

# 20 MINUTE LASER BAT SPEED CHALLENGE

## Drill 1: Staying Connected

Rounds	Rotations	Arms Inserted	Back Elbow	Contact Height	Contact Depth	Hitting Target	Follow Through
1-3	10-25	Both	Connected to hip	N/A	N/A	N/A	N/A

LET YOUR ROTATION MOVE THE BAT

SWING WITH YOUR CORE



## Drill 2: Top-Hand Front/Side-Toss

Rounds	Swings	Arms Inserted	Back Elbow	Contact Height	Contact Depth	Hitting Target	Follow Through
1-3	10-25	Both	Connected to hip	Belt High	Deep	Middle	Short. Whipping around body

GRIP THE BAT 6-12 INCHES FROM THE KNOB

PLACE THE OTHER HAND ON THE OPPOSITE SHOULDER

KEEP THE GRIP NICE AND LOOSE



## Drill 3: Explosive Core Front/Side-Toss

Rounds	Rotations	Arms Inserted	Back Elbow	Contact Height	Contact Depth	Hitting Target	Follow Through
1-3	10-25	Both	Low to Mid	Belt To Chest	Deep	Middle	2-Handed, Short and Flat Plane

DRILL: DEEP CONTACT ZONE SIDE TOSS BOTH ARMS INSERTED

PRECISE RESISTANCE



## Drill 4: Powerful Extension Front/Side-Toss

Rounds	Swings	Arms Inserted	Back Elbow	Contact Height	Contact Depth	Hitting Target	Follow Through
1-3	10-25	Back	Mid to High	Thigh To Belt	In-Front, Extended	Middle	Extended

DRILL: POWERFUL EXTENSION SIDE TOSS BACK ARM INSERTED

PRECISE RESISTANCE

