



Hip Lead Impact Drill

Purpose:

Improves ability to rotate pelvis independently from the torso

Benefit:

Increases ability to rotate hips and pelvis freely through impact without engage the upper torso in an over the top motion. This motion helps improve shoulder tilt at impact.

Instructions:

Baseball Stance: Stand at posture holding Impact Master in your hands per the top pictures. Make a partial backswing motion. Turn hips to the impact position leading with the hips.

Quantity:

Reps _____ sets _____

