

## Direction and Use

The Total Control Sports –Total Control Batting Ball can be used in many different application and situations, listed below are the recommend uses.

## The TCB Ball Best Practices

### 1. Direct Soft Toss or Front Toss (TCB-Y-425-82 and TCB-Y-425-74 ONLY)

- It is best to be approximately 15 to 20 feet from the batter.
- Hold up to six (6) balls in non-throwing arm
  - Placed along the waist and extending across the torso.
  - Or Place balls on ground in front of person tossing.
- Toss the ball to the batter in an underhand motion
- Toss the ball so it comes to the hitter as straight and level as possible. Do not toss the ball so fast the batter struggles to make contact; this will diminish the effects of hitting the TCB Ball.
- This will obtain the greatest effect when hitter makes contact.
- Have 2 or 3 fielders
  - Positioned two (2) fielders, one at your right and left sides.
  - One (1) directly behind you facing opposite direction to receive hit balls from fielders.
- Start slow with 6-8 solid hits working up to 12-18 balls on their normal hitting side and then turning them round to hit on the weaker side. This will develop the hitter as a whole. Then rotate to next hitter
- Improve hand-eye coordination and sharpen and strengthen their hitting skills

### 2. Side Soft Toss (TCB-Y-425-82, TCB-Y-425-74 AND TCB-Y-900-120)

- Have hitters face an open or a safe area to hit to.
- Have hitters in ready position with feeder tossing ball to hitter from the side.
- Start slow with 6-8 solid hits working up to 12-18 (TCB) 12 ATOMIC balls on their normal hitting side and then turning them round to hit on the weaker side. This will develop the hitter as a whole. Then rotate to next hitter
- Improve hand-eye coordination and sharpen and strengthen their hitting skills

### 3. Tee Hitting (TCB-Y-425-82, TCB-Y-425-74 AND TCB-Y-900-120)

- Use any hitting Tee and hit into an open, safe area or into net.
- Hitting off tee will not produce the instant feed back that the other to option provides.
- Start slow with 3-6 solid hits working up to 12 balls on their normal hitting side and then turning them round to hit on the weaker side. This will develop the hitter as a whole. Then rotate to next hitter.
- Improve hand-eye coordination and sharpen and strengthen their hitting skills