***B. PHASE #2 ….. Coil or Load***

**1. Coil into your load. K-Posture**

**2. Weight transfers back to go forward.**

**a. Weight shifts to back leg**

**b. Front knee will flex, as the front heel will lift off the ground.**

**3. The hands go back with the hips and point the knob of the bat**

**to the catcher, but do not wrap the bat.**

**a. This loads the bottom hand and will cock the wrist and**

**it will load the hands just outside the back shoulder. (Radial Deviation)**

**b. Rock the Cradle.**

**c. Rhythmic Action.**

**4. The head will follow the hands back; which helps transfer**

**weight back.**

**a. Hips load belly button from the middle of the plate to the tip**

**of the plate.**

**b. Shoulders remain on line with the pitcher while loading of**

**the hips.**

**5. Loose and relaxed with no tension in the back and shoulders.**

**6. Eyes stay on a focal point or release point of the pitcher.**

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***B. PHASE #2 ….. The Load or Coil***



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***PHASE #2 ….. The Load or Coil***



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***PHASE #2 ….. The Load or Coil***



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**PHASE #2 ..... The Load or Coil**



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***PHASE #2 ….. The Load or Coil***



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