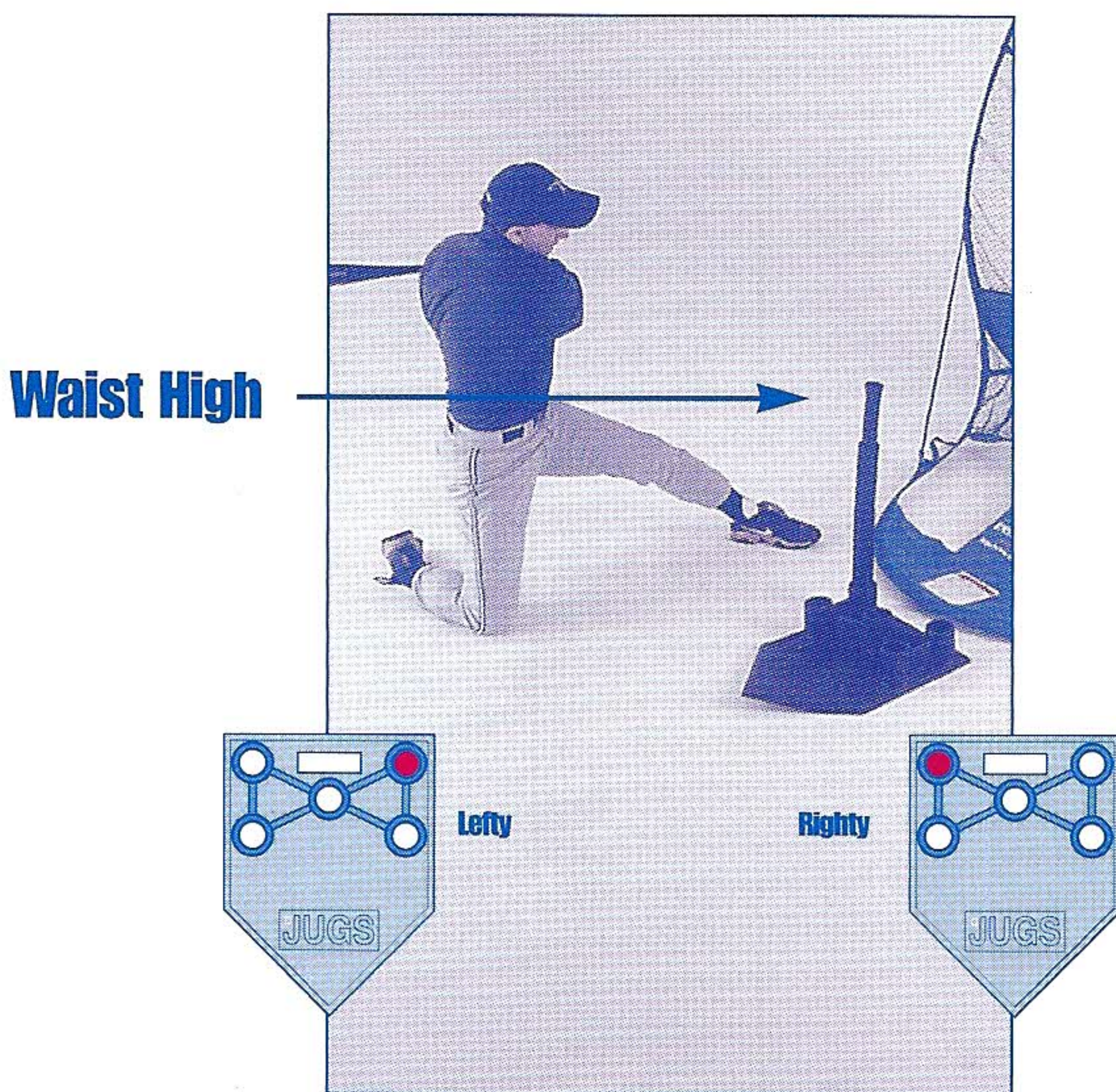


Knee Drill

Purpose: To prevent the hitter from upper cutting by forcing hitter to hit down on the ball. Good for hitters who drag bat through strike zone. The emphasis is on hand quickness and hitting down on the ball. Good drill to combat head pulling.



Procedure:

1. Place tee in inside front position. (*adjust screen accordingly*).
2. Hitter kneels on his/her back leg with front leg extended.
3. Place ball on tee, waist high.
4. Set the tee approximately 2-3 ft. away from front of shoulder.
5. Hitter tries to drive the ball into the net on a line drive.
6. Bat will hit the ground if hitter uppercuts.
7. Keep your head down and keep 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.