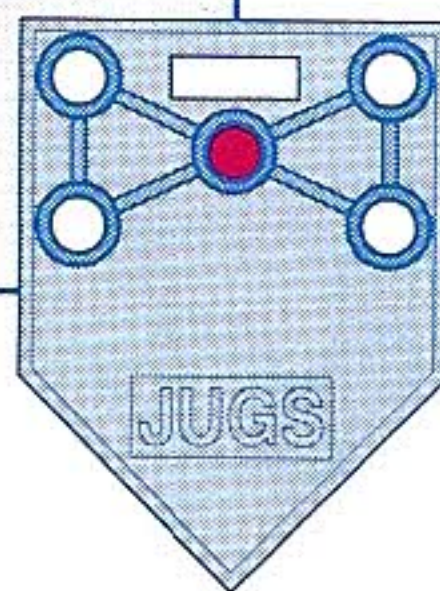
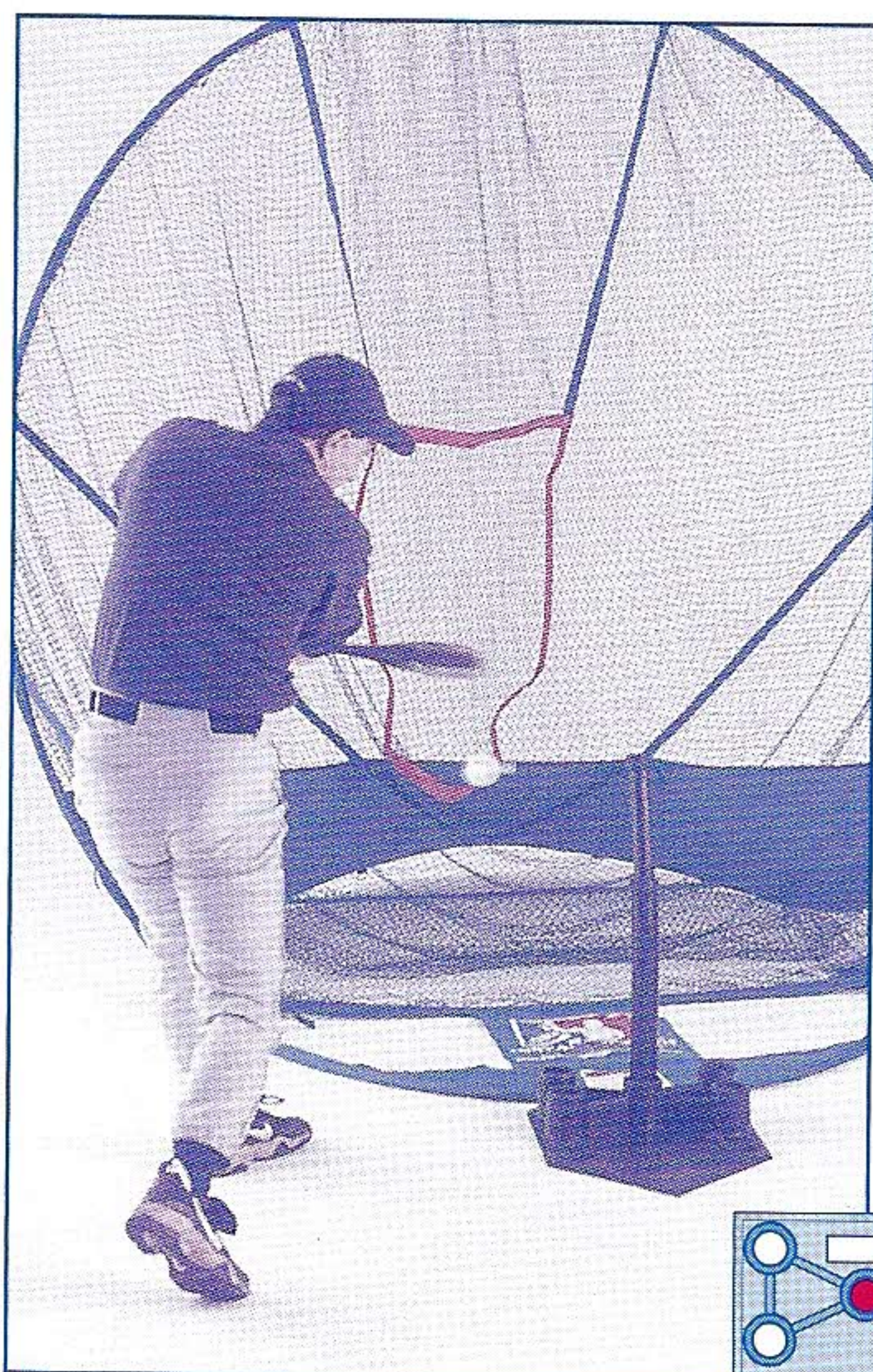


Point of Contact Drill

Middle Pitch



Procedure:

1. Place tee in center position.
(Adjust screen accordingly).
2. Place ball on tee, waist high.
3. Contact point should be on the backside of the ball.
4. Barrel of the bat and hands are even at contact
(even with lead knee).
5. Ball should be hit up the middle
(straight ahead).
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