

20 MINUTE LASERS HITTING PROGRAM



Practice Plan: Beat The Best.
Level: Beginner, and advanced.
Total Drills: 2.
Time: 20 minutes.

Purpose: Implementing your skills from Step 1, and Step 2 of our hitting program. Coaching, mechanics critical to hit the "flame throwers," backing it up with an electric slider, and a nasty change-up. Created By: Clinton Balgiera, inventor of the Laser Power ST, and founder of the Multi-Swing Method.

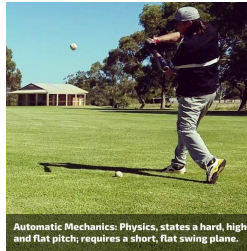
DRILL 1



LASER BLAST
Both arms inside your
Laser Power ST

Drill Type: Laser Blast.
Multi-Swing Method: Reflex mechanics.
Mental: Hitting in the automatic/subconscious state of mind.
Options: Side toss, front toss, over-hand front toss, tee drill, on-field BP, and intrasquad hitting.
Beginner Bat: Normal, full length.
Advanced Bat: Heavy, full length.
Rounds: 3.
Swings: 10-20.

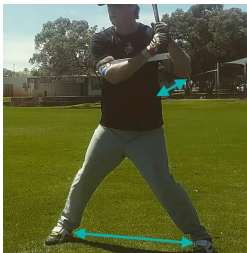
MULTI-SWING METHOD



Automatic Mechanics: Physics, states a hard, high, and flat pitch; requires a short, flat swing plane.

Stance Width: Mid to wide.
Weight Distribution: Inside and front balls of feet, knees pinching inward.
Elbow Height: Mid to low.
Load: Mid to small, lifting and turning the front knee.
Stride: Mid to short, quiet/soft.
Swing Angle: Flat.
Swing Circumference: Compact.
Follow Through: Finish with both hands, whipping the bat around; and close to your torso.

LASER POWER ST SET UP



Laser Blast: The complete hitting solution, placing both arms inside your Laser Power ST; improving bat speed, strength, front-side and back-side mechanics.

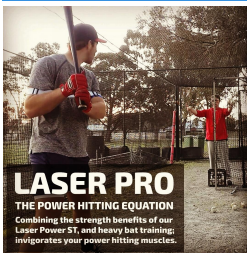
OPTIONAL



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
THE POWER HITTING EQUATION
Combining the strength benefits of our Laser Power ST, and heavy ball training; invigorates your power hitting muscles.

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

MORE TIPS



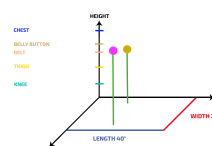
Minimize the swing movement, unleashing your core power.
A dominant fastball decreases the reaction time, therefore, a short, and flat swing, is the only option. Otherwise, you'll undercut the hard, and flat trajectory; of the dominant fastball.
After contact, avoid prematurely releasing the top-hand. Creating an angle on the swing path, by deliberately lifting on your follow through; overextends the back shoulder; knocking your head off the ball, and over-rotation the back foot disrupts your balance.

BEGINNER

ADVANCED

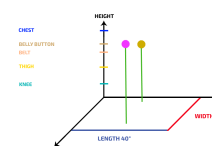
● H/R ● H/L

PITCH PREPARATION
Speed: Average.
Movement: Straight.
Example: Average fastball.
LOCATION
Height: Belt.
Breadth: Middle and inside.
Depth: Middle.
Approach: Center-field, and the outfield gaps.



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: Mid to deep.
Approach: Straight away pull-side, and pull-side alley.

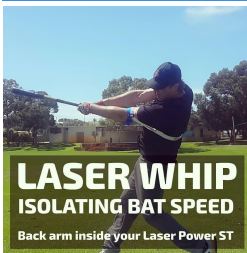
● H/R ● H/L



3D HITTING ZONE

3D HITTING ZONE

DRILL 2



LASER WHIP
ISOLATING BAT SPEED
Back arm inside your Laser Power ST

Name: Laser Whip.
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, over-hand front toss, tee drill, on-field BP, and intrasquad hitting.
Beginner Bat: Normal, full length.
Rounds: 3.
Swings: 10-20.

LASER POWER ST SET UP



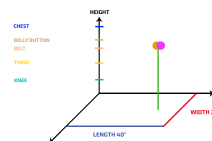
Stance Width: Mid to wide.
Weight Distribution: Inside and front balls of feet, knees pinching inward.
Elbow Height: Mid to low.
Load: Mid to small, lifting and turning the front knee.
Stride: Mid to short, quiet/soft.
Swing Angle: Angular.
Swing Circumference: Elongated.
Follow Through: Finish the swing with one hand (top-hand release); improving bottom hand mechanics and strength, swing extension, and plate coverage for hitting low and outside pitches.

BEGINNER

ADVANCED

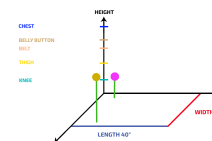
● H/R ● H/L

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.

● H/R ● H/L



3D HITTING ZONE

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