

KNOW THE SLOT

A FEW HELPFUL TIPS TO BE SUCCESSFUL BEHIND THE PLATE:

STABILIZE YOUR HEAD HEIGHT, BODY POSITION AND FEET POSITIONING TO OBTAIN A CONSISTENT ZONE.

GET "LOCKED IN" AND READY FOR THE PITCH.

GET COMFORTABLE.

THESE 3 SIMPLE MECHANICS MUST BE THE SAME ON EVERY PITCH, OTHERWISE, ANY CHANGES OR MOVEMENT WILL ALTER YOUR ZONE.

THE SLOT (SIDE VIEW)



THE SLOT (TOP VIEW)

