***C. PHASE #3 ….. Stride and Cock the Bat***

**1. Stride is locked in to the length of the bat.**

 **2. Stride to the inside ball of the front foot with front heel just off**

 **the ground.**

 **a. You must get “ Stronger to the Ball “ and flexed front leg.**

 **1.) All 6 joints in the front side stay together and take**

 **you to the ball.**

 **a.) Ankle Joint b.) Knee Joint**

 **c.) Hip Joint d.) Shoulder Joint**

 **e.) Elbow Joint f.) Wrist Joint**

 **3. Front side knee, hip, and torso and will remain flexed.**

 **4. Gain Momentum into the approach. Head moves to a mid-point.**

 **5. BACK KNEE REMAINS ANCHORED!**

 **6. Established a "POWER BASE" for the hit phases of our swing.**

 **7. Hands finish load and remain back and maintain shoulder**

 **alignment throughout the stride.**

 **8. Lever Assembly Maintain the Box and Bat Angle and Moves into**

 **a Position of Power with or without the 10 degree rule.**

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***C. PHASE #3 ….. Stride and Cock the Bat***







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***PHASE #3 ….. Stride and Cock the Bat***



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***PHASE #3 ….. Stride and Cock the Bat***



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