**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"**

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**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!"***

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



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