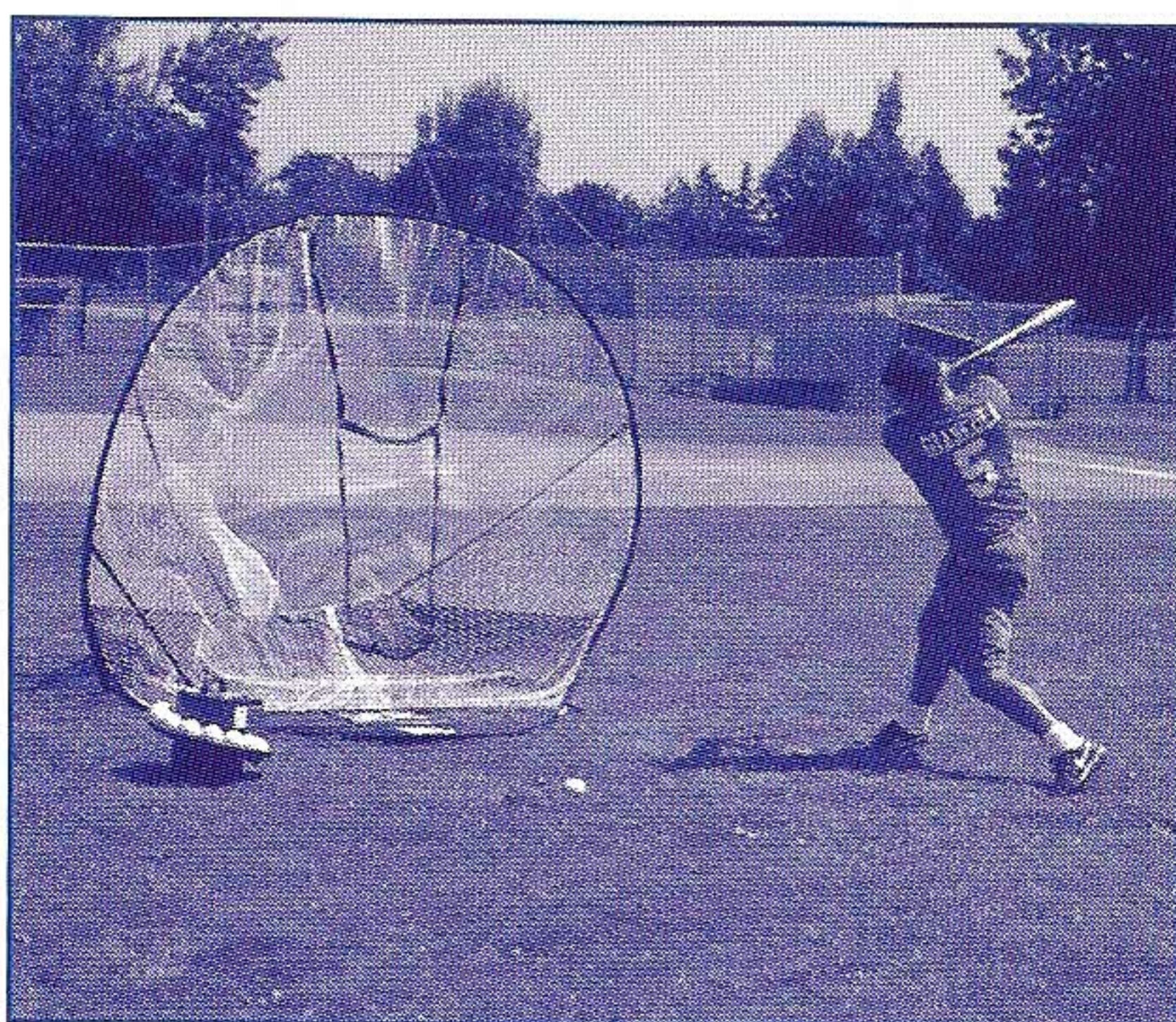


# REGULAR TOSS DRILL



**PURPOSE:** To help hitters become aware of the proper mechanics of the swing... Allows hitters to work on individual parts of their swing. Serves as a warm-up prior to live batting practice.



## PROCEDURE:

1. Hitter assumes normal batting stance.
2. Hitter attempts to drive the ball into the net on a line using proper mechanics
3. JUGS Toss Machine is set so that balls will be tossed over the front edge of the plate so that contact is made in the "power zone."
4. Balls should be hit into the center of the screen.