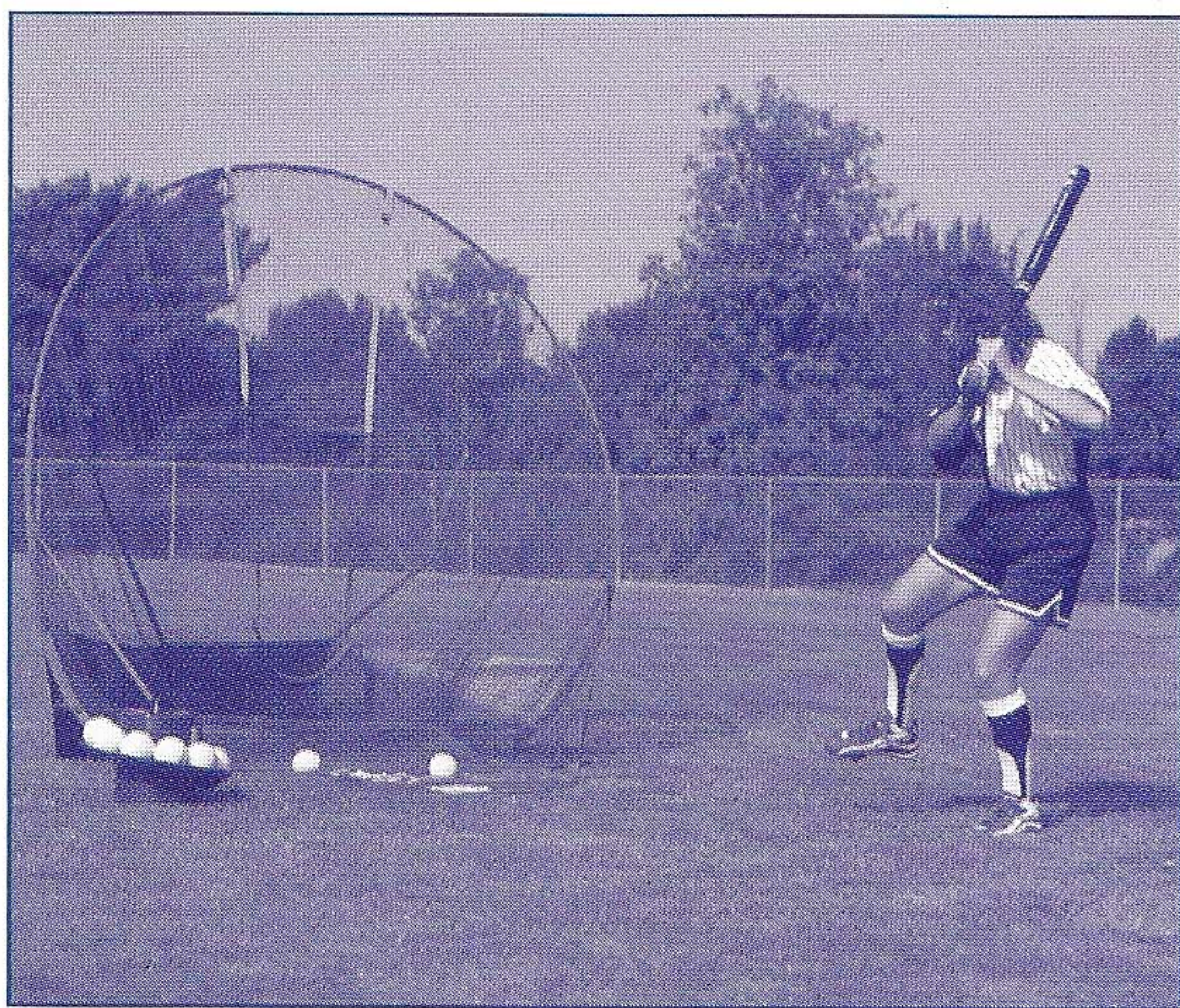
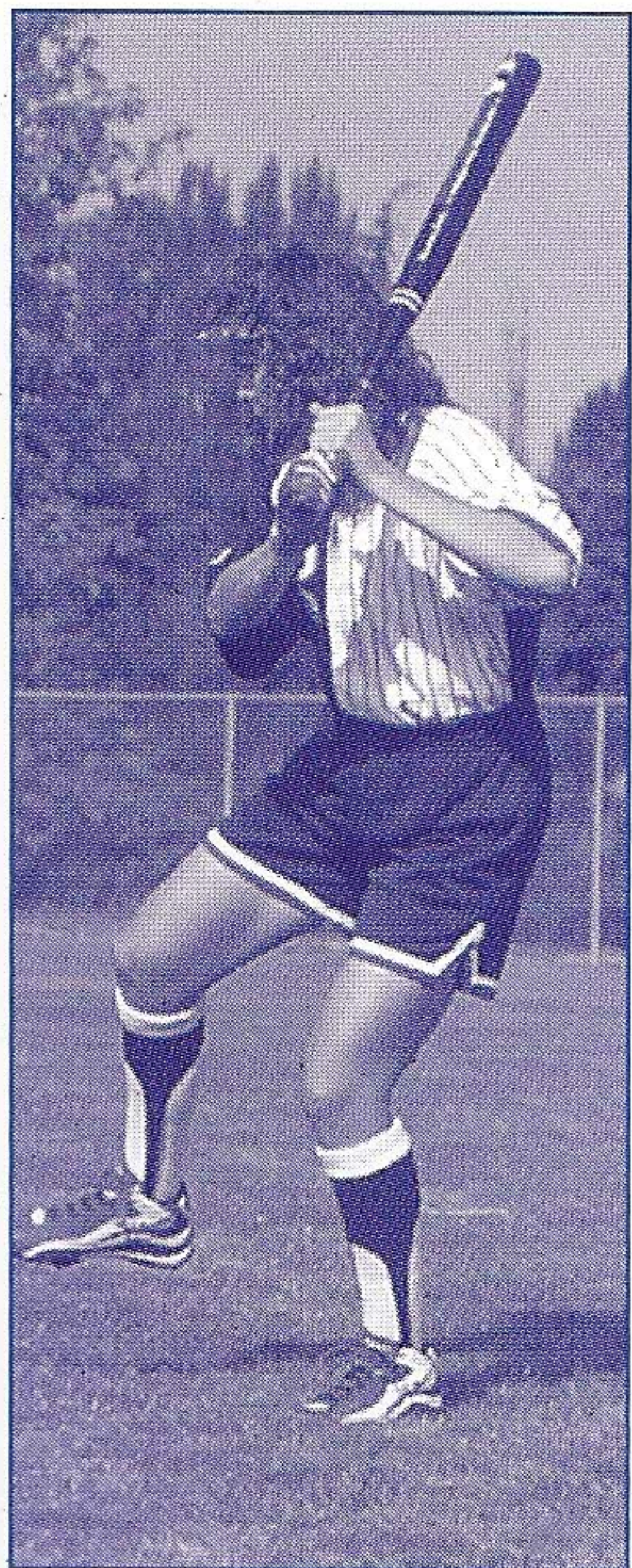


BALANCE POSITION DRILL



PURPOSE: To learn weight control, prevent lunging and learning to step to hit, not to step and then hit.

PROCEDURE:



1. Hitter assumes position similar to pitcher's balance position.
2. Weight is **entirely on back leg** with front leg off the ground or toe resting lightly on the ground.
3. Hitter waits as **long as possible** and gets the ball with the bat.
4. If the hitter goes after the ball prematurely it will be virtually impossible to make solid contact.