***E. PHASE #5 ….. Launch the Bat to Contact***

**1. Hips turn the bat. Shoulders adjust to the level of the pitch**

 **2. Hands stay back and travel in a *curved path* they have not reacted out to the baseball.**

 **3. Pull the bat with the bottom hand in a curved path.**

 **a. Head stays down to keep front shoulder in and keeps you from**

 **pulling off the ball.**

 **4. Barrel starts above the hands and inside the baseball.**

 **5. Approach the ball and snap the bat.**

 **a. Six back side joints stay together to stay stronger through the ball.**

 **1.) backside ankle**

 **2.) backside knee**

 **3.) backside hip**

 **4.) backside wrist**

 **5.) backside elbow**

 **6.) backside shoulder**

 **b. Pressure Points and Power Collectors are active for power and consistency.**

 **1.) Lead part of the bottom wrist and bottom hand two fingers**

 **2.) The Y of the top hand and the top hand index finger**

 **3.) The back forearm and the back elbow**

 **4.) The lead arm and the front side torso**

 **6. Knocking knuckles of top hand take a picture of the pitch.**

 **7. We snap the bat to the baseball with a 4 deep stroke. Short, quick, and direct. \_\_\_\_\_**

 **a. Weight**

 **b. Hands**

 **c. Head**

 **d. Eyes**

 **8. Steady, quiet head, with bill of helmet down for line drives and 3 ball theory. \_\_\_\_\_\_**

 **9. Firm front side. \_\_\_\_\_\_**

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***E. PHASE #5 ….. Launch the Bat to Contact***





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*******PHASE #5 ….. Launch the Bat***

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***PHASE #5 ….. Launch the Bat***



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