



Long Tee

Skill Set: Hitting

Difficulty Level: Hard

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

Average Time to Complete: 5 minutes

Equipment Required: Home plate, two tees, and a bucket of baseballs (cage is optional), basketball

Goal: Focus on hitting the inside of the ball and driving the ball up the middle

Description of the Drill:

- One tee is set up slight in front of the middle of the plate, the other tee is straight ahead at the 15 feet away with a basketball on it (can move the 2nd tee closer to decrease difficulty)
- Hitter sets up even with the plate, partner places a ball on the tee
- Hitter hits the ball off of the tee, trying to get the hit ball to knock the basketball off of the tee at the far end of the cage
- Focus should be on good quality swings, and hitting the inside of the ball, driving the ball up the middle
- Partners switch after 10 swings

Add Difficulty:

- To add a degree of difficulty, a baseball can be placed on the 2nd tee in place of the basketball
- To add a degree of difficulty, the 2nd tee can be moved further away from the hitter

Layout of Drill (cage is optional, can be done on a field):

