



BACK

DEFENSE & HITTING

FOOTWORK

- STRAIGHT-UP
- BACK-HAND
- FOREHAND

SQUARE SCREEN
DIVIDER

GLOVEWORK

- PICK'S
- SHORT-HOPS (ALL ANGLES)
- PROGRESSIONS
- STRAIGHT-UP
- BACK-HAND
- FOREHAND

FRONT TOSS

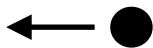
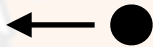
- UNDERHAND

L - SCREEN



SQUARE SCREEN
DIVIDER

TEE WORK



SHORT TOSS

- OVERHAND (SITTING)

L - SCREEN



SQUARE SCREEN
DIVIDER

ON-DECK TIMING

TEE WORK



FRONT