



Instruction and Practice Manual

**Axiom Sports Manufacturing
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Thank you for purchasing the Axiom Sports Bat Stick. The Bat Stick represents one of the easiest methods for improving hand/eye coordination and for building "in the box confidence". Used properly, your Bat Stick will provide years of use.

Key Bat Stick Features:

- Seamed "ball" end duplicates actual contact feel
- Improves eye/hand coordination
- Improves "in the box" confidence
- Helps develop a wide range of hitting skills
- Comfortable, elastic wrist strip for the trainer
- Heavy gauge polymer and fiberglass construction
- Shock absorbing design
- Can be used by anyone

The Bat Stick is available in three sizes:

- Junior 39" - Ages 4 to 8
- Youth 53" - Ages 8 to 14
- Adult 61" - Ages 14 and older
- Please look for our Softball versions

Warning:

Use of this product in any manner other than for which it was intended or described herein may lead to serious injury. Adult supervision is recommended. Regular inspection of the unit is suggested to prevent use if damaged. Axiom Sports recommends use of bats other than thin walled performance bats when training with the Bat Stick.

Basic Instructions

The Bat Stick is a hand-held training device designed to help newer players learn the art of making contact with the ball and assist seasoned players correct hitting problems and develop better hitting skills

- 1.) Always allow ample space for the use of the Bat Stick — Axiom recommends a 25' diameter area and 12' height
- 2.) Batter and trainer (holder) stand approximately 10 feet apart, facing each other
- 3.) Trainer puts right hand into elastic, safety wrist strap (left hand for left-handed hitters)
- 4.) Trainer places the Bat Stick out and level in the correct area for making proper contact; hitter makes certain the bat will make proper contact with the seamed ball end
- 5.) Batter should never make contact with the shaft of the Bat Stick
- 6.) Location of ball end determines the "Strike Zone" - varying ball position allows hitter to practice various pitch locations and hitting field locations
- 7.) Trainer must not "fight" the action of the strike/contact, allowing the hitter to make complete contact and follow through

DRILLS & ACTIVITIES:

⇒ INSIDE CONTACT DRILL

- ◆ Reason for Drill — Pulling or turning on an inside pitch
- ◆ Trainer — Positioned at a 90 degree angle in front of the hitter holding the ball end toward the hitter
- ◆ Hitter — Take normal swing while memorizing contact “feel” and point of impact
- ◆ Repetitions — 10 to 20 swings/day, 3 to 4 days/week

⇒ OUTSIDE CONTACT DRILL

- ◆ Reason for Drill — “Go with the pitch”, working inside-out, and hitting an outside pitch
- ◆ Trainer — Positioned directly across from the hitter, square to the contact area and hitter’s shoulders, holding the ball end toward the hitter
- ◆ Trainer — Position ball end on the outside 1/3 of the “plate” area
- ◆ Trainer — Vary height of ball in hitting “zone”
- ◆ Hitter — Take normal swing while memorizing contact “feel” and point of impact
- ◆ Repetitions — 10 to 20 swings/day, 3 to 4 days/week

DRILLS & ACTIVITIES CONTD.:

⇒ TOP-HAND STRENGTH DRILL

- ◆ Reason for Drill — Enhance top-hand strength creating dominance, accuracy, and muscle memory
- ◆ Trainer — Positioned directly across from the hitter, square to the contact area and hitter's shoulders, holding the ball end toward the hitter
- ◆ Trainer — Hold ball end approximately 6" to 12" above the hitter's shoulders — vary height
- ◆ Hitter — Hold the bat with only the "top" hand *(please place the top hand in it's normal position on the bat)*
- ◆ Hitter — When swinging the bat, *DO NOT* move either foot or take a step. This action will force the hitter to use the upper body creating additional strength building in the wrist, arm, and upper body areas
- ◆ Hitter — Reach up with the swing in an attempt to knock the ball downward
- ◆ Repetitions — 10 to 20 swings/day, 3 to 4 days/week
- ◆ Variation — This drill can be accomplished with the hitter in the standing or kneeling position

DRILLS & ACTIVITIES CONTD.:

⇒ BACK HAND or PULL HAND DRILL

- ◆ Reason for Drill — Enhance back-hand (pull hand) swing power and muscle memory
- ◆ Trainer — Positioned at a 90 degree angle in front of the hitter holding the ball end toward the hitter
- ◆ Trainer — Position the ball end in the hitter's "power zone", typically at or above waist height
- ◆ Hitter — Hold the bat with only the pull hand
- ◆ Hitter — When swinging the bat, *take the normal swing and step action*. This motion will allow the hitter to develop greater pull strength or swing/hitting power
- ◆ Repetitions — 10 to 20 swings/day, 3 to 4 days/week
- ◆ Variation — Using swing/bat weights or larger/heavier bats will increase the effort required
- ◆ Note: It is important to remember that the "Top Hand" is the hand responsible for accuracy while the "Bottom Hand" or "Pull Hand" delivers power. The top hand will always be the dominant hand

Look for these other fine Axiom products at your favorite retailer



Pitching Machines:

- ◆ Mound Monster
- ◆ Pitch Master
- ◆ Cobra Jr.
- ◆ Cobra II

Training Aids:

- ◆ Bat Stick (three sizes)
- ◆ Bat Stick Softball (three sizes)
- ◆ The Original Clicker
- ◆ The Original Clicker Jr.
- ◆ Power Station
- ◆ Automatic Ball Feeders
- ◆ Smooth Poly, Durafoam Dimple Balls, Dimple Baseballs, Dimple Softballs
- ◆ Batting Cages
- ◆ Batting Cage Netting
- ◆ Batting Cage Frames
- ◆ Pitching & Fielding Screens
- ◆ Fence Shields



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