

A.K.A LASER STRAP



Basic Laser Drill Checklist

1. SPREAD OUT PAST SHOULDER WIDTH

2. SQUEEZE YOUR KNEES INTO EACH OTHER

3. WEIGHT ON INSIDE BALLS OF FEET

4. RELAX ARMS AROUND THE TOP OF STRIKE ZONE

5. SLIGHT TILT AT THE WAIST

6A. TOP-HAND OR CORE DRILLS ELBOW CLOSE TO BODY

6B. EXTENSION DRILL ELBOW AWAY FROM BODY



STEP 1 ENGAGING YOUR CORE



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1. TURN KNEE IN

2. PICK YOUR HEEL UP, AND TURN IN

3. LOAD AGAINST YOUR BACK FOOT

**4. TILT FRONT SHOULDER TOWARD
YOUR KNEE**

**5. LIFT YOUR BACK ELBOW AWAY
FROM YOUR BODY**



LOADING YOUR CORE



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1. EYES ON THE TARGET

2. CORE FORCE INITIATES SWING ROTATION

3. CORE ROTATION TRIGGERS LEG ROTATION

4. TRICEPS CONNECT TO YOUR CORE

5. CORE ROTATION TRIGGERS ARM ROTATION

6. DECIDING TO SWING OR HOLD-UP



HIPS BEFORE HANDS

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1. FINAL DECISION IS MADE TO COMMIT
2. EYES REMAIN LOCKED IN ON THE TARGET
3. TRICEPS ACT AS A BRIDGE TO CORE POWER
4. CORE ROTATION HELPS TO SPIN ON TOES
5. CORE ACCELERATES YOUR SWING,
HANDS STAY BACK (BAT LAG)
6. FRONT LEG LOCKS, IMPROVING TRANSFER
OF POWER AT CONTACT



HANDS INSIDE THE BALL

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1. HEAD DOWN AND EYES ON THE TARGET

2. ROTATION CONTINUES AND FREES YOUR UPPER-BODY FOR A POWERFUL SWING

3. BAT HAS RELEASED FROM YOUR CORE TO CONTACT TURNING BAT LAG INTO BAT WHIP

4. DEEPER CONTACT ZONES. TRICEPS REMAIN CLOSE TO YOUR CORE (CORE POWER)

5. FOREARM MUSCLES WORK TO PREVENT DROPPING THE BARREL OR ROLLING OVER

6. FRONT LEG COMPLETELY LOCKS



DEEPER CONTACT ZONES

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1. HEAD STAYS IN THE CENTER OF YOUR CORE
2. BACK FOOT FLATTENS AS ROTATION TURNS INTO EXTENSION (RATIONAL TO LINEAR)
3. EXTENDED CONTACT ZONES, TRICEPS DISCONNECT FROM YOUR CORE POWER
4. BAT EXTENDS AWAY FROM CORE, RELYING ON MOMENTUM TO MAINTAIN BAT SPEED
5. REAR SHOULDER OVEREXERTS BEYOND MID-EXTENSION CONTACT ZONES
6. RELEASE YOUR TOP-HAND BEYOND MID-EXTENSION TO IMPROVE POWER



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1. FOLLOW YOUR NATURAL SWING PATH TO MAXIMIZE POWER

2. DEEP CONTACT: MAINTAIN A 2 HANDED FOLLOW THROUGH

3. EXTENDED CONTACT: RELEASE HAND AS PRESSURE IS EXERTED ON YOUR SHOULDER

4. MINIMIZE HEAD MOVEMENT

5. STAY BALANCED



2-SWING TECHNIQUE