**I*. PHASE #9 ….. Finish and Follow Through***

**1. Bat Arc or Path is Narrow not wide or Loopy… i.e. Flying Out**

**2. Head will Transfer Slightly back as Momentum and energy forward**

**is imparted on the ball, absorbing the energy of the ball and directing**

**it out of the Swing.**

**3. Hands will Finish around the Top of the Back Shoulder with the**

**Knob slightly above the Barrel.**

**4. Barrel will finish around the top of the numbers in a short bat path.**

**5. Eyes will stay Between the Feet.**

**a. The eyes will Travel from Contact to 3 -7 degrees out as the ball**

**flys back out of the hitting Zone.**

**6. Belly Button, Top of Back Knee, and Back Foot Shoe Strings take**

**a Picture of the Ball … Where it was hit!**

**7. Balanced Back Side "L"**

**Page # 30**

**I*. PHASE #9 ….. Finish and Follow Through***



**Key Notes: " *The swing must have Balance, Flex, and a Strong Front Side from start to finish."***

***" You make adjustments to your swing using the Brain, Body, and Bat. In that order!"***

**Page # 31**

**Contact / Extension / Finish ...... Barrel Plain and Bat Arc**



**Page # 32**