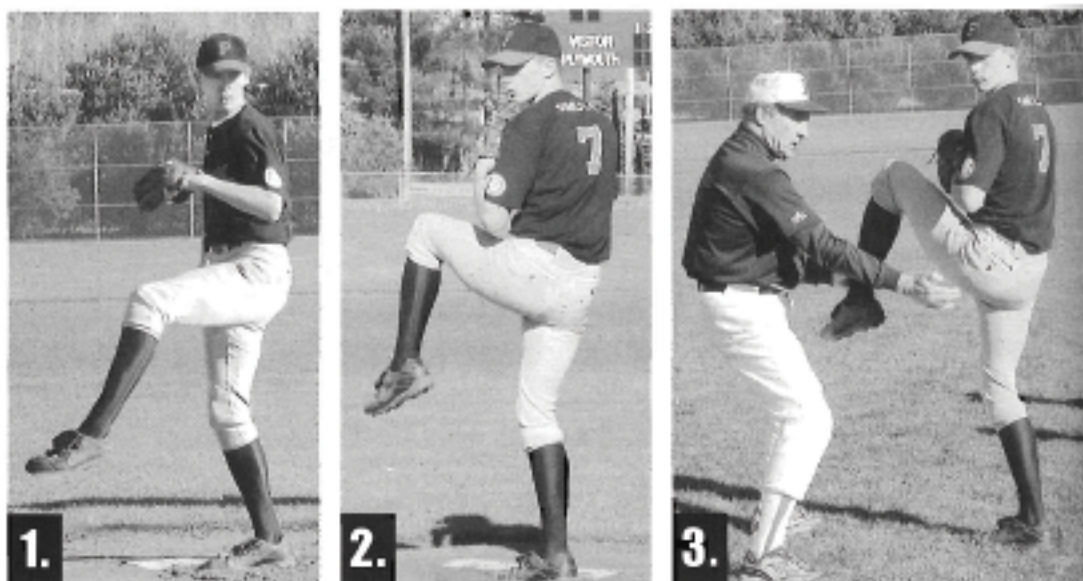


## 7. HIP LOAD DRILL

*Increasing power by using lead leg lift to fully load the hips*



Take a set position with the hand, ball and glove in loop. Align the crown of the head over the back leg (keep it there through the drill).

1. Slowly lift the front leg, bringing the knee as high as the belt, and hold for five seconds. Keep the toe of the foot on the lead leg pointing straight out or slightly down; keep the chin straight out over the shoulder, focusing your eyes on the plate or another distant target. Always keep your weight centered on the balls of the feet as opposed to settling back on the heels.
2. Bring the knee one inch above the belt and hold for a count of seven.
3. Now bring the knee as high as possible up and towards the rear shoulder and hold for a count of ten. Don't allow the front shoulder to close more than a few inches; keep the chin forward. Slowly, let the leg down. Repeat three times and every fourth time bring the knee all the way up in one slow smooth motion. *On that fourth rep, don't count but rather focus all of your mind on the target.*

The idea here is to load the hips as much as possible. If you have trouble with balance, try slightly bending your supporting knee. Think in terms of bringing your balance up with you from the ground, rather than trying to gain it once you've lifted the leg. Keep the knee of the supporting leg bent from the start; bending the knee after you come up will move the weight off the ball of the foot – where it belongs – and onto the heel.

**THIS DRILL SHOULD BE REPEATED EVERY DAY.**