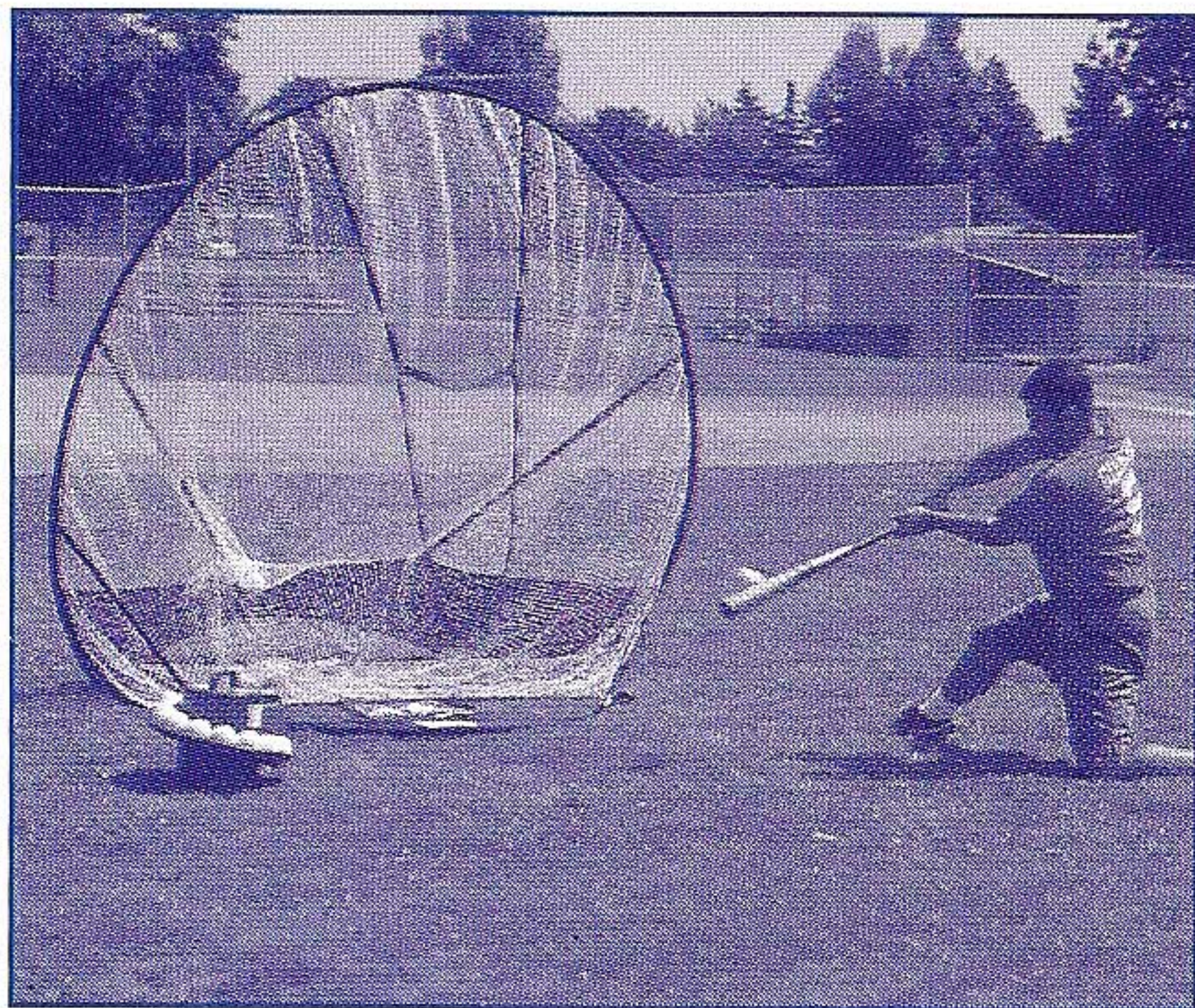


KNEELING SOFT TOSS DRILL



PURPOSE: To prevent the hitter from uppercutting by forcing hitter to **hit down on the ball**. Good for hitters who drag bat through strike zone. The emphasis is on hand quickness and hitting down on ball. Good drill to combat head pulling.



PROCEDURE:

- 1.** Hitter kneels on their back leg with front leg extended.
- 2.** Hitter tries to drive the ball into the net on a **line drive**.
- 3.** Bat will hit the ground if they uppercut.