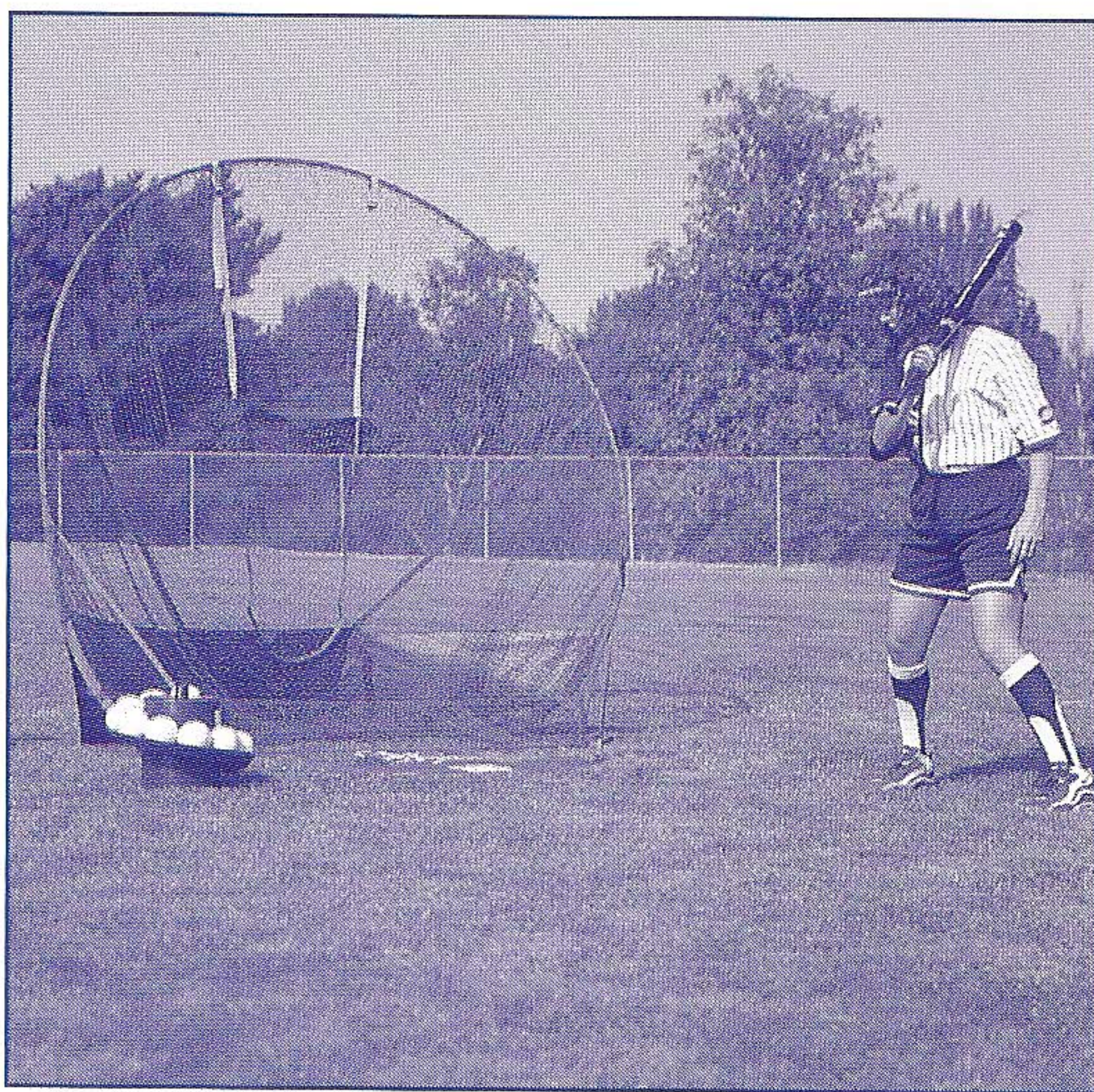


# ONE HANDED BOTTOM HAND DRILL



**PURPOSE:** To teach the proper action of the bottom hand.

## PROCEDURE:



1. Hitter assumes normal stance.
2. Hitter grips bat only with bottom hand.
3. Hitter swings at ball using only the bottom hand to grip the bat.
4. Emphasis should be on the **lead elbow pointing toward the ground** and not flying open in the air.
5. Quick downward stroke and backhanding action.
6. Emphasize throwing the “pinky finger” at the pitcher’s feet. This helps create proper hand action.