

## Rhythm Tee

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**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

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**Goal: Focus on using momentum from the steps to drive the ball up the middle**

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### Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up two steps back from the plate (toward the catcher position)
- Hitter crosses their back foot in front of their front foot, staying square to the plate
- Hitter then steps with the front foot into the normal area of their batting stance
- As front foot moves forward towards the pitcher, the weight should be shifted onto the back foot as the load, and the front foot should stride into the normal stride position
- Hitter then tries to hit the ball back up the middle, using the momentum from the steps
- If hitter is having a difficult time walking into their stance, they can start in front of the tee and step back onto their back leg as well (footwork as stated above but opposite)
- Partners switch after 5 swings

### Add Difficulty:

- To add a degree of difficulty, a coach can front toss to the hitter as the hitter continues to keep the same rhythm footwork, timing the steps with the pitch.
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### Layout of Drill:

