

## Skill: Consecutive BH

Difficulty: warm-up



## Intention

Focus on

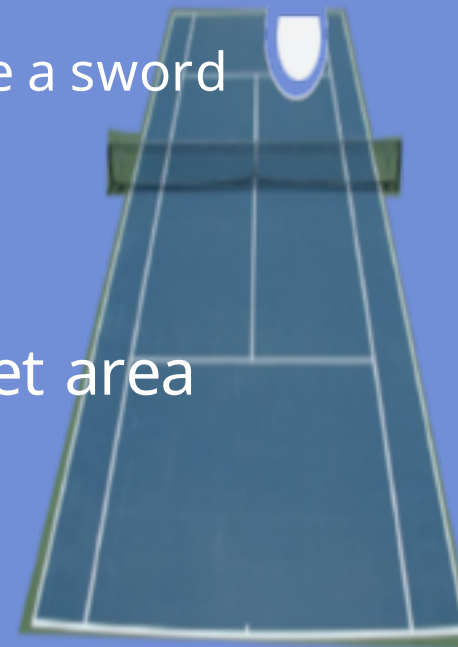
**footwork:** split-turn-in/out-watch

**swing:** drop below ball

**contact:** in front, from low to high

**grip:** draw like a sword

Define target area



## Drill

Level 1:

Target area: one quarter

Level 2:

Target area: alleys only

Level 3:

Move ball machine to opposite baseline (ball speed: 5)

### Ball machine set-up

Ball Speed: 2

Ball Feed: 5

Oscillator: Off

You

