

# ADVANCED SKILLS TEE

Used by over 2000 high schools and colleges!

The AST (patented) is unlike any other swing trainer available. Designed to help experienced players perfect their bat skills and beginning players to learn proper mechanics, a forward arm and outside swing barrier simultaneously eliminate both "dipping" and "casting". And, the height adjustable (24"-40"), movable arm positions the ball anywhere across the strike zone to realistically represent inside and outside pitch locations. Use the AST to build a compact swing, keep the "hands inside the ball" and develop a "quick" bat. Use it to increase bat speed and learn to "hit the ball where it's pitched". Includes a two-year warranty!

## Why the Forward Arm?

In fact, the question should be "Why not a forward arm?". You don't hit the ball over the center of the plate (as traditional batting tees suggest). You make contact in front of the plate. But there are two other equally important reasons to use a forward arm design:

1. The forward arm eliminates "dipping" or dropping the hands and trailing shoulder to lift the ball with a "looping" type swing. If you "dip" with the AST, you hit the back of the arm. It forces you to take the bat straight down to the ball, leveling the swing at the point of contact.



2. The forward arm also pivots and rotates to place the ball on the inside or outside of the strike zone. Then, the arm points in the direction to drive the ball based on pitch location (i.e. pull the inside pitch, go with the outside pitch to the opposite field . . . "Hit the ball where it's pitched").

## What is the Purpose of the Outside Barrier?

The outside barrier eliminates "casting". It keeps you from swinging "long" and helps you "keep the hands inside the ball". If the bat or arms are extended prematurely the bat head will slap the flexible upright barrier post. For years coaches have set a tee adjacent to a fence or screen to force hitters to compact their swing. The outside barrier does the same thing except it is a lot more effective. It rotates around the tee to accommodate LH or RH hitters and it moves along with the forward arm to help you keep the hands "tight" when you are working on inside and outside pitch locations. With the outside barrier you are forced to rotate the hips and torso and extend the hands only at the point of contact. It produces a "quick" bat and more power as well.



## BRUSH TOP TEE

### Smooth Swings!

Get a clean "swish" through the ball! The extremely durable Brush Top Tee makes batting tee work seem like your hitting a ball suspended in the air. The brush allows the bat to get cleanly through the ball at contact. It's great for training slap hitters or teaching hitters to hit the bottom half of the ball for maximum backspin. A movable base allows you to quickly position the ball inside, outside, or off the plate to properly represent various pitch locations and correct ball contact points. It can accommodate both baseballs and softballs.

### Is it Better than the Traditional Rubber Tee that cost \$19.95 to 24.95 ?

Absolutely! The brush will last up to 10 times longer than traditional rubber type tees. The brush holder and stem are made of tough polyurethane tubing that will withstand the most intense batting practice sessions. Unlike a traditional batting tee, the BTT is not connected to a home plate. So, you can set up on the plate as you would in a game situation, and position the ball off the plate to realistically represent various pitch locations.

## THE POWER BAG

The Power Bag™ develops power hitting strength in the wrist and forearms. The Houston Astros, Lance Berkman (pictured) credits a similar device his father made with much of the power he has in his wrist and forearms. Hitting the ball with authority requires power and strength at contact, which results in more spring off of the bat head. Bat speed is crucial for hitting the ball a long way, but if there is give in the wrist at contact much of the benefit of bat speed is lost. Strengthening the hands, wrist and forearms by using the Power Bag™ will decrease bat recoil and cause the ball to jump off of your bat.



# Tru-Toss Soft Toss Machine



**A unique soft toss machine that throws soft toss from the ground up!**

- True soft toss as if done with a coach
- Non-electric - no batteries, no cords, no headaches!
- Variable soft toss angle and height
- Increase visual concentration while tracking the ball
- Promotes a nice rhythmic swing

Strung like a tennis racket in a steel frame, the rebounder bounces the ball up into the hitting zone. You can change the angle with which the ball bounces into your soft toss hitting zone.

Use more horizontal angle to bounce the ball to specific pitch locations. Add more vertical angle to do quick hitter drills by shooting the ball to the hitter faster. Opposite tightening knobs make adjustments quick and easy without having to retighten each time.

## Simple, Easy Design Allows for Maximum Versatility

The versatility of the Tru-Toss soft toss machine allows you to do a variety of drills by yourself. Use it for side toss, back toss and to simulate pitches from front angles. By raising the top ball tray to a higher location, you create more ball speed.



Add a little vertical angle to the rebounder and you can zip the ball to the plate. This allows you to pitch the ball from front angles, as shown with Houston Astros Lance Berkman working balls breaking across to the opposite side of the plate which simulates a left hand slider. (note: This type of drill is for players with good bat control.) If you have a problem with the front shoulder flying open, try some back toss drills to work on keeping the front shoulder in.

## Versatile and Durable

Made of 14 gauge steel, we've made it close to "kid proof". In our quest to make products high schools can get multiple years of use out of, the Tru-Toss soft toss machine is tough. If a part were to malfunction most everything can be replaced by simple parts from a hardware store. We give the complete unit a one year warranty and in the event the rebounder strings break, send it back and we will restring it **free for life**.