

# THROWING THE CLUB HEAD DRILL



**PURPOSE:** To teach the hitter to throw the club head of the bat through the strike-zone, thus developing a quick compact swing.



## PROCEDURE:

1. Hitter assumes a normal batting stance.
2. Hitter grips bat with bottom hand in normal manner.
- 3 Hitter places top hand **open and flat** against the bat and throws the “club head” at the ball.
4. Lead arm elbow should be pointing **toward the ground** and bottom hand should be backhanding to assure proper swing.