STANCECHECK – HITTING

1. STANCECHECK - PICK UP RELEASE POINT, DETECT VELOCITY, SEE SPIN SOONER
2. BOTH EYES
3. DONINANT EYE
4. STANCE
5. STRIKE ZONE AWARENESS
6. BARREL CONTROL & COMMAND
7. CONTACT
8. ALL FIELD
9. WHO I AM AS A HITTER

PLAN, ROUTINE, DISCIPLINE AND DIRECTION