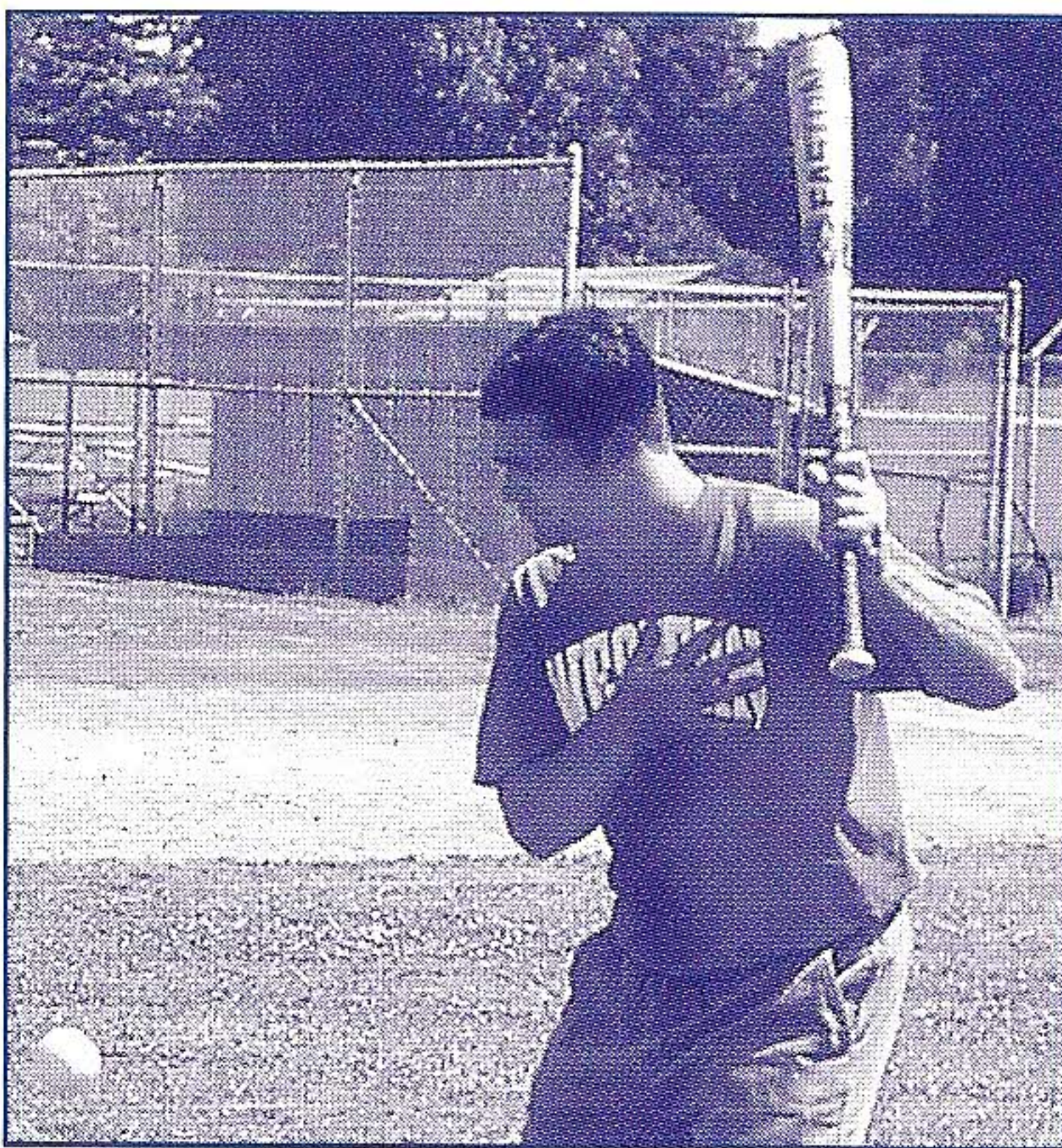


# ONE HANDED TOP HAND DRILL



**PURPOSE:** To teach hitter the proper action of the top hand and how it brings the club head of the bat through the strike zone.



## **PROCEDURE:**

1. Hitter assumes normal stance.
2. Hitter grips bat with top hand only, similar to a tennis grip.
3. Hitter drives ball into net.
4. Emphasize a quick downward stroke.