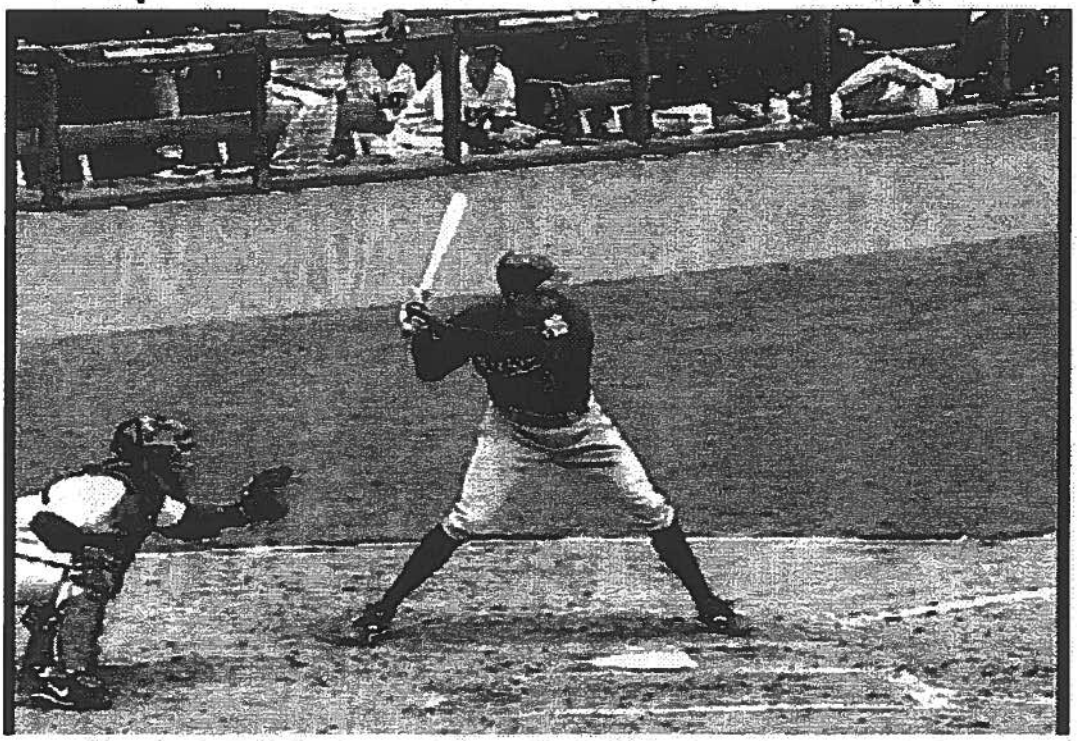
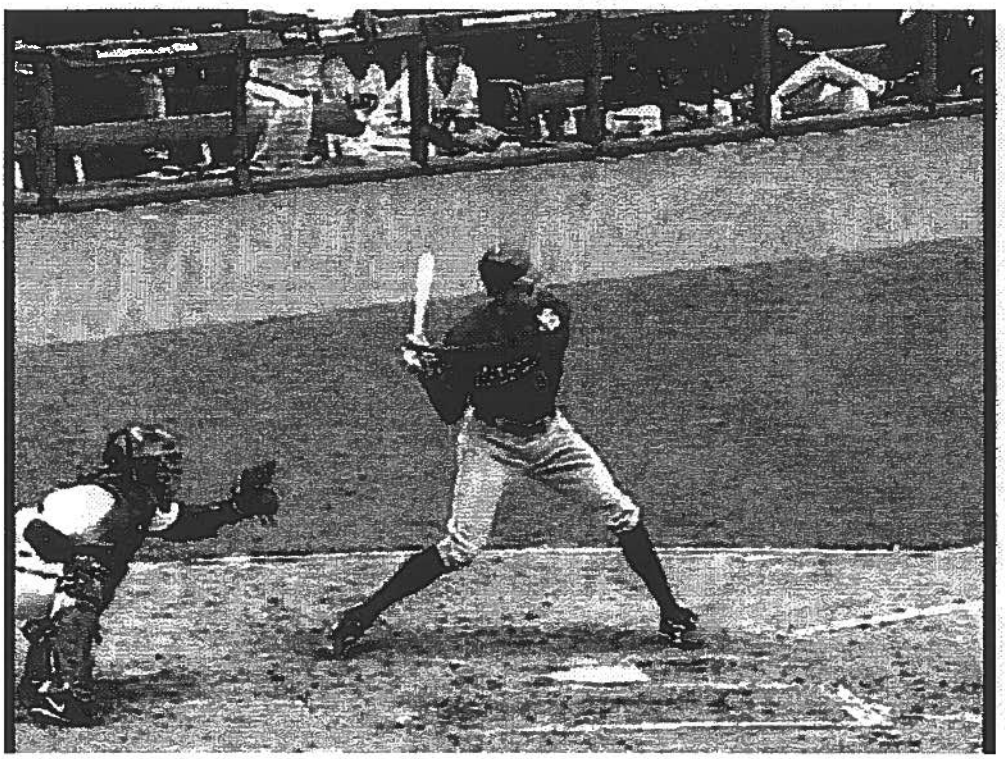
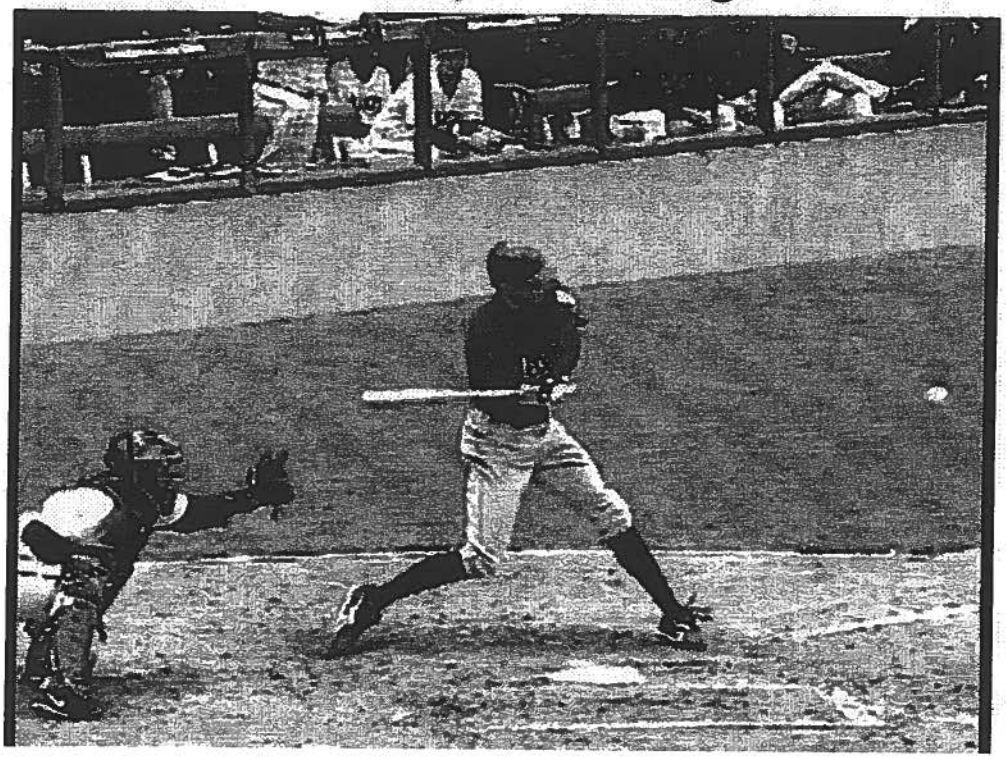
Step 1- Shoulder turn/ stride open



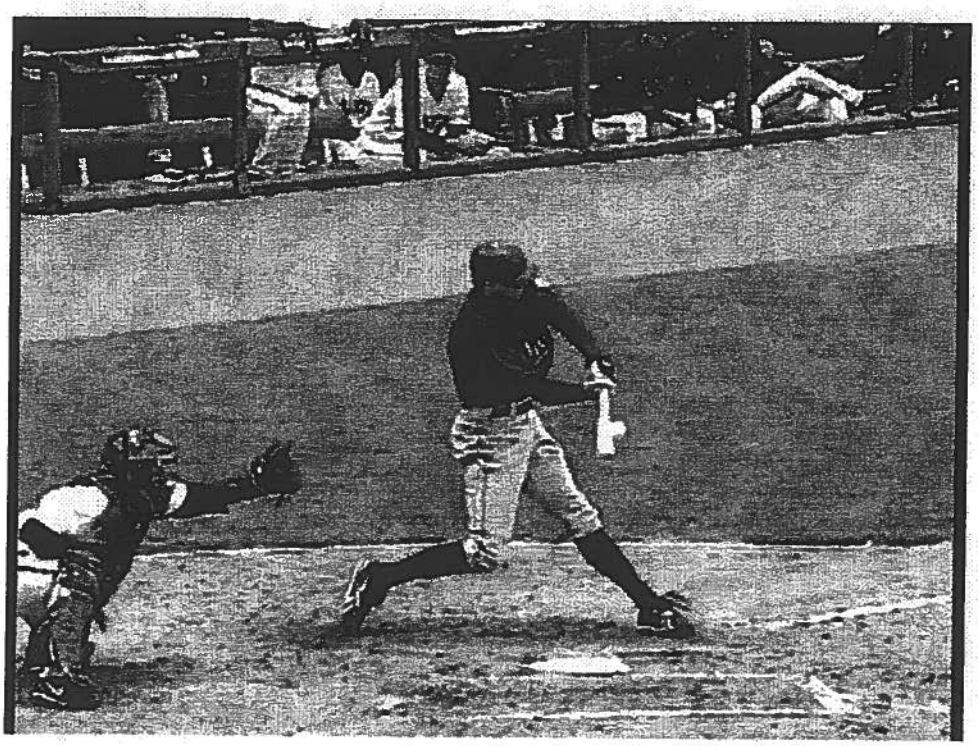
