

OPPOSITE FIELD DRILL



PURPOSE: To teach hitter proper point of contact and proper hand action when hitting to the opposite field.

PROCEDURE:

1. Hitter assumes normal stance.
2. JUGS Toss Machine delivers ball toward hitters front hip.
3. Hitter hits inside part of ball.
4. Ball must pass hitter's hands, to be hit to the opposite field...If the club head is in front of hands the ball will be pulled or missed completely.

