



FALL 2011

Side-by-Side

Attack Oppo Drill

Witten vs Pruett

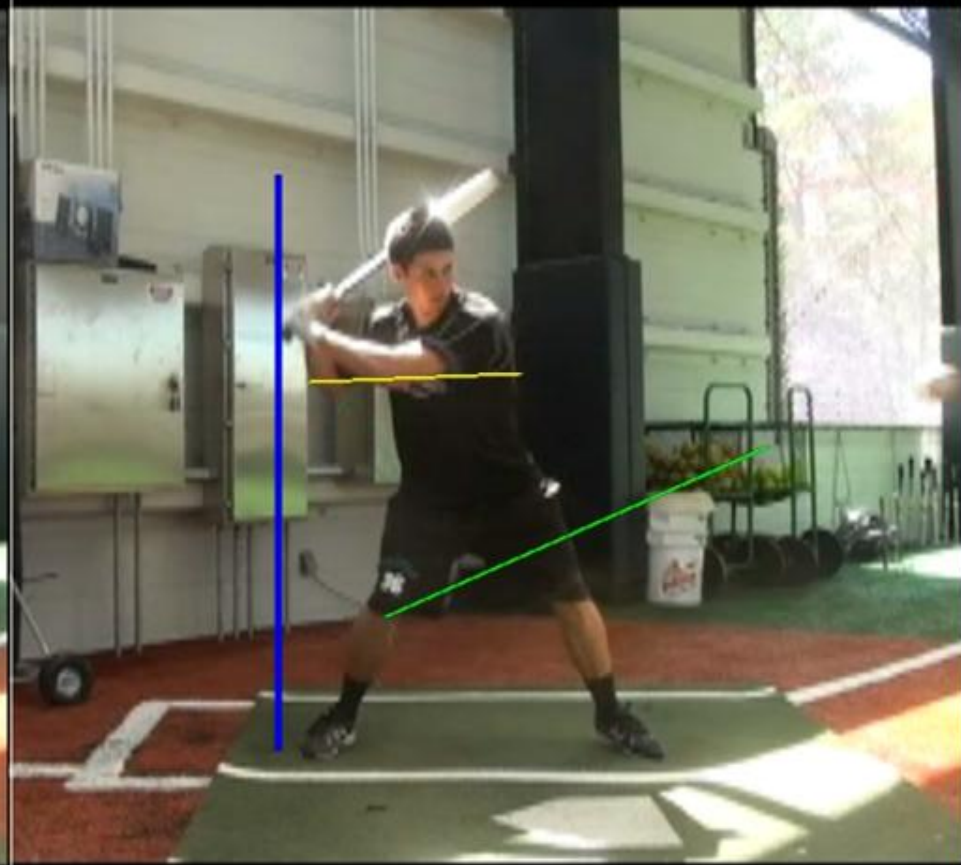
by kschnall

GREEN LINE = plane of pitch

YELLOW LINE = hands/arms drop

BLUE LINE = barrel getting away from the body



















POC = Point of Contact

Note: Hands Position (Up vs. Down)
Hips, Back Foot, Shoulders, Lead Elbow



Barrel Accelerating at Contact vs. Decelerating

