***G. PHASE #7 ….. Extension #1***

**1. Extend top hand under the bat. \_\_\_\_\_**

**2. The under / under rule is in effect. \_\_\_\_\_**

**3. Head and eyes transition from out front tracking the path**

**of the ball all the way in to contact, to behind the bat as the**

**bat leads the head and eyes as the baseball is on the way**

**back out.**

**4. Hands acts like a hammer taking on a hammer approach.**

**5. Bat will work itself diagonally up as you go through the ball.**

**7. No wrist rollover has occurred in the swing.**

**8. Three ball theory on extension. \_\_\_\_\_**

**a. Contact Ball 1**

**b. Extend and Drive Ball 2**

**c. Drive Again Ball 3**

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***G. PHASE #7 ….. Extension #1***

[](http://www.baseballhittingrebellion.com/wp-content/uploads/2011/07/Robinson-Cano-HR-derby.jpg)

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