Step 2- Elbow drop/bat flattens

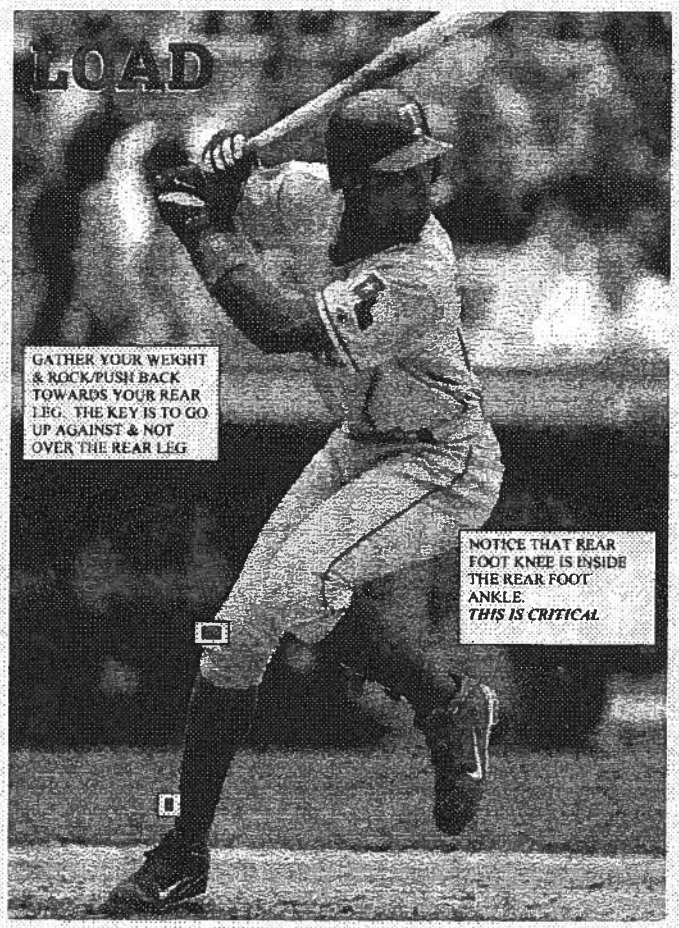


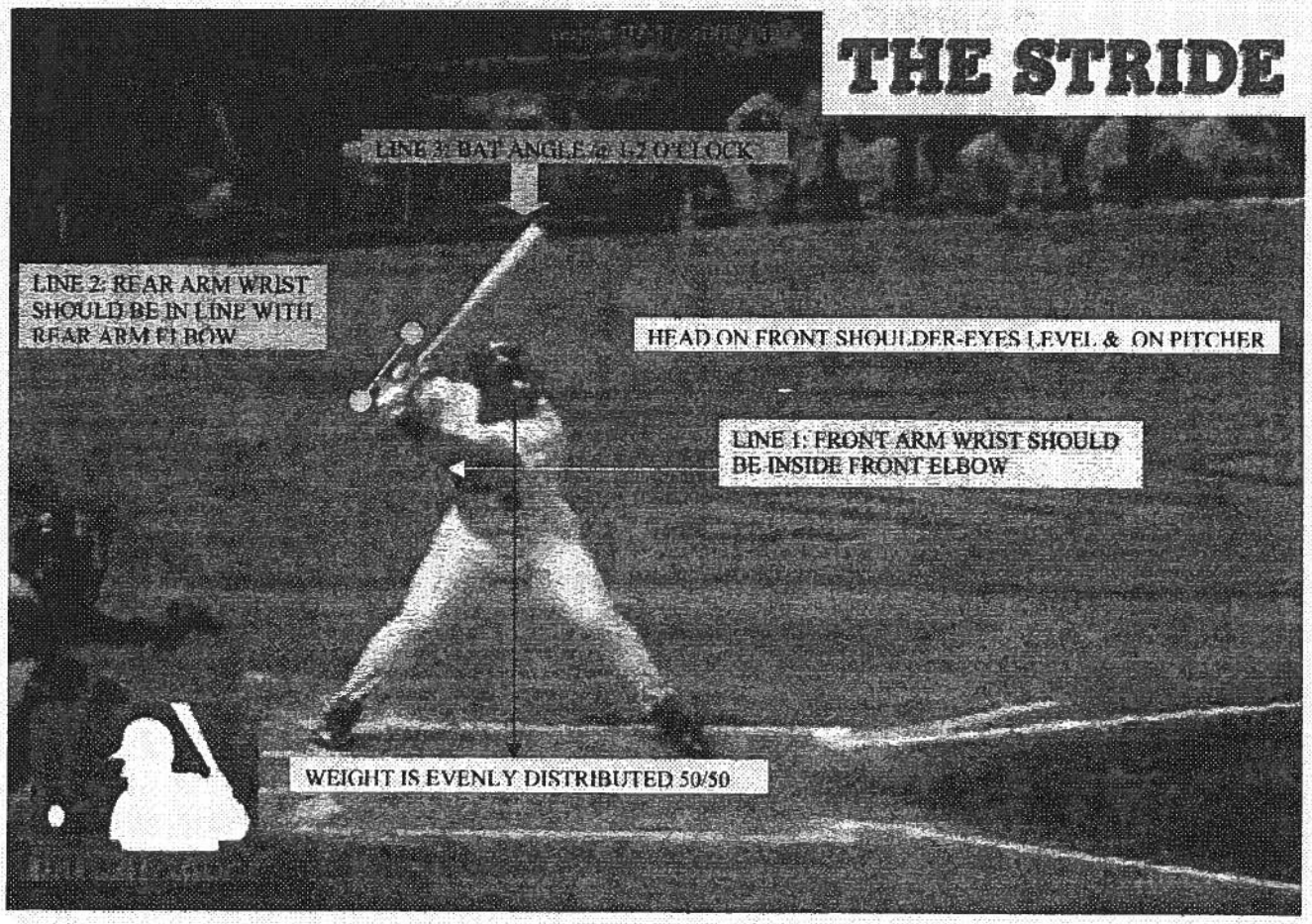
Step 3- Bat lag



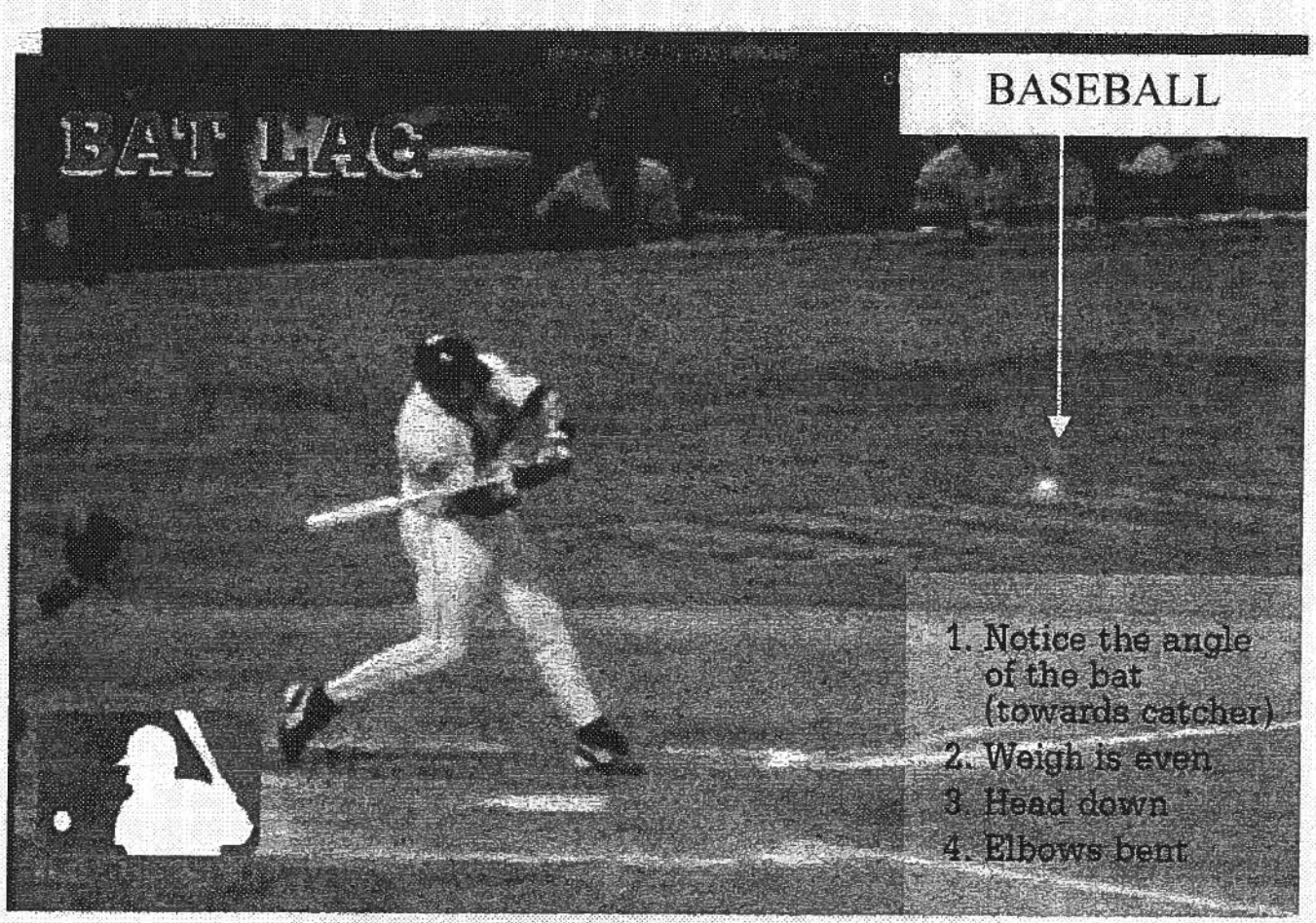
