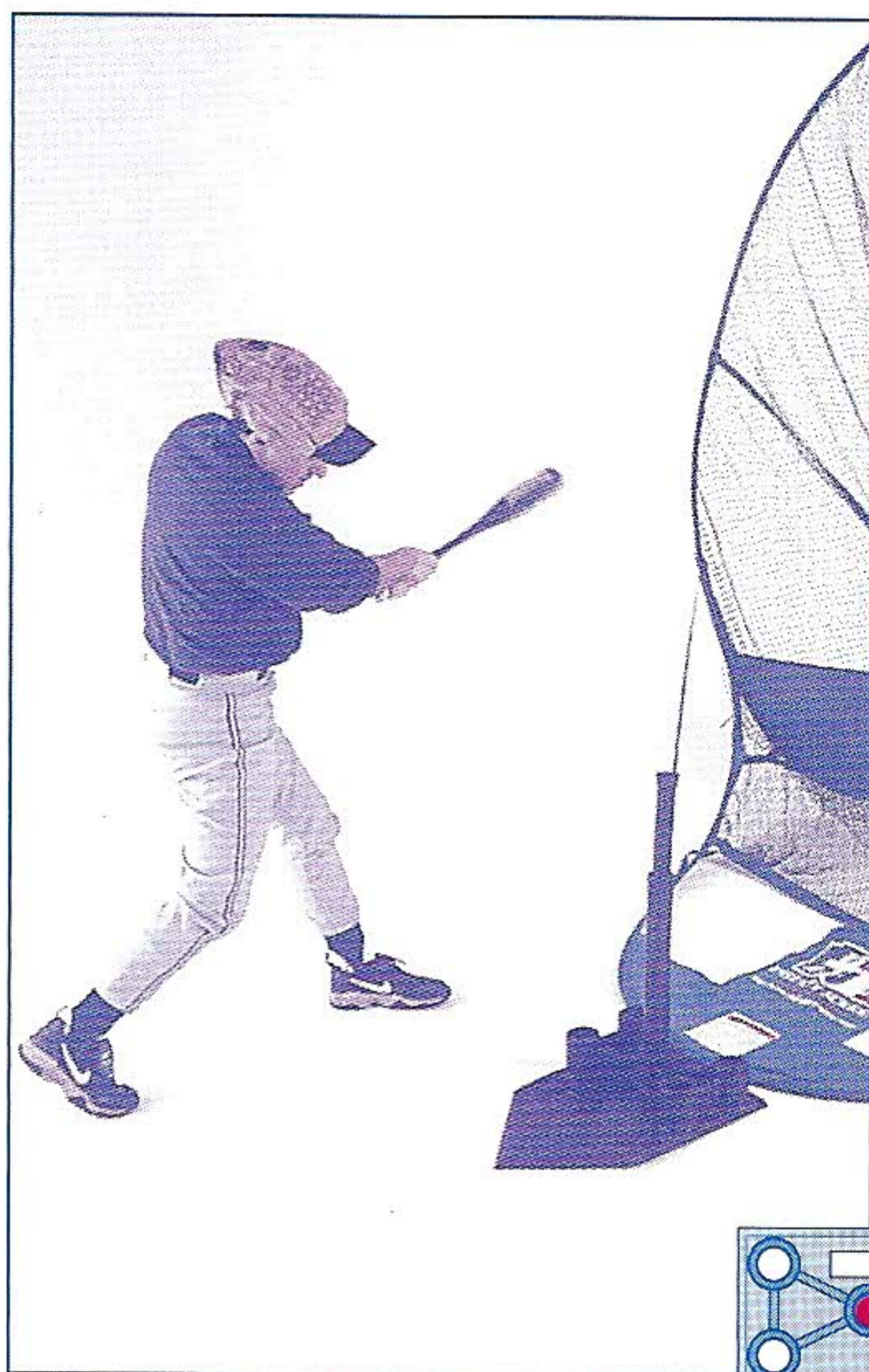


Head Control Drill

Purpose: To teach the hitter to keep head down and still, in order to combat head pulling.



Procedure:

1. Place tee in center position.
(*adjust screen accordingly*).
2. Hitter places a fielder's glove on head...
pocket down.
3. Hitter assumes normal batting stance and
drives ball into net.
4. Hitter concentrates on keeping head down
and still... glove will fall off if head is
pulled or jerked.
5. 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.
6. As your swing improves adjust the JUGS
5-Point Hitting Tee to various heights
within the strike zone.