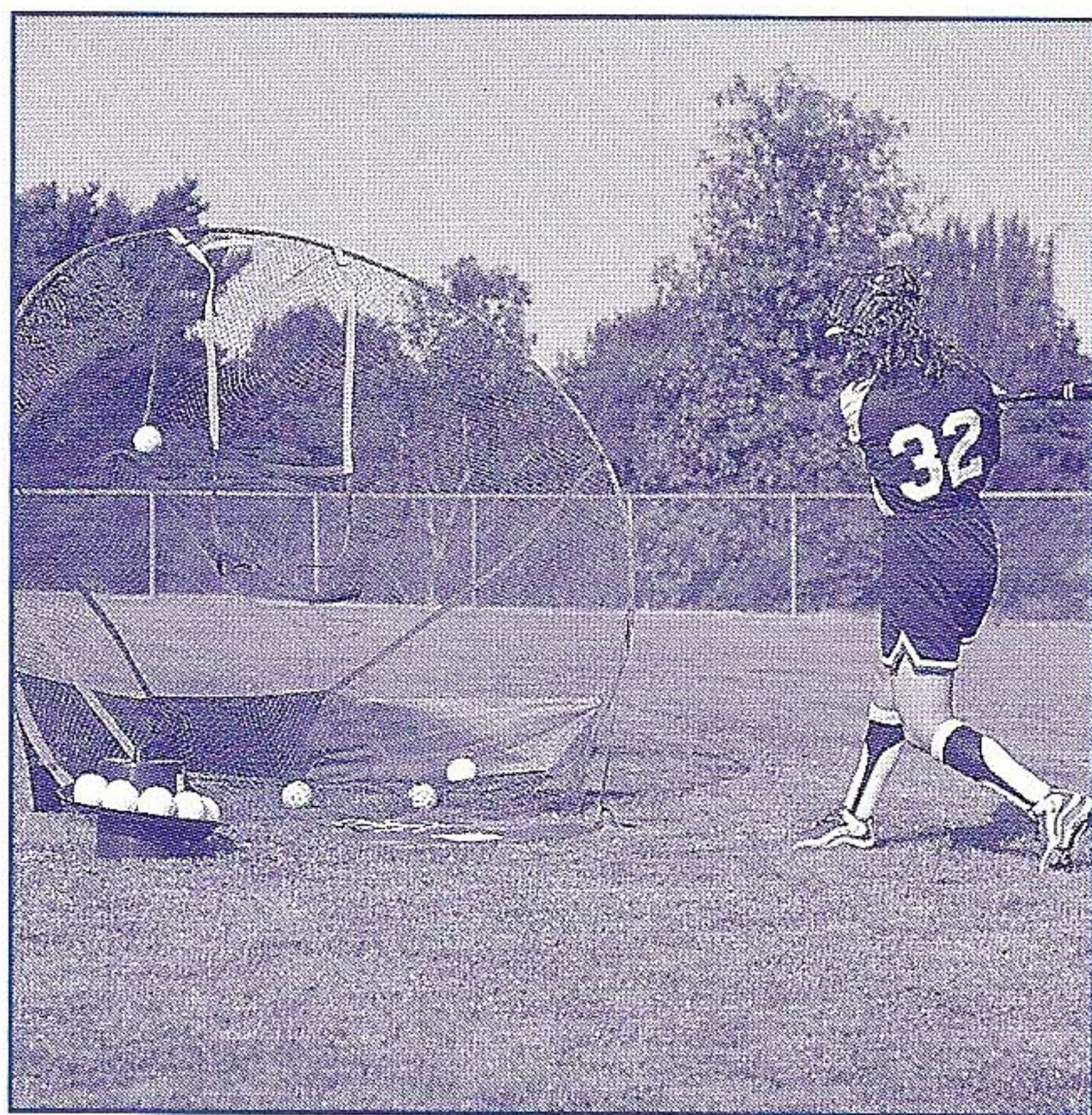


HEAD CONTROL DRILL



PURPOSE: To teach the hitter to keep head **down** and **still**, in order to combat head pulling.



PROCEDURE:

- 1.** Hitter places a fielder's glove on head... *pocket down.*
- 2.** Hitter assumes normal batting stance and drives ball into net.
- 3.** Hitter concentrates on keeping head **down** and **still**...glove will fall off if head is pulled or jerked.