

Efficient

Start Low and Stay Low

- Posture = Pujols

Back Foot Flat on the Ground

- Pressure on Inside of back foot
- Back knee stays bent

Hands Back

- Chin On Front Arm (CHOFA)

Front Elbow Up

Step and Load

- Separation

Stay Back (especially on Outside Pitches)

- Don't lunge at outside pitches
- Let them come to you

Tilt

Pinch your Back Elbow

Hit the Ball with your Back Shoulder

- Squeeze your Back Shoulder and your Back Hip
- Power is from the Back Side
- Rotation

Albert Pujols Drill

- Heel Hop
- **Rotation**

