

# Top 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, extend the swing through the zone**

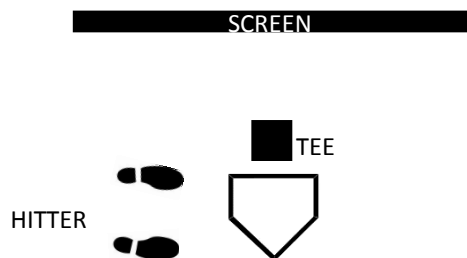
## Description of the Drill:

- 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 barrel of the bat (top hand)
- Hitter places other hand (bottom hand) behind back or across chest on back shoulder
- 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)

