



DRLZ: Baseball

MULTIPLE TEE POSITIONS

Purpose:

For a pitcher, there's no one tougher to face than a batter who can hit it anywhere over the plate. This drill helps a player effectively work on hitting pitches in all locations.

Equipment:

Derek Jeter Series [Power Alley 360° Tee](#) or [V-Tee](#); standard or training bat (e.g. [Sweet Spot](#)) and helmet.

Setup:

This drill can be used as a complete batting practice station. You can set up at a field where fielders can retrieve balls, or in front of a net (e.g. [Catch-All](#) or [7' Multi-Sport Net](#)) or wall. Tee the ball up for each swing with the side that has the seams close together facing behind the plate. This will provide a guide for where your bat should make contact. Visualization is important in this drill. You should look out to where the pitcher would be, imagining a windup and pitch and tracking the ball into the actual location on the tee where you will hit it.

The Drill:

Start by placing the ball in the middle of the plate, thigh high. You'll want to position it just inside your left heel for the best place to make contact. Take a few swings, focusing on hitting the ball between the seams. Next, move the tee in (toward you) and forward to simulate an inside pitch, where you want to "beat the ball to the zone." Take a few swings, focusing on attacking the outside seam for the best ball contact and proper body position. Last, move the ball outside (away from you) and back (even with your groin) to simulate an outside pitch, where you'll allow the ball to get further into the zone before making contact. Take a few swings, focusing on attacking the inside seam for the best ball contact and proper body position.

Bonus Drill: Use the three placements above and this time vary the height of the tee to simulate high and low pitches.

Purpose:

The top hand on the grip is the hand that brings the bat to the ball and dictates the kind of contact you make. Developing strength and hand-eye coordination with this hand is key to your batting, and a one-handed isolation drill is ideal for maximizing your skills.

Equipment:

[Hurricane](#), [Hit-A-Way Baseball](#), [Target Swing Trainer](#), or the [Zip-N-Hit](#); standard or training bat (e.g. [Sweet Spot](#)) and helmet.

Setup:

If you're practicing solo, you can set up to the Hurricane or Hit-A-Way Baseball trainer. If you have a partner to practice with, they can hold up and move the Target Swing Trainer for you. To practice, you'll set up to the trainer in your normal batting stance, but only holding the bat with your top hand.

The Drill:

Grip the bat at the top of the grip and hold like a tomahawk. Set the trainer in motion (hit the Hurricane, swing the Hit-A-Way, or have your partner swing the Target Swing Trainer toward the strike zone). As the ball comes toward you, practice hitting the ball from the top and driving it straight into the ground. Suggested: 25 swings, 3 times a week.