

A.K.A LASER STRAP



Top-Hand Side Toss: 20 Swings

GRIP THE BAT 6-12 INCHES FROM THE KNOB

PLACE THE OTHER HAND ON THE OPPOSITE SHOULDER

KEEP THE GRIP NICE AND LOOSE



Basic Contact Zone

Height: Belt to chest high

Location: Middle to inside

Extended: Hit the ball just in front of home plate

- Let the ball travel deep in your contact zone. Wait until the ball is 3-5ft from home plate (depending on the speed of the pitch) before you start your swing. If you don't let the baseball travel, you will swing and miss.
- Aim to make contact close to home plate. Contact depth will vary depending on the location of the pitch. If the ball is low or away, take it and don't swing.
- Swing using your core and attack the ball with your hips. The back foot is a great key performance indicator for correct rotation. Rotate your back foot from your core and aim to be spinning fast on the toes of your back foot.
- Minimize head movement on contact and on the follow through.

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MAKING CONTACT WITH THE HIGH BALL

FOCUS ON HITTING THE BALL UP THE MIDDLE WITH BACKSPIN



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START YOUR LOAD WITH A SMALL IN-TURN OF YOUR FRONT KNEE.



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LET THE BALL TRAVEL BEFORE SWINGING



ROTATE YOUR BACK FOOT FROM YOUR HIPS



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LEAD YOUR SWING WITH YOUR HIPS AND KEEP YOUR HANDS BACK



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ALLOW YOUR HIPS TO START YOUR SWING AND WHIP YOUR BAT

MAKE SURE YOU'RE ROTATING ON THE TOES



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KEEP YOUR HEAD DOWN AT CONTACT



HOLD OFF ON ROLLING THE BARREL AT OR BEFORE CONTACT



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DON'T FIGHT YOUR NATURAL SWING PATH, KEEP YOUR SWING PLANE FLAT ALL THE WAY THROUGH YOUR SWING AND AVOID TRYING TO LIFT ON THE FOLLOW THROUGH.



ROLL OVER ON YOUR FOLLOW THROUGH



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WHIPPING THE BAT AROUND YOUR BODY

FLAT PLANE BAT



REMAIN BALANCED ALL THE WAY THROUGH YOUR SWING

