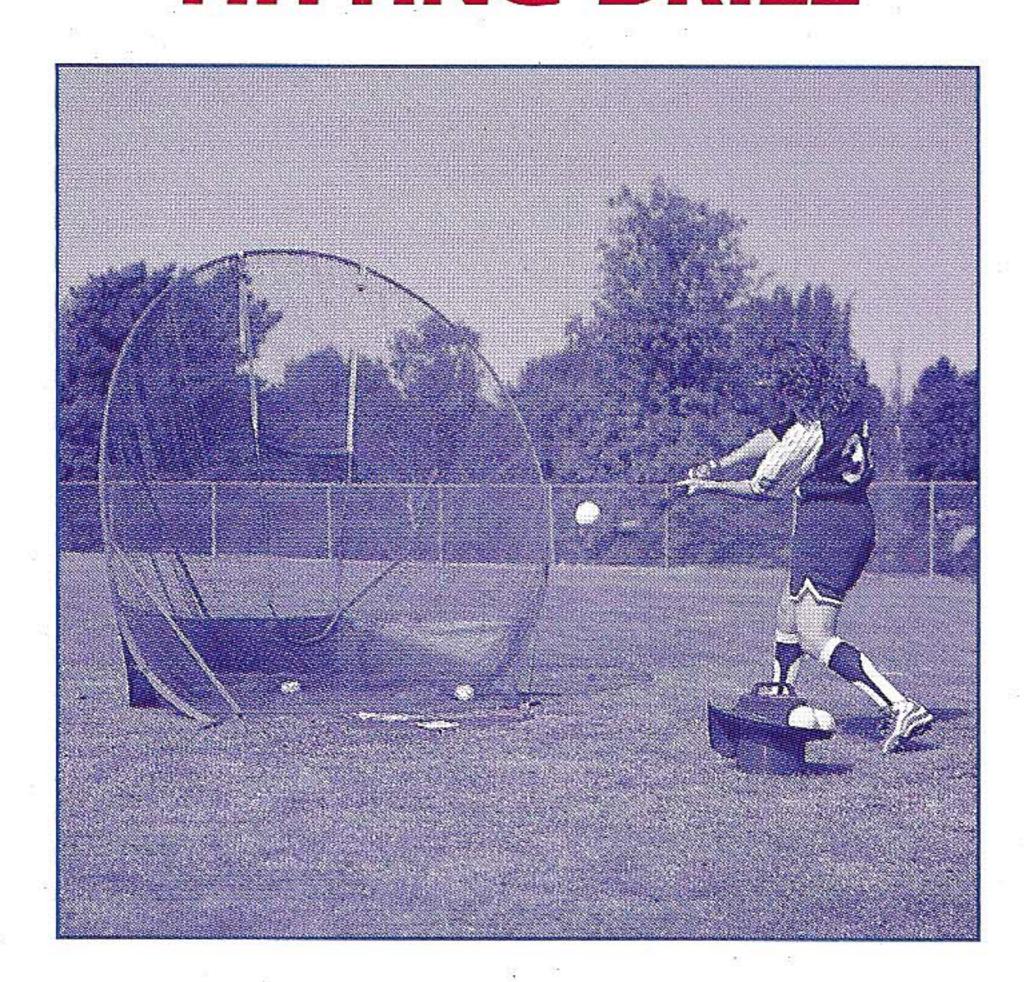
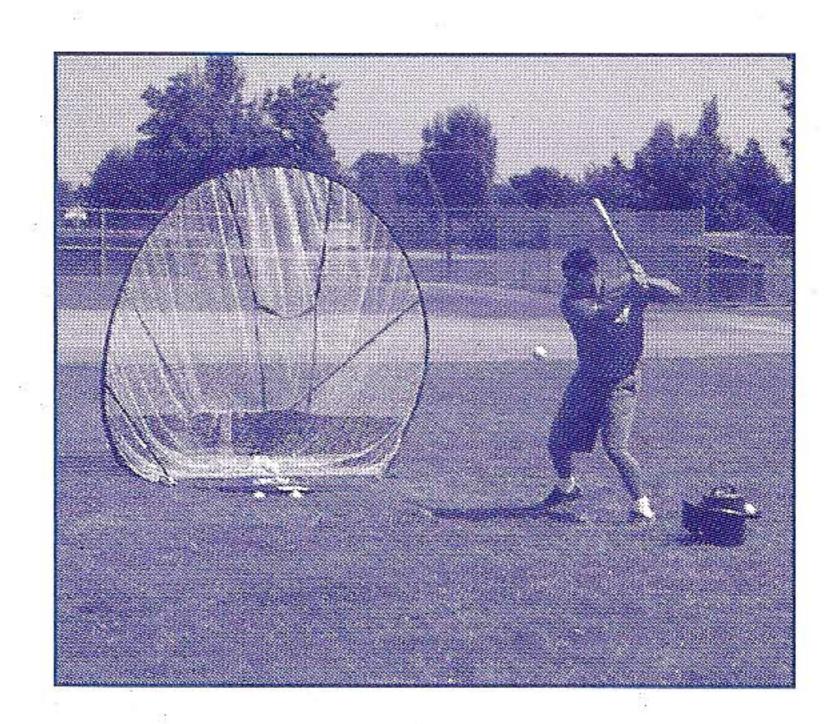
BACKDOOR HITTING DRILL



PURPOSE: To teach the hitter to hit the breaking ball (curve) to the opposite field; to keep head down to track the ball. Eye contact with the ball should be stressed. Also a good hit and run drill.



PROCEDURE:

- 1. Hitter assumes normal stance.
- 2. Set JUGS Toss Machine directly behind catcher's normal position.
- 3. JUGS Toss Machine delivers ball over home plate.
- 4. Hitter drives ball into opposite field and into net.