



YOUR PRACTICE COMPANY

To get the most out of your **JUGS® LITE-FLITE® MACHINE**, follow our easy to use practice plans to become the best player in your league.



FIVE HITTING KEYS TO IMPROVE YOUR GAME WITH JUGS® EQUIPMENT!

PRACTICE: Have a plan to get better.

Let JUGS® Equipment provide you with excellent tools to make your practices more effective. Hitting different pitches, locations, and speeds gives you the opportunity to improve your strengths and fix your weaknesses as a hitter.

BALANCE: A good hitter maintains Balance throughout a swing.

During warmup, the JUGS® Batting Tees allow the hitter to maintain balance before, during and after contact.

PATIENCE: Understand great hitting will take time. Don't get discouraged.

JUGS® Equipment allows you to take several swings with pinpoint accuracy to develop your swing.

CONFIDENCE: Have a good positive mental approach to hitting.

Start your JUGS® machine by throwing slow, increasing speeds as you progress.

HAVE FUN: Throughout the peaks and valleys of hitting, remain positive with your progress.

Durability, ease of use, and consistency make JUGS® Equipment an essential part of your everyday practice.

OVERVIEW:

A good batting practice routine will help to make the most out of the time that you put in before the game. One of the best ways to improve your batting practice time is to develop a plan that gives every swing you take a purpose.

This is a weekly Practice Plan. There's hitting for you to chart, Monday through Friday. The plan recommended is based on limiting the number of swings you take in a session. A hitter tires and loses focus after just 15-20 swings. Minimize the quantity, and maximize the quality of swings, by taking breaks between each progression.

This Practice Plan has been designed to make you a better hitter.

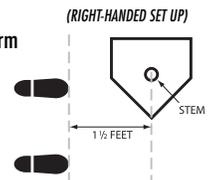
SUGGESTED WARM-UP:

The philosophy behind a good warm-up is to properly warm up muscles and promote good muscle memory.

- 4-5 minute jog—upper and lower body stretch.
- Dry swings with bat. (approximately 25 easy swings)
- Tee Work: Set tee for down the middle pitch.

Front foot approx. 1½ feet away from stem.

20 Total Swings: 1-5 at 50%, 6-10 at 75%, 11-15 at 80%, 16-20 at 100%.



Key Point: Progression with the tee should be making good contact and gradually increasing torque every 5 swings. Starting at 50% effort and ending your Tee-work at 100%.

SUGGESTED MACHINE SET UP:

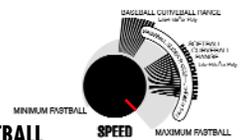
MACHINE DISTANCE FOR BASEBALL: 40'

MACHINE DISTANCE FOR SOFTBALL: 35'

MACHINE SET UP: Fastball

SPEED DIAL SETTINGS: MAXIMUM FASTBALL

PITCH SELECTION KNOB: FB (Fastball)

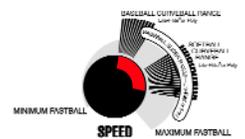


MACHINE SET UP: ¾ Curveball

SPEED DIAL SETTINGS: CURVEBALL

PITCH SELECTION KNOB: RHCB (Right-Handed Curveball)

PITCH SELECTION KNOB: LHCB (Left-Handed Curveball)



Key Point: Adjust speed to the hitter's skill level.

DO NOT USE REAL BASEBALLS OR SOFTBALLS IN THIS MACHINE

See the JUGS Lite-Flite® Machine instructions for further details.

KEEP DAILY TRACK OF YOUR PROGRESS

Use the Whole field while hitting fastballs (FASTBALL SET UP)

___/5 1. Hit the outside pitch to the opposite field.



KEY POINT: Be patient in letting the ball get over the plate before contact. Right-handed hitters visualize hitting the ball over the 2nd baseman's head. Lefties visualize hitting it over the shortstop's head. Do so and get one point.

NOTE: Studies have shown that nearly three quarters of all pitches in the strike zone are over the outside half of the plate, especially in youth baseball. Take advantage of that information and control the outer half of the plate. Then, if you need to, gradually work from an area of the strike zone that you can control, to an area where you have less control.

___/5 2. Hit the down-the-middle pitch back through the middle of the field.



KEY POINT: Focus on keeping your head down and hands back, and drive the ball back up the middle to get one point.

NOTE: Consistent hitters with high batting averages always tend to use the middle of the field. You can be successful being strictly a push or pull hitter, but you give away some of the advantage to the pitcher, because they can simply pitch to your weaker side.

Situational Hitting (FASTBALL SET UP)

___/3 3. Long fly balls: Trying to score a runner from 3rd base.



KEY POINT: Any ball hit to the middle to deep part of the outfield should be long enough to score a run. For cage hitting, the back 1/3 portion of the top net is the goal. Hit to this area to get one point.

