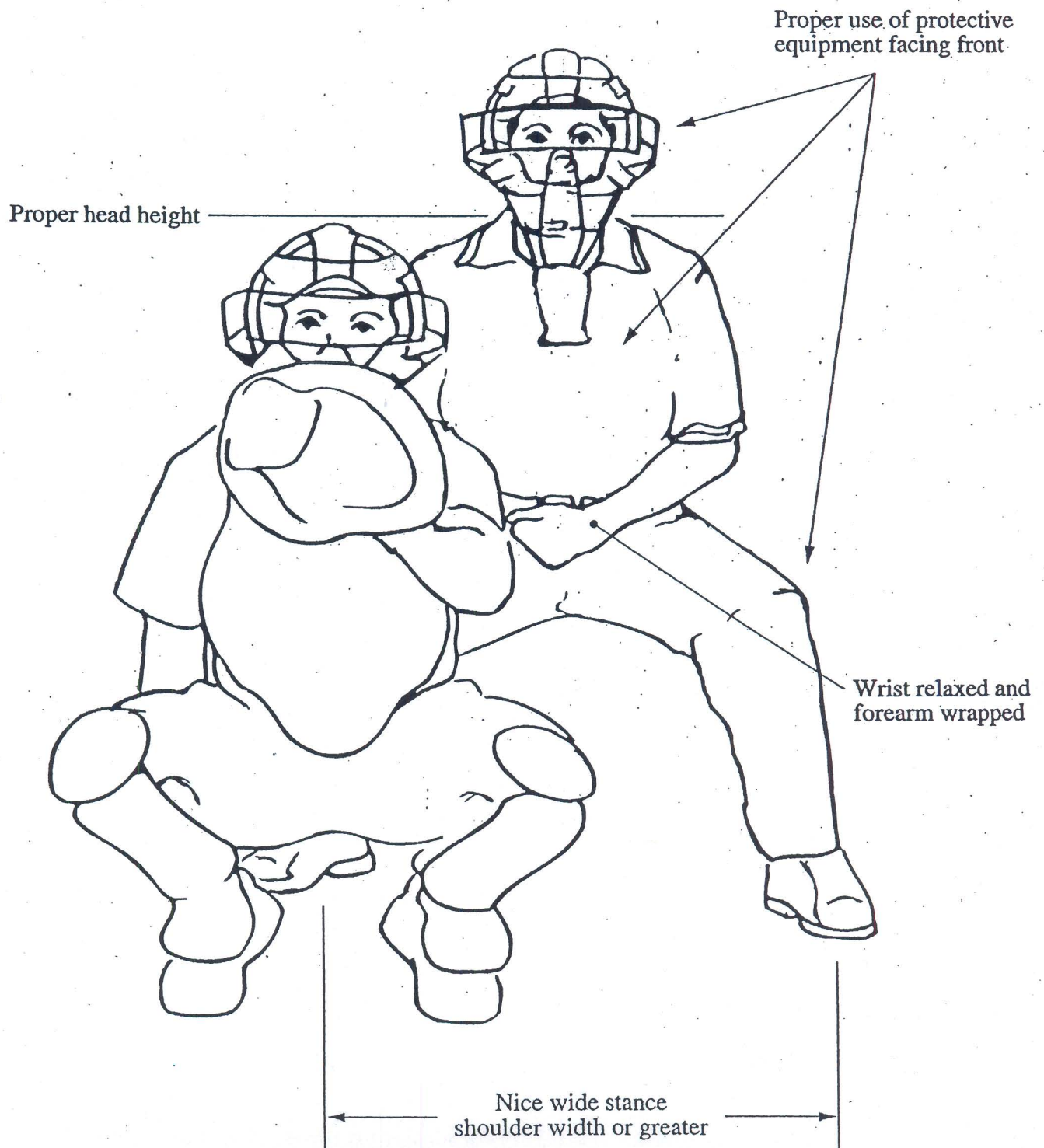


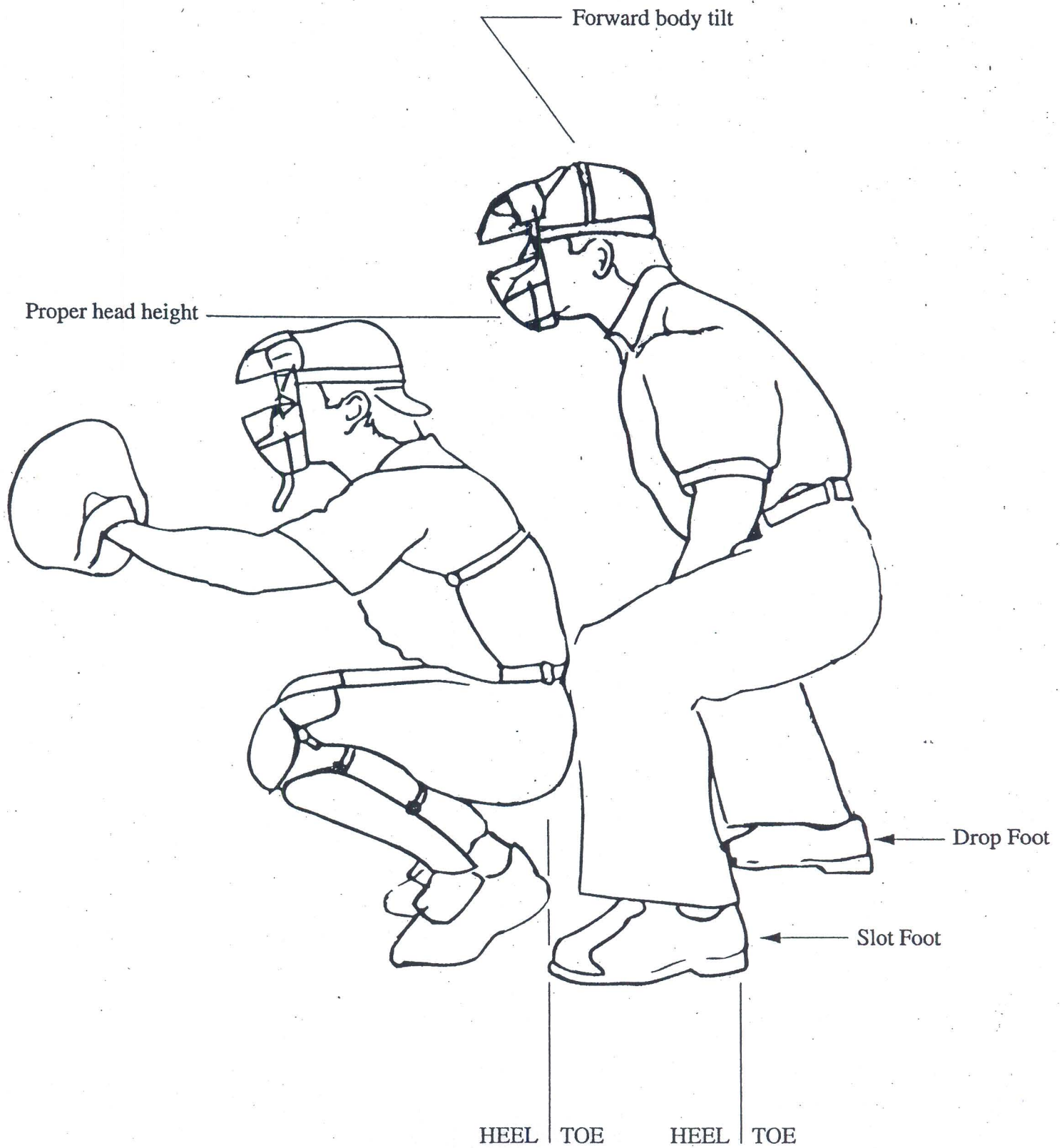
THE SLOT (FRONT VIEW)

Proper head position is controlled by

