

HITTER TRAINING

Adjusting to the pitch is an important batter skill.



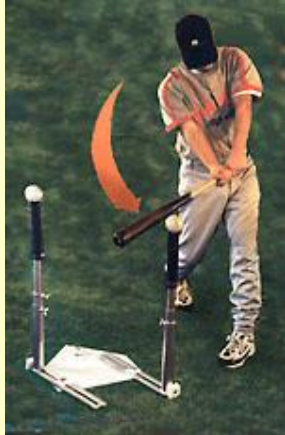
Fence Drill

To encourage a hand-first swing (hands to the ball), set one tee to near max height (48") and just far enough off the back of the plate to ensure a compact swing. It acts like a fence but the rubber tee top is more forgiving of mistakes than an actual fence post.



Post Drill

To correct casting out (dropping the bathead and swinging in a wide arc), set the post at the back of your swing to define a smooth downward stroke. Accidental contact with the back tee won't damage the bat. You can advance to a version of this drill with a ball on the back tee.



In-Out Drills

This is the fundamental purpose of a double tee or two regular tees used together. Balls are placed on both tees - outside tee at middle plate corner for good outside contact and inside tee ahead of the front edge of the plate. When batter starts swing (at the instant weight is transferred off the stride foot), coach calls 'in' or 'out'. Batter must adjust during load and stride to hit the correct ball. Trains for quick reads, breaking pitches, etc. Both tees can be at same height (a good arc will always miss the other ball). Or you can have different heights for specific training challenges. The tee can be set well outside the plate, but we recommend most training be done with the tee set-up so the ball is positioned just outside the width of the plate (in or out). Also try to minimize front foot adjustment and control bat with changes in contact point and arm extension