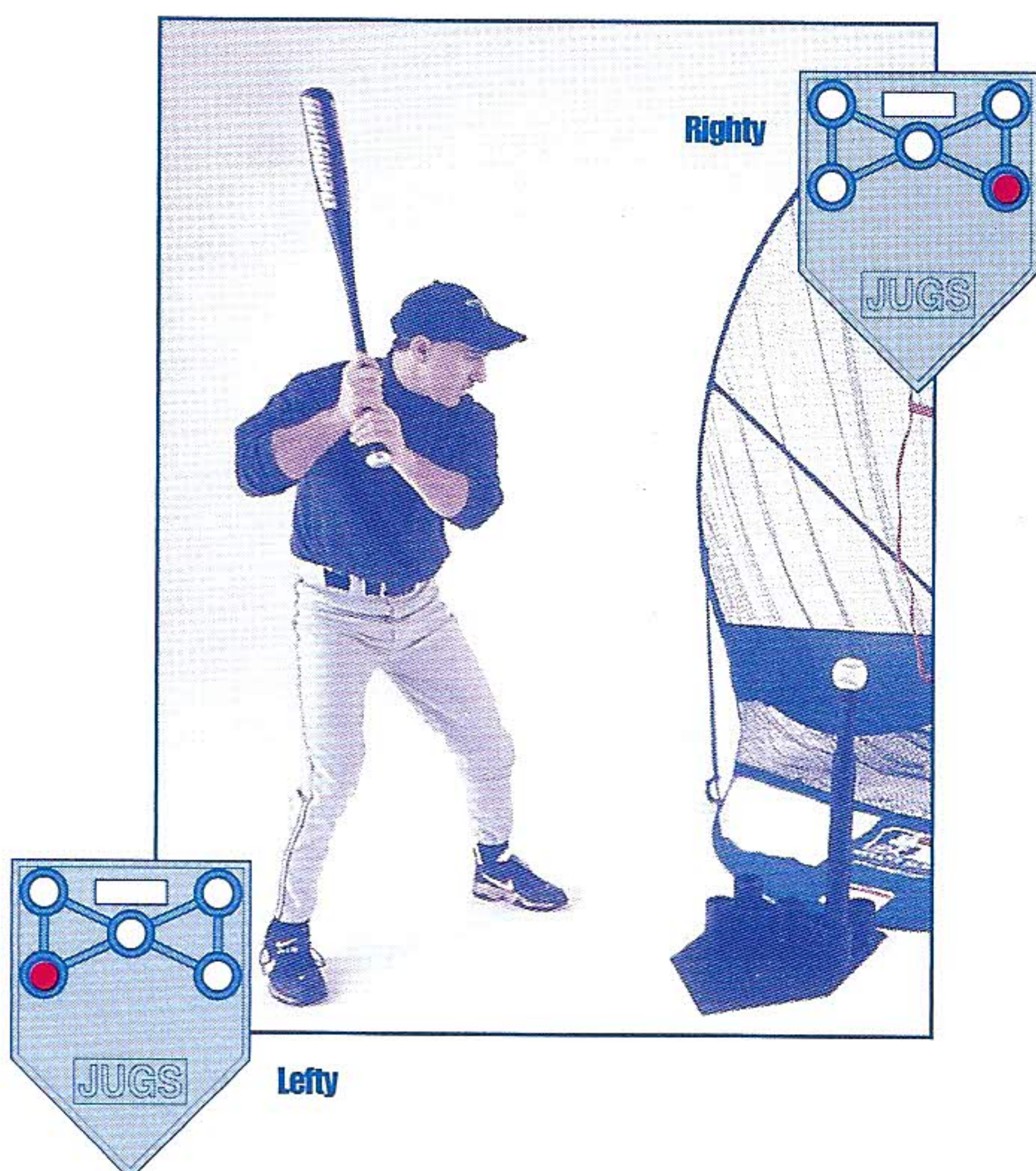



Point of Contact Drill

Outside Pitch



Procedure:

1. Place the tee in outside back position (*adjust screen accordingly*).
2. Place ball on tee, waist high.
3. Contact point should be on the inside half of ball.  **Contact Point**
4. Barrel of the bat is behind the hands upon contact.
5. Outside pitch must be hit to opposite field.*
* Opposite field for: **RH** is anywhere from second base to the right-field foul line. **LH** is anywhere from second to the left-field foul line.
6. Outside pitch must be hit over the plate (*adjustment with feet may be needed*).
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.