

# Batting Tee Drills



## 1. Regular warm-up swinging

--Warm-up

This drill should be used to loosen up the body. Easy, smooth swings should be taken. After taking 10-15 swings, switch to drills that isolate a body part or stress a specific aspect of the swing.

- a. Eyes on imaginary pitcher
- b. Feet alignment to the batting tee should be the same as your regular stance to the plate.
- c. Take easy, smooth swings with goal of warming up the body.

## 2. Inside ball

--Recognition of inside pitch

Similar to the inside toss-soft toss drill in that it helps hitters with the inside pitch. Knowing how to hit this pitch is the key. Many hitters get jammed and “inside-out” this ball to opposite field. The hitter must recognize the location and then attack the ball in front of the plate. The ball should be placed in front of the plate and on the extreme inside corner. This drill is difficult for beginners but very valuable when successful.

- a. Keeps hands close to body
- b. The bat head should be in front of hands on contact.
- c. Hip explosion— the hips and back foot shoelaces should be facing left field for the RH hitter and right field for the LH hitter.
- d. Make sure you’re making contact with the “sweet spot” of the bat. If problems arise, move body farther away from the ball

## 3. Outside ball

--Recognition of outside pitch

Stresses hitting the ball to opposite field. The ball should be placed farther back on the plate and on the outside half. Players have a tendency to swing lazy when performing this drill. Hitters should swing aggressively and through the ball. This also is an effective drill to introduce the hit-and-run. Hitters should stay on top of the ball, hitting it in a downward angle to opposite field.

- a. Use the same stride. Don’t stride at the outside pitch.
- b. The bat head should be behind the hands on contact.
- c. The hips and back foot should be facing left field for RH hitters and right field for LH hitters
- d. When using this drill as a hit-and-run drill make sure hitter stays on top of the ball, hitting the top half
- e. Keep you bat level – don’t drop the bat head.

## 4. High/low set-up with a double tee

--Stresses level to slightly downward swing

--Eliminate a hitch in the swing

Dropping the hands and developing a hitch is a major problem with young hitters. In this drill two tees are set up with the front tee directly in front of the back tee. The front tee should be about 2” below the back tee. The hitter concentrates on hitting ball on front tee without hitting the ball on back tee. When accomplishing this, the hitter has a slightly downward swing and no dropping of the hands.

- a. Concentrate on hitting the front/low ball – not on not hitting the back/high ball.
- b. Concentrate on hitting down on the ball. That will eliminate dropping your hands.

## 5. Inside/outside set-up with a double tee

--Recognition of pitch location

--Stresses keeping the weight back

The double tee is set up with one ball on inside half of plate and one ball on outside half of plate. Make sure the inside ball is located in front of plate and the outside ball is located farther back on plate. The batter is in the “ready” position and starts his rigger and stride. Simultaneously, a partner calls “inside” or “outside” the hitter reacts to that call and hits the ball. This drill uses the inside and outside ball drills (#2 and #3). Because of its difficulty, the hitter will tend to bring his weight forward.

- a. Keep the weight back.
- b. Implement what you’ve learned from the Inside Ball (drill #2) and Outside Ball (drill #3).
- c. Be patient. This is a difficult drill.