

# Location 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

**Goal: Hit the ball up the middle, pull side, and opposite field based on contact point**

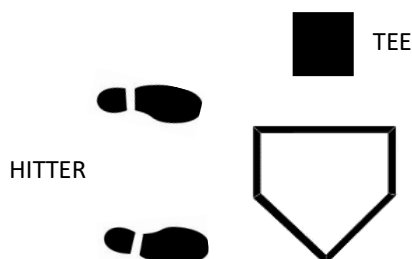
## Description of the Drill:

- Tee set up in front of the middle of the plate
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter hits the ball at the middle contact point for 3 swings, then moves the tee to the inside contact point
- Hitter hits the ball at the inside contact point for 3 swings, then moves the tee to the outside contact point
- Hitter hits the ball at the outside contact point for 3 swings, then the partners switch
- Focus should be on hitting the middle ball up the middle, the inside ball to the pull side, and the outside pitch to the opposite field
- Partners switch after 9 swings

## Add Difficulty:

- To add a degree of difficulty, the hitter can also move the tee to different contact point heights (low, middle, high)

## Layout of Drill:



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

