

POP TARGET

The Pop Target is used in the Super 8 Hitting System™ drills to reinforce the feeling for proper “Drive” action.

A coach or partner holds the target for the player. Be careful not to hold the target too far out in front.

The player should choke up slightly on his bat and assume the proper “stance” position with his bat on his shoulder. As he pivots into the drive position, his bat stays on his shoulder and does not leave it until his bat knob strikes the center of the pop target creating a popping sound.



MATERIALS NEEDED:

1 -1/8 in. diameter wood dowel, cut to 14 in. length

5 in. diameter circular wood trim piece

3” long hex screw

1 ½ “ long wood screw

2” wide red plastic tape (about 36 inches)

½ “ wide black plastic tape (about 36 inches)

Rubber furniture tip (1 - 1/ 8”)

Standard Bat wrap

DIRECTIONS:

1. Attach 5” circular wood piece to the top of the wood dowel with 3” screw and tighten securely with wrench.
2. Attach furniture tip to the bottom of the dowel and secure with wood screw.
3. Use Red Plastic tape to overlap and cover the complete top and around the sides and bottom of the circular wood piece. Overlap the tape ½ inch over top of the wood dowel.
4. Use the black ½” plastic tape to dress the top of the dowel under the wood piece and down the dowel about 7 inches or up to the top of the bat wrap.
5. Use bat wrap at handle of the dowel.

Naturally these are only suggestions. You may find that you want to use paint instead of tape.