

SPACED-HANDS DRILL



PURPOSE: To give the hitter better bat control and to allow hitter to feel how each hand functions when swinging correctly.

PROCEDURE:

1. Hitter assumes normal stance.
2. Hitter grips bat with both hands but hands are spaced about 3 inches.
(ala Ty Cobb)
3. Emphasize driving the top hand over and back handing with bottom hand.