___/3 4. Hard-hit balls: The Infield In

A hitter must make solid contact to drive the ball past the drawn up infield.

KEY POINT: Give the hitter one point for driving the hard hit ball through the infield.

___/3 5. Ground Balls or Hit-And-Run:

This situation would occur with a runner on first base. Hitter must hit a hard ground ball to move the runner.

KEY POINT: Ideally, the hitter should try to hit the hard grounder behind the moving runner. If not, hit the ball hard on the ground. Give yourself one point for every ball hit hard on the ground.

___/3 6. Hot-Zone Hits:



Any ball that is driven through the middle of the field. The Target should be from the Right Field Power Alley to The Left Field Power Alley.

KEY POINT: For cage hitting, the back portion of the net is the goal. Give yourself one point for any ball that hits the HOT ZONE.

___/6 7. Sacrifice Bunt:



3 Bunts towards first base, 3 Bunts toward third base. With a runner on first or second base, with less than two outs, a Sacrifice bunt can be utilized. The batter should show the bunt position as the pitcher is set to throw. A batter's philosophy is to give himself up for the runner(s) to advance.

KEY POINT: The direction of the bunt with a runner on first should be first base. (The first baseman must hold the base runner close before charging the bunt, giving ample opportunity to get the ball down toward first base.) With runners on second, or first and second, the batter should bunt towards third base. The third baseman must stay back to honor a steal behind. Hitter must bunt strikes only. One point for each successful bunt.

1. Hit the outside pitch to the opposite field

WEEK 1: MONDAY ___/5 WED. ___/5 FRIDAY ___/5
 WEEK 2: MONDAY ___/5 WED. ___/5 FRIDAY ___/5
 WEEK 3: MONDAY ___/5 WED. ___/5 FRIDAY ___/5
 WEEK 4: MONDAY ___/5 WED. ___/5 FRIDAY ___/5

2. Hit the down-the-middle pitch back through the middle of the field

WEEK 1: MONDAY ___/5 WED. ___/5 FRIDAY ___/5
 WEEK 2: MONDAY ___/5 WED. ___/5 FRIDAY ___/5
 WEEK 3: MONDAY ___/5 WED. ___/5 FRIDAY ___/5
 WEEK 4: MONDAY ___/5 WED. ___/5 FRIDAY ___/5

3. Long fly balls: Trying to score a runner from 3rd base

WEEK 1: MONDAY ___/3 WED. ___/3 FRIDAY ___/3
 WEEK 2: MONDAY ___/3 WED. ___/3 FRIDAY ___/3
 WEEK 3: MONDAY ___/3 WED. ___/3 FRIDAY ___/3
 WEEK 4: MONDAY ___/3 WED. ___/3 FRIDAY ___/3

4. Hard-hit balls: The Infield In

WEEK 1: MONDAY ___/3 WED. ___/3 FRIDAY ___/3
 WEEK 2: MONDAY ___/3 WED. ___/3 FRIDAY ___/3
 WEEK 3: MONDAY ___/3 WED. ___/3 FRIDAY ___/3
 WEEK 4: MONDAY ___/3 WED. ___/3 FRIDAY ___/3

5. Ground Balls or Hit-And-Run

WEEK 1: MONDAY ___/3 WED. ___/3 FRIDAY ___/3
 WEEK 2: MONDAY ___/3 WED. ___/3 FRIDAY ___/3
 WEEK 3: MONDAY ___/3 WED. ___/3 FRIDAY ___/3
 WEEK 4: MONDAY ___/3 WED. ___/3 FRIDAY ___/3

6. Hot-Zone Hits

WEEK 1: MONDAY ___/3 WED. ___/3 FRIDAY ___/3
 WEEK 2: MONDAY ___/3 WED. ___/3 FRIDAY ___/3
 WEEK 3: MONDAY ___/3 WED. ___/3 FRIDAY ___/3
 WEEK 4: MONDAY ___/3 WED. ___/3 FRIDAY ___/3

7. Sacrifice Bunt

WEEK 1: MONDAY ___/6 WED. ___/6 FRIDAY ___/6
 WEEK 2: MONDAY ___/6 WED. ___/6 FRIDAY ___/6
 WEEK 3: MONDAY ___/6 WED. ___/6 FRIDAY ___/6
 WEEK 4: MONDAY ___/6 WED. ___/6 FRIDAY ___/6

Track all swings using the checklist provided.

Hitting the Right- and Left-Handed Curveball

SWITCH MACHINE TO RIGHT-HANDED CURVEBALL (RHCb)

___/8 1. Right-Handed Outside Corner Curveball (SEE 3/4 CURVEBALL SET UP)



KEY POINT: Attack this pitch much like the outside fastball. Exercise patience by waiting for the pitch to get to the outside half before contact. *Front shoulder and hands stay back!* Right-handed hitters visualize hitting the ball over the 2nd baseman's head. Do so and get one point.

