

20 MINUTE LASERS HITTING PROGRAM



Practice Plan: Laser Isolation.
Level: Beginner, and advanced.
Total Drills: 2.
Time: 20 minutes.

Purpose: Coaching the basics of our Multi-Swing Method; top/bottom hand mechanics for power hitting, in multiple locations.
Created By: Clinton Balgera, inventor of the Laser Power ST, and founder of the Multi-Swing Method.

DRILL 1

LASER BEAM TOP/TRAIL-HAND DRILLS

Improve bat speed, strength, and fix mistakes; coaching the proper turn control.



Drill Type: Top Hand.
Multi-Swing Method: Reflex mechanics.
Mental: Hitting in the automatic/subconscious state of mind.
Options: Side toss, front toss, and tee drill.
Beginner Bat: Normal, full length.
Advanced Bat: Heavy, full length.
Grip: Loosely grip the bat with both hands, following, remove your bottom/lead hand; placing on the opposite shoulder.
Rounds: 3.
Swings: 10-20.

MULTI-SWING METHOD



Stance Width: Mid to wide.
Weight Distribution: Inside and front balls of feet, knees pinching inward.
Elbow Height: Mid to low.
Bottom Hand: Resting on the opposite shoulder.
Load: Mid to small, lifting and turning the front knee.
Stride: Mid to short, quiet/soft.
Swing Angle: Flat.
Swing Circumference: Compact.
Follow Through: Whipping the bat around, and close to your torso.

LASER POWER ST SET UP



Top/Trail Hand Heavy Bat Training
Activating proper core hitting mechanics to fix; arming the swing.

Laser Beam: Place one or two arms inside your Laser Power ST for top hand isolation drills to improve bat speed, strength, and fix mistakes; coaching the proper turn control.

OPTIONAL



LASER REFLEX
INCREASING THE RESISTANCE
Increase the resistance, coaching automatic mechanics to hit a dominant fastball.

Laser Reflex: Reducing the size of your Laser Power ST increases the Exoprecise resistance, limiting the influence of your arms, isolating the "blast" swing phase, adapting, and improving power; activating the core muscles, coaching rotational mechanics for the proper Kinetic Chain.

OPTIONAL

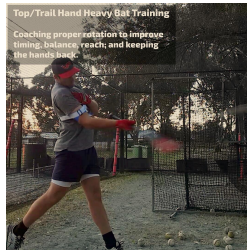


LASER PRO
HEAVY BAT TRAINING
Players adapt by using the core muscles to generate the back leg turn.

Laser Pro: Combining the standard strength features of our Laser Power ST, and heavy bat training; invigorates your power hitting muscles.

OPTIONAL EXTRA ROUND
THINK MECHANICS
Coaching to stay through the ball with the top hand, toss the ball out in front, aiming to drive the ball over the center-field fence; elongating your mechanics and swing path. In this case, the time you roll the barrel increases, comparing, to an up-and-inside-fastball.

MORE TIPS



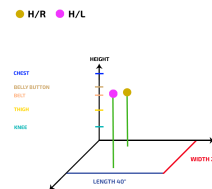
Top/Trail Hand Heavy Bat Training
Coaching proper rotation to improve timing, balance, reach, and keeping the hands back.

Toss the ball toward the front hip of the player. If the ball that isn't in the right location, don't swing.
The back leg/foot turns before contact is made; an indication you are turning from the core, enabling to keep your hands back.
Roll the barrel/forearms after contact, as you feel pressure on your rear shoulder; preventing over-extension. The time you roll depends on the pitch location, and contact depth.

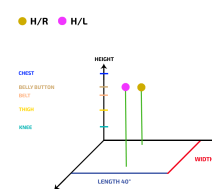
BEGINNER

ADVANCED

PITCH PREPARATION
Speed: Average.
Movement: Straight.
Example: Average fastball.
LOCATION
Height: Belt.
Breadth: Middle and inside.
Depth: Middle.
Approach: Pull-side alley.



ADVANCED
PITCH PREPARATION
Speed: Above average.
Movement: Straight, or tailing.
Example 1: Four-seam fastball.
Example 2: Two-seam fastball.
LOCATION
Height: Belly button.
Breadth: Inside.
Depth: Deep.
Approach: Straight away pull-side, and pull-side alley.



3D HITTING ZONE

3D HITTING ZONE

DRILL 2



LASER LINEA BOTTOM HAND DRILLS

Refines the swing path, increasing bat speed and power; improving the flight of the ball, for better distance and spin.

Drill Type: Bottom hand.
Multi-Swing Method: Hybrid, Reflex and Think mechanics.
Mental: Anticipating a challenging pitch, switching, to an automatic/subconscious state of mind; stepping in the box.
Options: Side toss, front toss, and tee drill.
Beginner Bat: Normal, full length.
Grip: Loosely grip the bat with your bottom/lead hand, placing the other hand on your opposite shoulder; beginners, "shorten up."
Rounds: 3.
Swings: 10-20.

LASER POWER ST SET UP

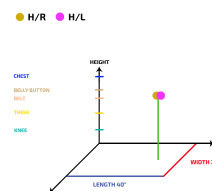


Laser Linea: Bottom hand isolation drills, strengthening the swing extension muscles; improving bat speed, power, front-side/low-ball mechanics.
Coaching Tips: Locating the ball low/away/in-front of home plate is critical, allowing players to hit the ball further away from the body; accommodating, the proper swing extension to improve bottom hand strength, and mechanics.
Relax the grip to avoid over-swinging with your arms, focusing, on the core; turning your back leg, from the hips.

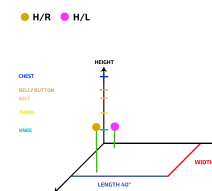
BEGINNER

ADVANCED

PITCH PREPARATION
Speed: Average.
Movement: Straight.
Example: Average fastball.
LOCATION
Height: Mid thigh.
Breadth: Middle and outside.
Depth: Mid to front.
Approach: Center-field.



PITCH PREPARATION
Speed: Above average.
Movement: Straight, or tailing.
Example 1: Hard slider/sinker.
Example 2: Two-seam fastball.
LOCATION
Height: Knees.
Breadth: Outside.
Depth: Mid to deep.
Approach: Opposite field gap.



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