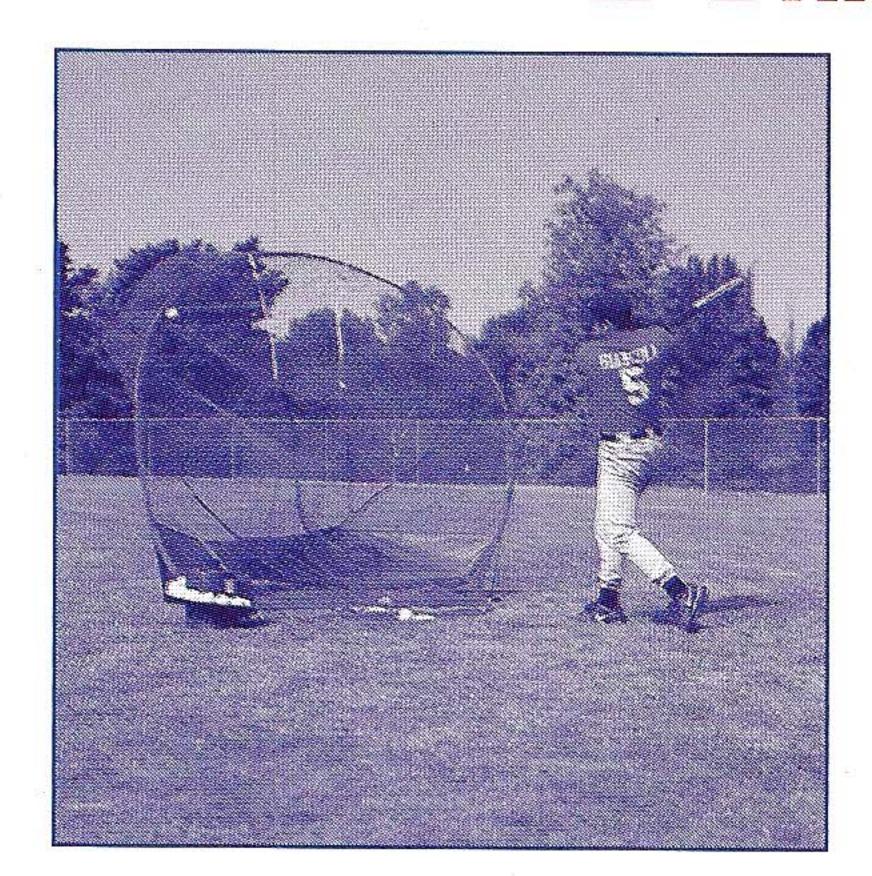
OPPOSITE FIELD DRILL



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.