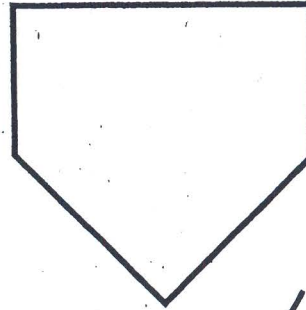
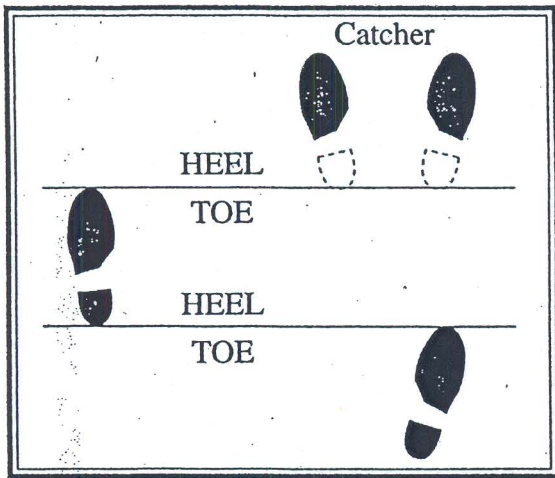
1. Width of stance
2. Amount of squat
3. Forward body tilt



