

Point of Contact Drill

Inside Pitch



Procedure:

1. Place the tee in front inside position.
(Adjust screen accordingly).
2. Place ball on tee, waist high.
3. Contact point should be on the outside half of ball.
4. Ball should be hit anywhere from a foot to two feet in front of home plate.
5. Barrel of the bat is ahead of the hands...
inside pitch must be pulled.
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.



Contact Point