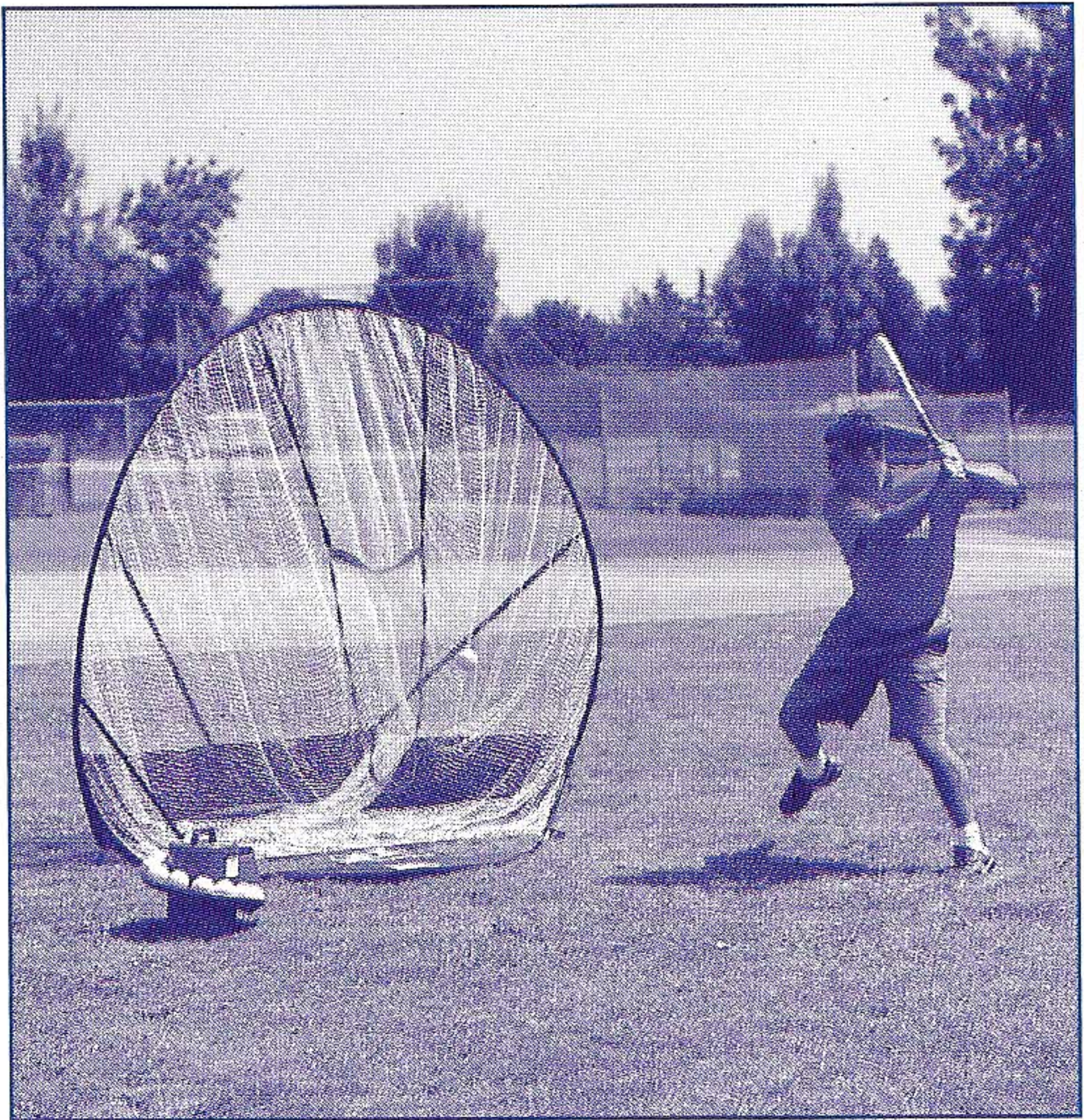


LOAD & EXPLODE DRILL



PURPOSE: To teach hitter to be back and ready (load) to hit and explode into the pitch with a quick compact swing and proper weight transfer.

PROCEDURE:

1. Hitter has a six second interval between pitches so they must be ready for the next delivery.
2. Hitter assumes normal stance.
3. Hitter must get hands into the launching position and cock hips prior to ball being delivered (**load** phase of drill).
4. Hitter is then ready to “**explode**” into the ball driving it into the center of the net.
5. Rhythm is – One: **LOAD**
– Two: **EXPLODE!**