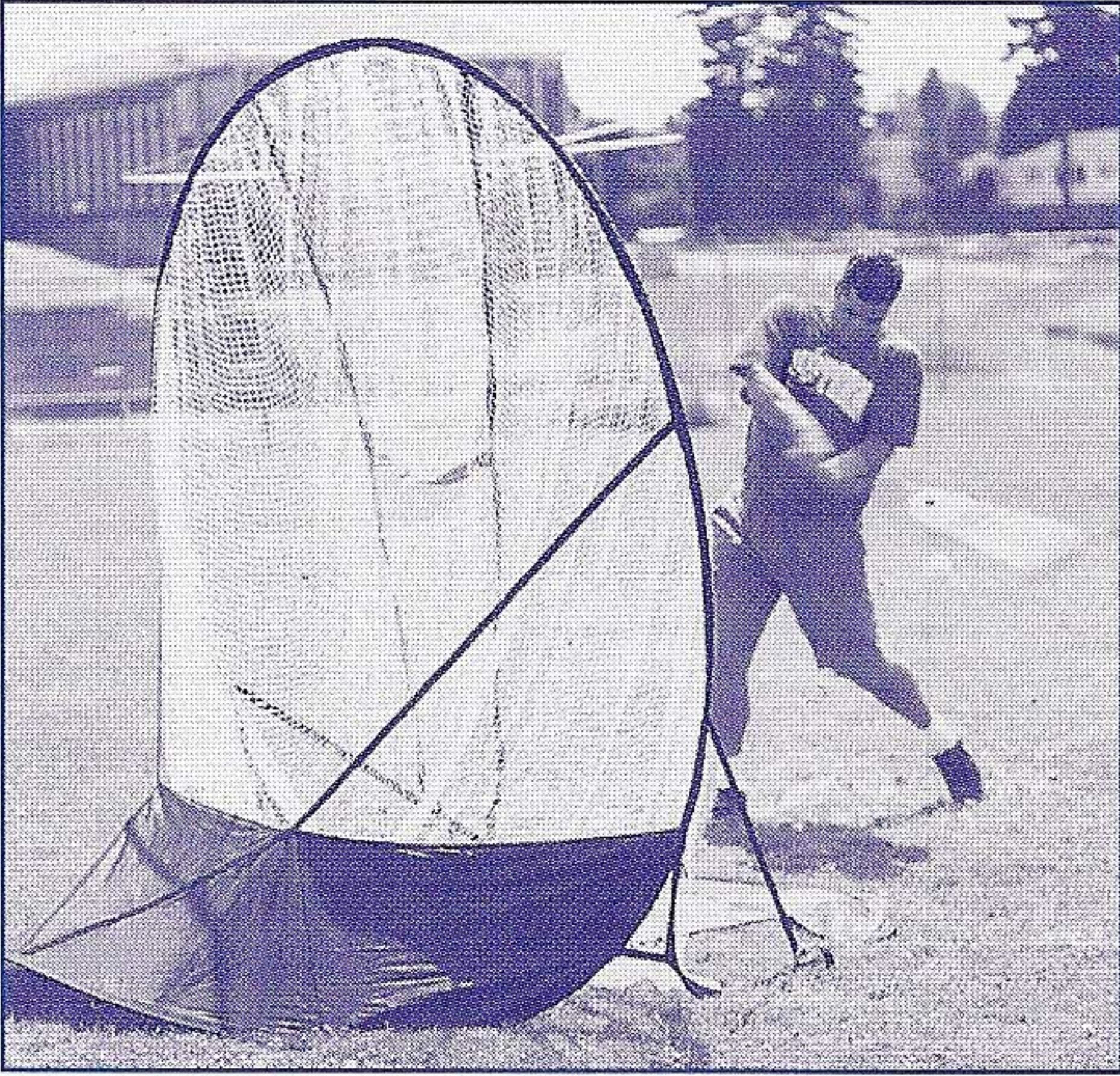


# GLOVE UNDER FRONT ARM DRILL



**PURPOSE:** To keep front arm close to the body and elbow pointing toward the ground thus preventing uppercutting and allowing club head to come through quickly and correctly.

## PROCEDURE:



1. Place hitter's glove, a towel, or a cap underneath front arm.
2. Hitter swings as usual...If swing is done correctly the glove will not drop to the ground... A quick compact swing will result.