NOTE: Aggressive hitters are generally very good at hitting the fastball, but struggle with the off-speed pitch. Hitting the off-speed pitch requires discipline. Become great at recognizing the off-speed pitch and learn to react appropriately.

___/8 2. Right-Handed Inside Corner Curveball (SEE 3/4 CURVEBALL SET UP)



KEY POINT: Hitter should wait and drive the ball back through the middle.

SWITCH MACHINE TO LEFT-HANDED CURVEBALL (LHCb)

___/8 3. Left-Handed Outside-Corner Curveball (SEE 3/4 CURVEBALL SET UP)



KEY POINT: Exercise patience by waiting for the pitch to get to the outside half before contact. *Front shoulder and hands stay back!* Visualize hitting it over the shortstop's head. Do so and get one point.

NOTE: Off-speed pitches are designed to get you to commit your weight too soon, to get you off balance and take your body out of the swing. In essence, an off-speed pitch makes you become an "arms only" hitter and your power and effectiveness can be severely hampered.

___/8 4. Left-Handed Inside Corner Curveball (SEE 3/4 CURVEBALL SET UP)



KEY POINT: Keep weight back and drive the ball back through the middle.

SWITCH MACHINE TO FASTBALL (FB)

___/6 5. The Slap Bunt (FASTBALL SET UP)

Three Reasons to use the Slap Bunt:

1. To exploit over-charging infielders.
2. To exploit infielders who leave their positions too early.
3. To be able to sacrifice bunt when necessary.

Mechanics of the Slap-Bunt:

- Stand forward in the batter's box.
- Turn early and be in a bunting stance as the pitcher stretches.
- Make a legitimate bunt fake.
- Key on the feeder's hand. When shown the ball, prior to feeding, turn from the bunting position into the Slap-bunt stance.
- Bat Control is a must. Change from a bunt grip to a slap-bunt grip by sliding the top hand down to the bottom hand. The bottom hand is placed one hand-width up the bat from the knob, and does not move.
- Hit down on the ball! With a hard three-quarter swing. Do not break your wrists.
- Rotate the back heel up and out. This allows your hips to rotate for maximum power.
- Hit only strikes.

KEY POINT: Give yourself one point for every ball that you make solid contact with.

KEEP DAILY TRACK OF YOUR PROGRESS

1. Right-Handed Outside-Corner Curveball

WEEK 1: TUESDAY ___/12 THURSDAY ___/8

WEEK 2: TUESDAY ___/12 THURSDAY ___/8

WEEK 3: TUESDAY ___/12 THURSDAY ___/8

WEEK 4: TUESDAY ___/12 THURSDAY ___/8

2. Right-Handed Inside-Corner Curveball

WEEK 1: TUESDAY ___/12 THURSDAY ___/8

WEEK 2: TUESDAY ___/12 THURSDAY ___/8

WEEK 3: TUESDAY ___/12 THURSDAY ___/8

WEEK 4: TUESDAY ___/12 THURSDAY ___/8

3. Left-Handed Outside-Corner Curveball

WEEK 1: TUESDAY ___/12 THURSDAY ___/8

WEEK 2: TUESDAY ___/12 THURSDAY ___/8

WEEK 3: TUESDAY ___/12 THURSDAY ___/8

WEEK 4: TUESDAY ___/12 THURSDAY ___/8

4. Left-Handed Inside-Corner Curveball

WEEK 1: TUESDAY ___/12 THURSDAY ___/8

WEEK 2: TUESDAY ___/12 THURSDAY ___/8

WEEK 3: TUESDAY ___/12 THURSDAY ___/8

WEEK 4: TUESDAY ___/12 THURSDAY ___/8

5. The Slap Bunt

WEEK 1: TUESDAY ___/6 THURSDAY ___/6

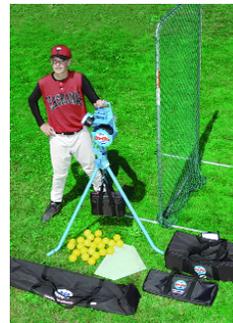
WEEK 2: TUESDAY ___/6 THURSDAY ___/6

WEEK 3: TUESDAY ___/6 THURSDAY ___/6

WEEK 4: TUESDAY ___/6 THURSDAY ___/6

REMEMBER: Minimize the quantity, and maximize the quality of swings, by taking breaks between each progression.

SAVE 10% with the Lite-Flite® Machine Package



1. Lite-Flite® Machine
2. Rechargeable Battery Pack for Lite-Flite® Machine
3. Lite-Flite® Protective Screen
4. 2-Dozen Lite-Flite® Baseballs or Softballs
5. Throw-Down Home Plate
6. Lite-Flite® Drill Book
7. Durable Carrying Cases for Machine and Screen

Track all swings using the checklist provided.

PRACTICE, PRACTICE, PRACTICE.