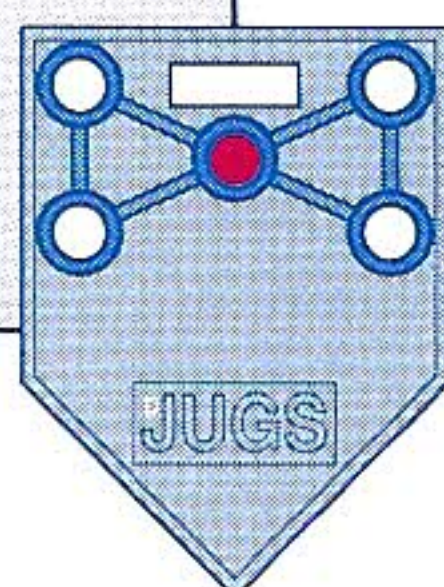
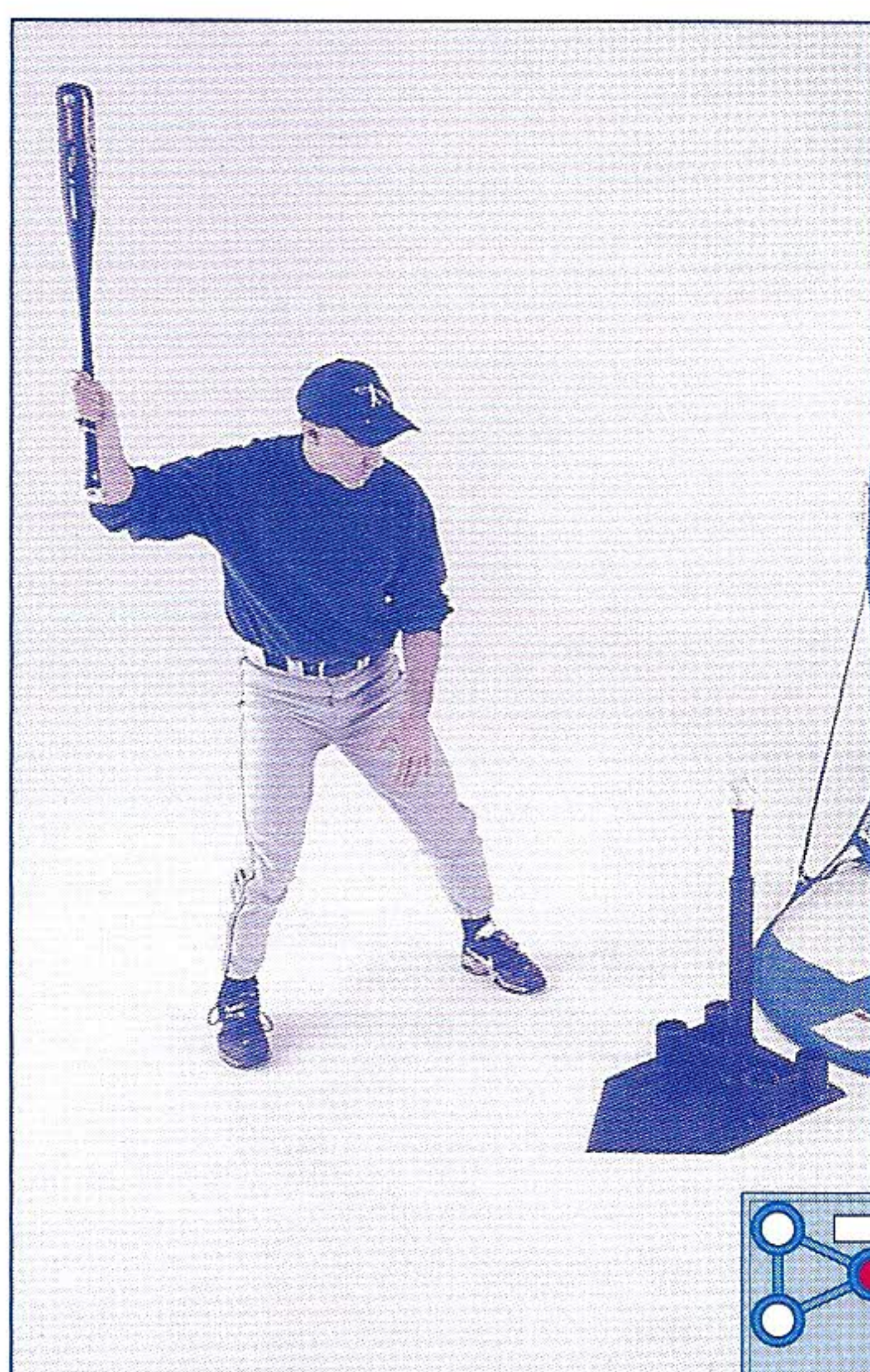


One Handed Top Hand Drill

Purpose: To teach the hitter the proper action of the top hand and how it brings the club head of the bat through the strike zone.



Procedure:

- 1.** Place tee in center position.
(*adjust screen accordingly*).
- 2.** Hitter assumes normal stance.
- 3.** Hitter grips bat with top hand only, similar to a tennis grip.
- 4.** Hitter drives ball into net.
- 5.** Emphasize a quick downward stroke.
- 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.