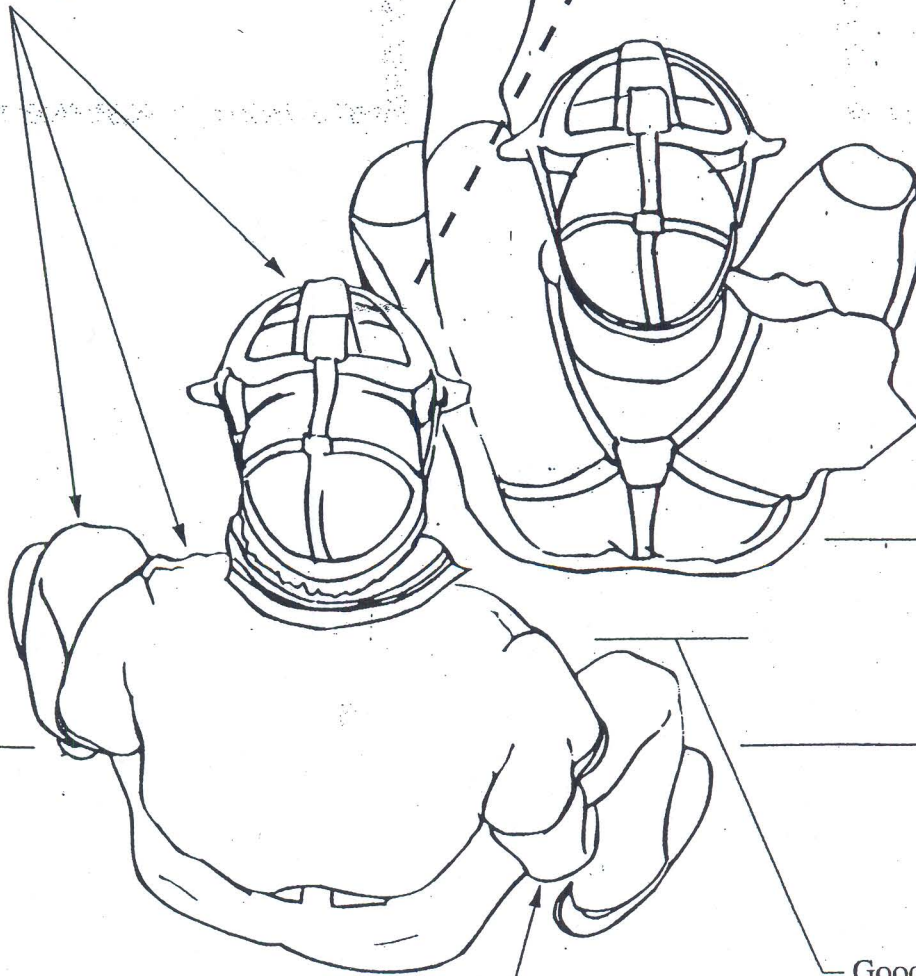
THE SLOT (SIDE VIEW)



THE SLOT (TOP VIEW)



Proper use of protective equipment facing front



Once in the **squat position** minor head adjustments may be made by slightly tilting the upper body forward. This **forward body tilt** should be kept to a minimum. As mentioned above, too much **forward body tilt** will cause fatigue and an inconsistency with the view of the **strike zone**.

With proper feet placement and correct head height the **"proper use of the equipment"** is insured. The upper body will be facing both the pitcher and the strike zone.

"PROPER USE OF THE EYES" will develop a good **"tracking"** of the ball. Every pitch should be followed **completely** through the strike zone and into the catcher's glove before making a call.

When working the **slot position**, the Umpire will have the best stance for **"Opening the Gate"** on passed balls. The consistency of the Umpire will improve by repeating this movement and holding a steady head position.

REMEMBER

Proper Head Position Is Controlled By:

- 1. The width of the stance**
- 2. The amount of the squat**
- 3. Forward body tilt**

Proper Feet Location:

From the catcher---Heel---Toe---Heel---Toe

When calling balls, be sure to stay **down** in the squatted position for **ball calls**.

When making **Strike** calls, lock your legs into the **"A"** position, raise your right fist high in front of you and call **"strike."**

Finally: After each pitch, learn to step back and **relax**.