Multi-Swing Method

Laser Power Swing Trainer Practice Plan

Practice Plan Name	Level	Rounds Per Drill	Swings Per Round		Time	
Live Hitting	Advanced	1-3	10-20		20-45 mins	

Drill 1	Laser Power Swing Trainer Set Up	Approach	Elbow Height	Stance Width	Stride	Follow Through Type	Mind
Hard up and inside	Laser Blast (insert both arms)	pull side	low	6" to 12" past shoulder width	short	two hands	automatic (see and react)

Images	**3D HITTING ZONE**		

Optional	Heavy Bat		

Drill 2	Laser Power Swing Trainer Set Up	Approach	Elbow Height	Stance Width	Stride	Follow Through Type	Mind
Hard low and away	Laser Whip (insert back arm)	opposite field	mid to low	3" to 6" past shoulder width	short to medium	release	automatic (see and react)

Images	**3D HITTING ZONE**		

Optional	Light gameday bat		

Drill 3	Laser Power Swing Trainer Set Up	Approach	Elbow Height	Stance Width	Stride	Follow Through Type	Mind
Soft low and away	Laser Whip (insert back arm)	center/opposite field	mid to high	3" to 6" past shoulder width	short to medium	release	automatic (see and react)

Images	**3D HITTING ZONE**		

Optional	Light gameday bat		

Drill 4	Laser Power Swing Trainer Set Up	Approach	Elbow Height	Stance Width	Stride	Follow Through Type	Mind
Hanging up and middle	Free swings	center field	mid to high	shoulder width	medium to long	*lead hand dominant release / trail hand dominant two hands	conscious (sitting on a pitch)

Images	**3D HITTING ZONE**		

Optional	Regular gameday bat		

*Common examples of dominant hand: H/R T/R trail hand dominant, H/L T/R lead hand dominant.