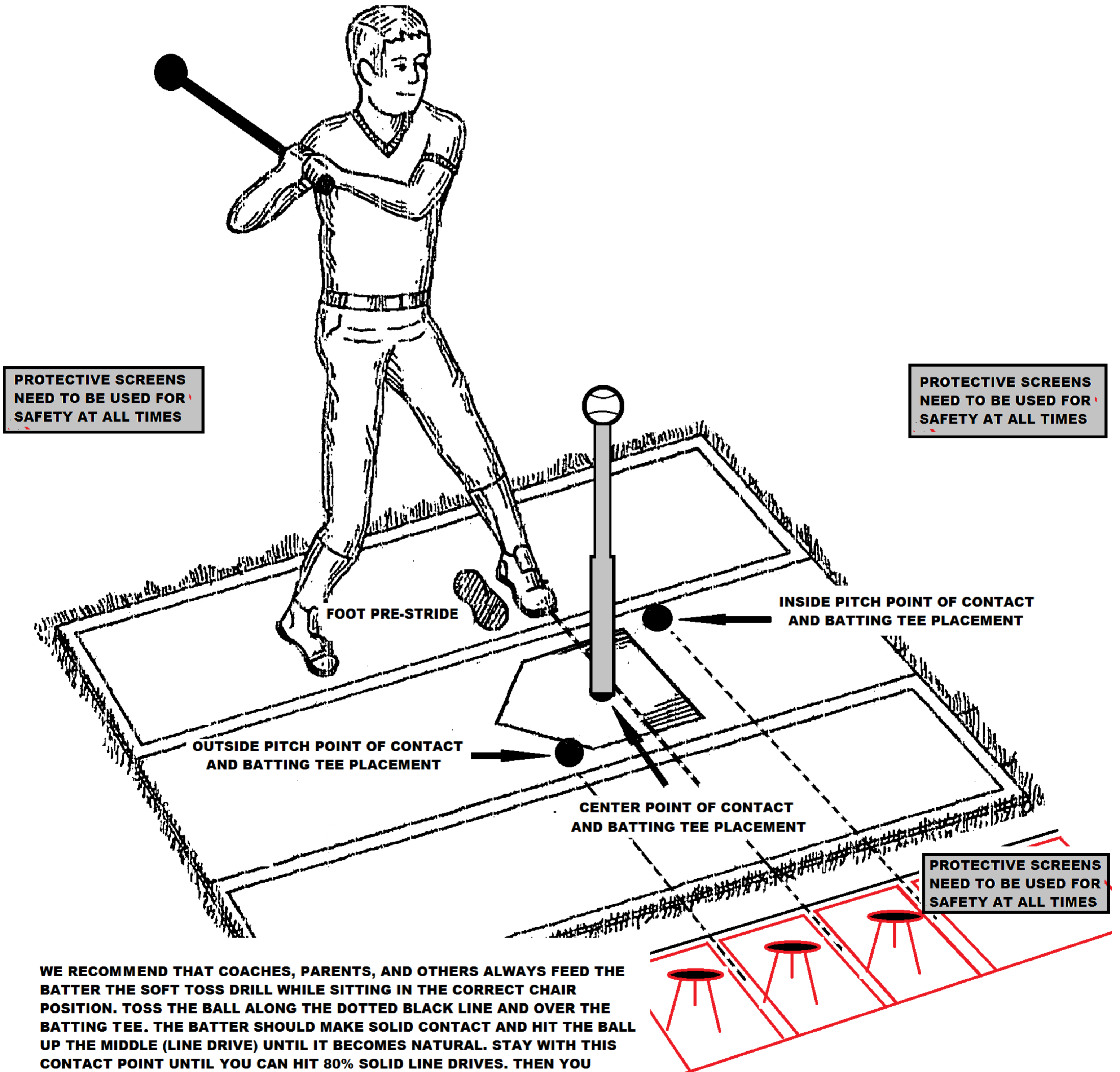


SLEDGEBAT TRAINING INSTRUCTION

FOR EVERYONE

BATTING DRILLS, SOFT TOSS DRILLS & POINT OF CONTACT DRILLS FOR ALL PLAYERS, COACHES, PARENTS & HITTING INSTRUCTORS

This batters box diagram will show you where the true point of contact is in relationship to where you set up in the box. Your own personal point of contact may have slight variations because of your body shape and build.



WE RECOMMEND THAT COACHES, PARENTS, AND OTHERS ALWAYS FEED THE BATTER THE SOFT TOSS DRILL WHILE SITTING IN THE CORRECT CHAIR POSITION. TOSS THE BALL ALONG THE DOTTED BLACK LINE AND OVER THE BATTING TEE. THE BATTER SHOULD MAKE SOLID CONTACT AND HIT THE BALL UP THE MIDDLE (LINE DRIVE) UNTIL IT BECOMES NATURAL. STAY WITH THIS CONTACT POINT UNTIL YOU CAN HIT 80% SOLID LINE DRIVES. THEN YOU CAN MOVE TO OTHER LOCATIONS AS YOU IMPROVE.

WARNING: NEVER USE THIS TRAINING TOOL FOR LIVE BATTING PRACTICE OR GAMES