



Bottom Hand Tee

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: 1-2 athletes and 1 coach, or 2 athletes as partners

Average Time to Complete: 5 minutes

Equipment Required: Tee, baseballs, net or screen to hit into, (short bat can be used)

Goal: Hit line drives back up the middle, control barrel of the bat, keep shoulder closed

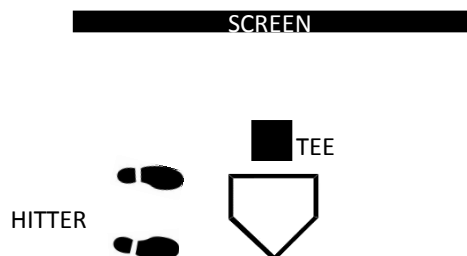
Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter gets ready, hold bat with the hand closest to the knob of the bat (bottom hand)
- Hitter places other hand (top hand) across chest on front shoulder to keep shoulder closed
- Swinging with one hand, the hitter tries to hit the ball on a line back up the middle
- If the bat is too heavy to control with one hand, the hitter may slide their hand up on the bat
- Partners switch after 5 swings
- A short 28" bat can also be used for this drill

Add Difficulty:

- To add a degree of difficulty, the hitter can move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

Layout of Drill:



Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)

