



Drill #4: High Tee

Batting Movement Prep/ Sequencing Warm-up

Equipment Needed: Bat, PVC pipe (5ft), Resistance Bands, Med Ball

****All done with no shoes to feel load, weight transfer*

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| <ul style="list-style-type: none">• Internal/External Rotation x10• Hip Extension Dynamic Stretch x10• Pelvic Tilt x10• Torso Rotation x 10• Cat/Cow x 10• Dry Swing full speed x10 | <ul style="list-style-type: none">• Resistance Band Hip Thrust x10• Bridge with PVC on back (Opposite Leg opposite arm lift out) x 5 a side• Med Ball sequencing with ball being moved through the bat path• Slow motion dry swings x10 |
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**** Water Break & re sanitation time 2-5 Min**

High Tee

Equipment Needed: Bucket of Balls, Hitting screen, Tee, Bat & Helmets

Skill: Hitting Mechanics

Level of Skill Development: Consolidation

Objectives: 1) Working on Developing skills in hitting the rise ball & high fastballs in the strike zone
2) Individually work with each athlete on their weak points in the swing, based on past assessments in the General Prep- Phase.

3) Work more one on one in a controlled environment & to get more repetitions on these particular pitches

Teaching Points: ** Coach is overseeing 2 stations so explain both stations before they start & what you are looking for.

1) Hand & Bat Path: Palm up/Palm down through contract, with full extension back toward the pitcher, Finish to be high. Watch for roll overs.

2) Ensure that the athlete is not changing their mechanics to adjust to the higher pitch. Bat/hand path only changes not their loading and separation

3) Coming out of the box is efficient and running path is correct with running hard through 1st base

*****Teaching cues: Use video if needed to slow down the swing for the athlete as you are explaining*

Explanation: Tee is to be set at the highest point of the Athletes strike zone. This is a great time to discuss the strike zone & proper pitch selection. Athlete is to hit 10 balls into the screen. Ensure that they are taking time between each hit so they can step out and re-set. Switch after 10 hits with the other athlete.

Drill by: Sally Smith