

20 MINUTE LASERS HITTING PROGRAM



Practice Plan: Get Your Pitch.
Level: Beginner, and advanced.
Total Drills: 2
Time: 20 minutes.

Purpose: Step 3, prepares you to hit a dominant fastball, Step 4, coaches our Multi-Swing Method, Think Mechanics; improving your swing extension, smacking power-alley doubles and laser home-runs!

INFORMATION FOR DRILLS 1 AND 2

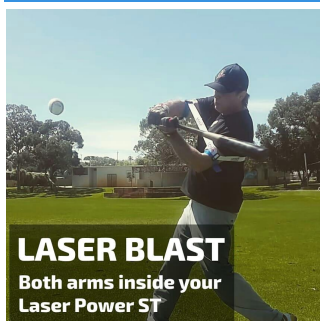


Options: Side toss, front toss, over-hand front toss, tee drill, on-field BP, and intrasquad hitting.
Multi-Swing Method: Think Mechanics.
Mental: Thinking/anticipating a pitch you can handle. Thinking, about the triggers of your elongating mechanics, for example, timing; "lift the front leg, now," and, pitch selection; "see something slower-and-hanging, getting the barrel in-front of home plate."



Drill Type: Laser Blast.
Beginner Bat: Normal, full length.
Advanced Bat: Heavy, full length.
Rounds: 3.
Swings: 10-20.

SET UP: LASER POWER ST



Laser Blast: The complete hitting solution, placing both arms inside your Laser Power ST.

OPTIONAL
Laser Pro: Heavy bat training.

DRILL 2



Drill Type: Laser Whip.
Beginner Bat: Normal, full length.
Rounds: 3.
Swings: 10-20.

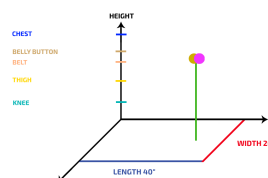
PITCH PREPARATION



Speed: Average to below average.
Movement: Straight, or hanging.
Example 1: Average to a below average fastball four-seam fastball.
Example 2: Hanging slider/mistake pitc

LOCATION

● H/R ● H/L



Height: Mid-thigh to belt-high.
Breadth: Middle to inside.
Depth: In-front.
Approach: Over the center-field fence, and outfield gaps.

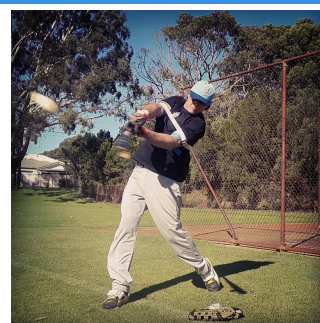
3D HITTING ZONE

MULTI-SWING METHOD TIPS FOR DRILLS 1 AND 2

Stance Width: Mid to short.
Weight Distribution: Inside and front balls of feet, knees pinching inward.
Elbow Height: Mid to high.
Load: Mid to high, lifting and turning the front knee.
Stride: Mid to long, landing softly.



Swing Angle: Rising up to the ball.
Swing Circumference: Elongated.
Follow Through: Hitting a mistake pitch is a simple method to practice, in this case, the finish depends on your top and bottom hand dominance. H/T R/R are top-hand dominant, consequently, staying through the ball with a two-hand finish is a natural strength, conversely, H/T L/R are bottom-hand dominant; staying through the ball, using a one-hand finish.



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