

## **TEE-BALL DRILL**

### **PURPOSE**

To develop hitting technique and teach batters to keep their eyes on the ball when swinging

### **EQUIPMENT**

A batting tee, a ball, a bat

### **TIME**

4 to 6 minutes per player

### **PROCEDURE**

There are hundreds of variations for hitting drills off of a batting tee. This is the procedure for the most basic drill.

1. The player gets into his stance next to a batting tee located in front of a fence, net, or tarp.
2. The coach places a hardball or soft-covered ball on the batting tee.
3. The player swings at the ball and returns to his stance.
4. The coach puts another ball on the tee.

### **KEY POINTS**

Baseball players at every level recognize the importance of the batting tee as a powerful instructional tool. Some major league players hit 50 to 100 balls off a tee before practice or a game.

1. Players should keep their eyes focused on the ball and watch it leave the tee during the swing. Younger players have a tendency to turn their heads at the last second before the bat strikes the ball. Hitting the top of the tee instead of the center of the ball is one indication that this is happening.
2. If a player turns his head as he swings, instruct him to yell, "Hit" as the bat contacts the ball. This forces the player to watch the ball as the bat makes contact with it.
3. If the player still has trouble with this drill, use a larger ball such as a softball.

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4. The player can also swing with just the top hand to cure the head turn. If the bat is too heavy to hold with one hand, the player can use a broomstick and a soft-covered ball.
5. Encourage the batter to swing at nothing higher than the shoulders to avoid swinging with an uppercut.
6. Do not practice this drill with a hardball against a metal fence; the ball might bounce back and injure someone. A net or a tarp is the best option for this drill.
7. Players should use bats other than their own to get different feels for hitting the baseball.