Step 4- Contact

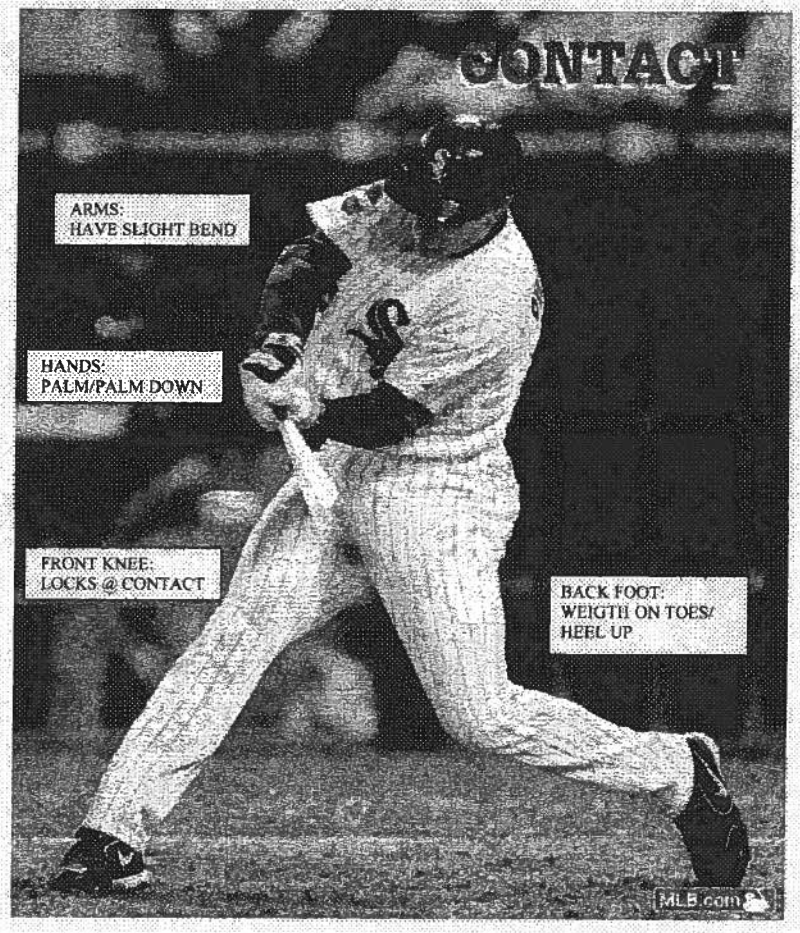



LOAD
GATHER YOUR WEIGHT & ROCK/PUSH BACK TOWARDS YOUR REAR LEG. THE KEY IS TO GO UP AGAINST & NOT OVER THE REAR LEG
NOTICE THAT REAR FOOT KNEE IS INSIDE THE REAR FOOT ANKLE.
THIS IS CRITICAL


THE STRIDE
LINE 3: BAT ANGLE @ 12 O'CLOCK
LINE 2: REAR ARM WRIST SHOULD BE IN LINE WITH REAR ARM ELBOW
HEAD ON FRONT SHOULDER-EYES LEVEL & ON PITCHER
LINE 1: FRONT ARM WRIST SHOULD BE INSIDE FRONT ELBOW
WEIGHT IS EVENLY DISTRIBUTED 50/50

BASEBALL


BAT LAG
1. Notice the angle of the bat (towards catcher)
2. Weigh is even
3. Head down
4. Elbows bent


CONTACT
ARMS:
HAVE SLIGHT BEND
HANDS:
PALM/PALM DOWN
FRONT KNEE:
LOCKS @ CONTACT
BACK FOOT:
WEIGTH ON TOES/
HEEL UP
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