

February 18 Hitting Clinic with Craig Nelson – Follow Up

Grip:

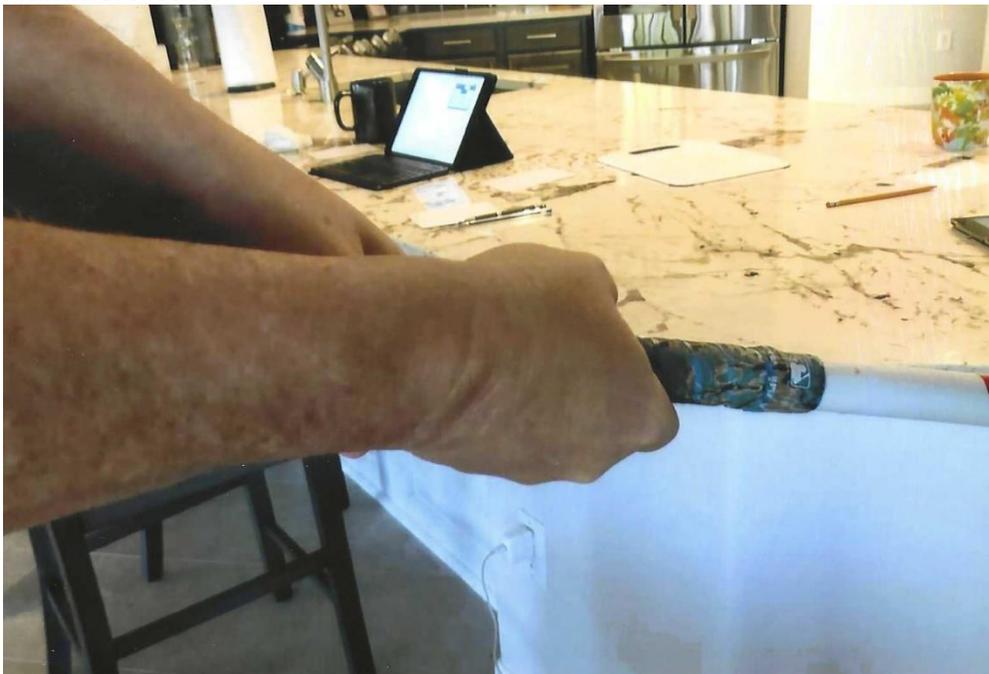
Cradle in fingers



Line up knuckles



Hammer Action



Stance:



Tee Work:

Center



Outside Pitch



Inside Pitch



Soft Toss:

