

Tee Drills

No Stride

1, 2, 3

1, 2, 2½, 3

One knee - One Hand

Percentage

No Stride

Purpose

- To insure perfect timing on each swing on the tee.
- To eliminate the stride portion of the swing so that the player can focus on his swing and the contact that he is making.
- To achieve good contact before moving on to a more complicated drill.
- This drill will often serve as a warm-up and mental preparation for the player.

Drill

- The player will assume his normal stance at the tee.
- The player will take his normal stride and stop.
- He will stay in this position throughout the drill.
- For the remainder of the drill the player should not stride as he is already there.
- The player will take normal swings with no stride.
- The goal of the player is to achieve good mechanics without worrying about timing.
- The secondary goal of the player is to make good contact. When he feels that he can do this consistently then he is ready to move on to more intense drills.

1 - 2 - 3

Purpose

- Keeping weight back on stride.
- Starting swing with back foot while keeping front shoulder still.
- Work on the proper order of movements during the swing

Drill

- The player will assume his normal alignment and stance at the tee.
- The feeder will call out “one.”
- On the “one” call, the player will stride (weight back).
- The feeder will call out “two.”
- On the “two” call, the player will pivot his back foot so that the laces would face the pitcher (front shoulder cannot open on “two,” in must stay still).
- The feeder will call “three.”
- On the “three” call the player will take a full swing from the position he in.

1 - 2 - 2½ - 3

Purpose

- Keeping weight back on stride.
- Starting swing with back foot while keeping front shoulder still.
- Proper hand movement to the baseball.

Drill

- The player will assume his normal alignment and stance at the tee.
- The feeder will call out “one.”
- On the “one” call, the player will stride (weight back).
- The feeder will call out “two.”
- On the “two” call, the player will pivot his back foot so that the laces would face the pitcher (front shoulder cannot open on “two,” it must stay still).
- The feeder will call out “two and one-half.”
- On the “two and one-half” call, the player will move only his hands in a straight line towards the pitcher being sure his hands stay inside the baseball. (The player should *imagine* that there is a large block of ice in front of his stride foot. He should also *imagine* that there is an ice pick that extends out of the knob of the bat. The players goal on “two and one-half” is to get the ice pick to the block of ice as quickly as possible. This can be achieved by moving the hands in a straight line. The barrel of the bat should not have enter the hitting zone at this point in the drill).
- On the “three” call, the player will finish the swing from the position that he is in (solid contact should not be the emphasis as the player is swinging from an abnormal position).

One knee - One hand

Purpose

- To isolate each arm in the swing.
- To achieve a level swing thus producing a line-drive.
- To work on keeping the front shoulder on the baseball.

Drill

- The player's back knee will be on the ground while his front toe is even with the first break in the plate.
- The player will grip the bat in his top hand only. He should be choked up so that the hand is half on the grip and half on the bat.
- The player should take his free hand and grab his shirt underneath his other arm.
- The player will take modified swings. What is meant by this is that the player should not be swinging at 100%, rather his swing should be at approximately 75%.
- With this drill the upper body is being isolated along with each arm. As always, taking a level swing is the goal of the player (front shoulder must remain still throughout the entire swing).
- In the next portion of the drill the player should assume the same position, however, he should now grip the bat with his bottom hand.
- The same swing should be taken by the player with the same emphasis (it will be more difficult to keep the front shoulder still with this grip, however, the player must strive to do so...be sure not to cut the swing short to keep the front shoulder still).
- In the last portion of the drill the player will now grip the bat with both hands. He is still choked up. The same swing is taken with the same emphasis on line drives and the front shoulder.

Percentage

Purpose

- To recognize the percentage of exertion that will produce the greatest results.
- To train the muscles of the body to perform the task of swinging correctly at a slower rate of speed thus producing greater accuracy.
- Allow observer to recognize flaws in the mechanics of the swing.

Drill

- The player will assume his normal stance at the tee.
- The player will take a sequence of sixteen swings without a break of more than five seconds in between each swing.
- The swings will be taken at different percentages with the fastest swing at 100% and the slowest swing at 2%.
- The player will take one swing at each of the following percentages; 100%, 80%, 60%, 40%, 20%, 10%, 5%, 2%, 2%, 5%, 10%, 20%, 40%, 60%, 80%, 100% (the player should be slowing his swing down through the sequence with 2% being as slow as the player can possibly swin