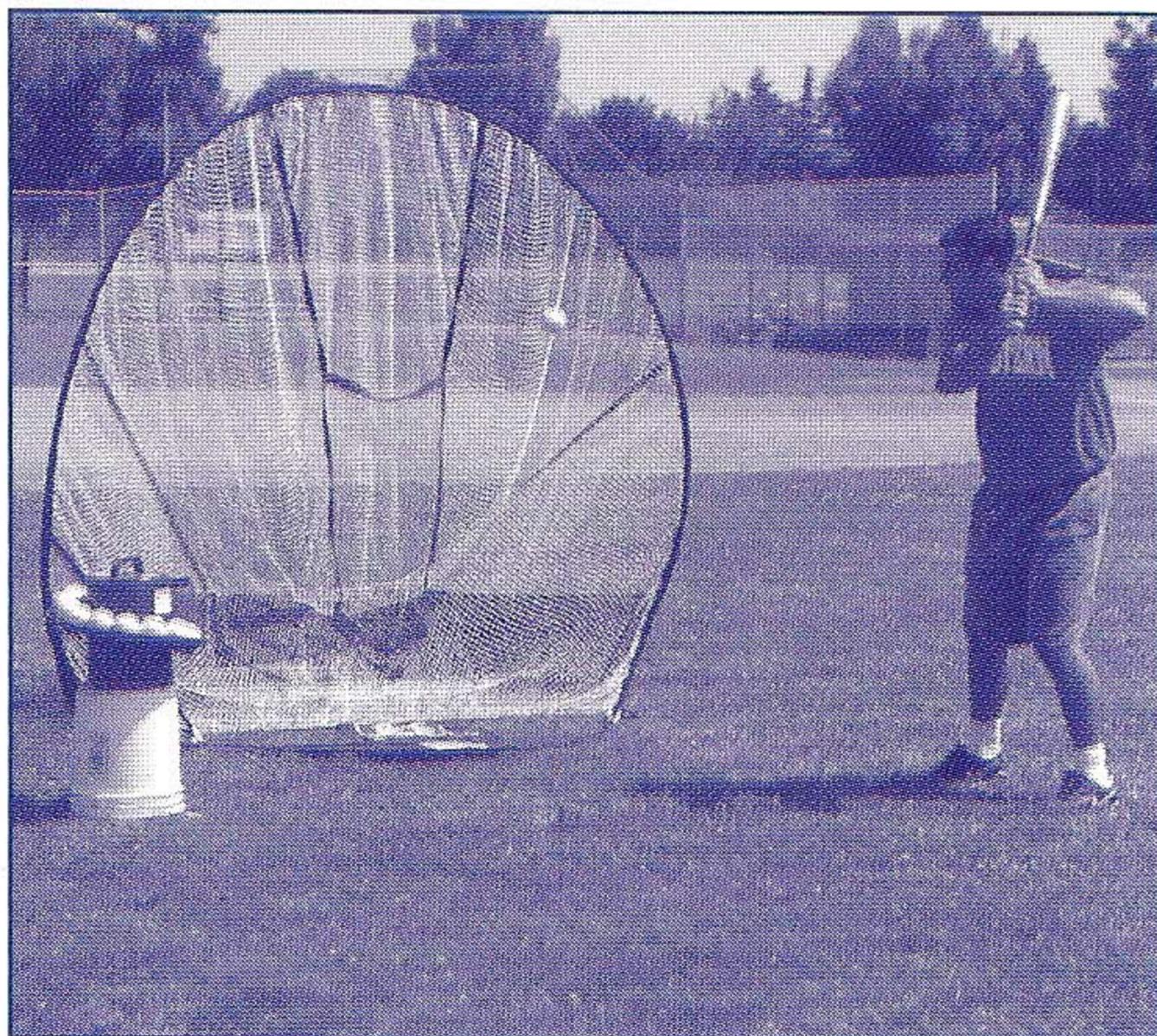
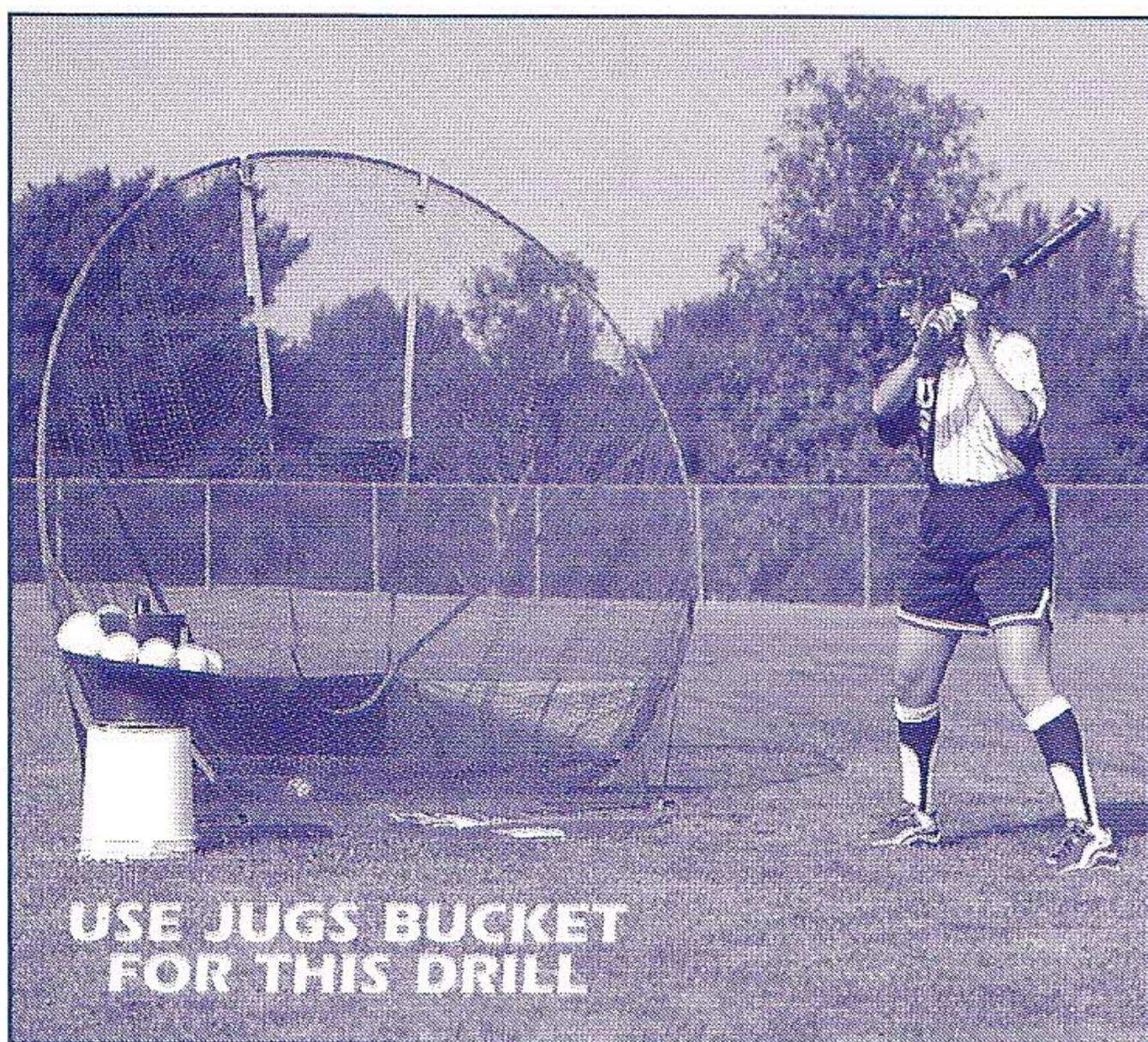


TOMMY HAWK DRILL



PURPOSE: To teach the hitter to hit down on the high pitch.



PROCEDURE:

1. Hitter assumes normal stance.
2. Toss ball at top of the strike zone.
3. Hitter should hit ball with a **downward swing**... Similar to that used by a tennis player.
4. Hands should be below the ball when swinging.