

## GIRLS PRO TUNNEL SET-UP

- Pitching Tunnels can be erected WITHOUT poles! Get creative with your use of fences, buildings, trees or any other creative anchor points.
- Results will be best if the Tunnel is tight, taut, square and as close to the cartoon as possible.
- If properly positioned, the height of the pitcher's hand should be centered with the opening of the pitching side of the Tunnel.
- Noted dimensions are based on the average height of adult pitchers. Tunnels can be raised or lowered to accommodate tall or short/submarine pitchers.
- All heights depicted in cartoon are measured from the ground up.
- Pole height shown is minimum height recommended.

