***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***



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