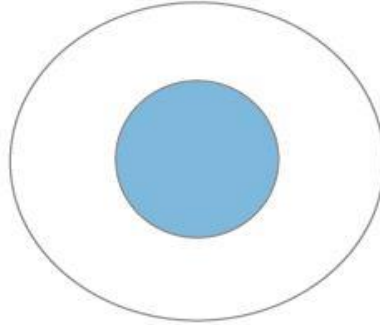


Name \_\_\_\_\_ eMail \_\_\_\_\_ @ \_\_\_\_\_

Age \_\_\_\_\_ Grad Date \_\_\_\_\_ Weight \_\_\_\_\_ lbs Height \_\_\_\_\_ ' \_\_\_\_\_ " Level 10-12 13-14 15-18

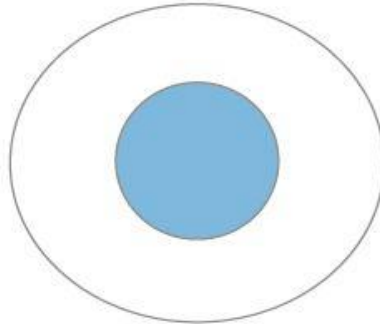
### Line Drive Consistency Bat \_\_\_\_\_

1)	MPH	6)	MPH
2)	MPH	7)	MPH
3)	MPH	8)	MPH
4)	MPH	9)	MPH
5)	MPH	10)	MPH
Pt Total		Pt Avg	
Top MPH		Avg MPH	



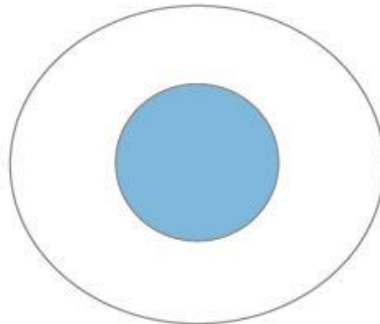
### Line Drive Consistency Bat \_\_\_\_\_

1)	MPH	6)	MPH
2)	MPH	7)	MPH
3)	MPH	8)	MPH
4)	MPH	9)	MPH
5)	MPH	10)	MPH
Pt Total		Pt Avg	
Top MPH		Avg MPH	

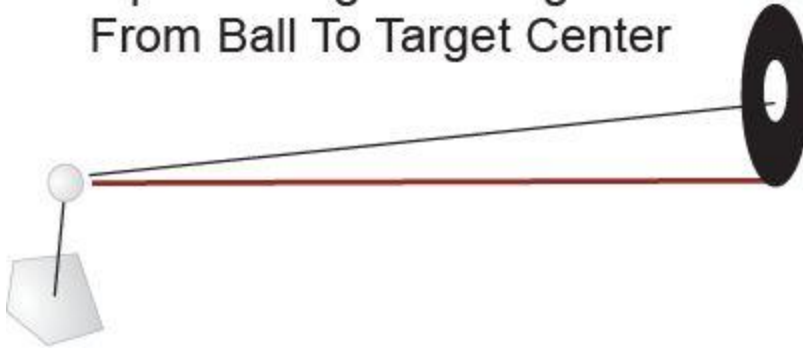


### Line Drive Consistency Bat \_\_\_\_\_

1)	MPH	6)	MPH
2)	MPH	7)	MPH
3)	MPH	8)	MPH
4)	MPH	9)	MPH
5)	MPH	10)	MPH
Pt Total		Pt Avg	
Top MPH		Avg MPH	



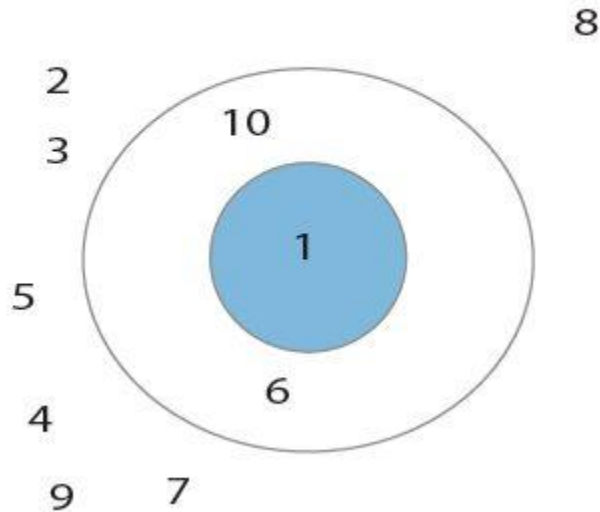
## Target Set Up - Tee Test Upward Angle 10 Degrees From Ball To Target Center



Set up the circle at a height so that the bottom of the target is the same height as the ball on the tee. This straight line is the 0 Line or 0 Degrees Launch Angle. The center will be approximately 10 Degrees and the top will be approximately 20 Degrees Launch Angle.

## Line Drive Consistency Bat \_\_\_\_\_

1)	MPH	55	6)	MPH	48
2)	MPH	40	7)	MPH	46
3)	MPH	21	8)	MPH	39
4)	MPH	51	9)	MPH	26
5)	MPH	55	10)	MPH	51
Pt Total		2	Pt Avg		.200
Top MPH		55	Avg MPH		43.2



The scoring system is based on 1 point for the middle (blue) and half a point (.5) for the white portion of the target. Add the 10 swing point total as above. Example – 2 total points divided by 10 = .200. Record the Exit Velocity and note the 'Top Exit Velocity' and an 'Average Exit Velocity'. Plot each hit on the target as shown above. The 'Scatter' can tell us a lot about the swing mechanics that created them.