



Drill #5: Long Distance Tee

Legend:

- Cone 🪣 Bucket ⚾ Athlete
● Ball ↗ Direction of Athlete 🛑 Hitting Screen
↙ Direction of Ball ✖ Coach ⚓ Tee () Protection Screen

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

Station #5: Long Distance Tee

Equipment Needed: Bucket of Balls, Tee, Plate, Bat & Helmets

Skill:

Level of Skill Development: Consolidation

Objectives: 1) Making adjustments from pitcher to pitcher & hitting the pitch

2) Observing the trajectory off the tee based on pitch location. Refining Hitting mechanics on inside and outside pitches

3) Working on power generated from their swing on a stationary tee.

Teaching Points: ** Coach is overseeing 2 stations so explain both stations before they start & what you are looking for. Watch min of 5 - 10 hits per athlete and provide instant feedback

1) Working in the pitch, the tee will be moved in between hit's to inside/outs - make sure that the athlete is adjusting to the pitch given

2) Ensure that the athlete is not changing their mechanics to adjust to the inside vs outside location. Make sure they are not shuffling their feet or adjusting as they would not have that time in game.

3) Explain to the athlete this is an efficient drill to allow them for self-corrections (reflection) & coach discussion on their swings

Explanation: Tee is to be set on the plate - based on an inside or outside pitch & adjusted in different locations every swing. 1 Athlete is loading the tee the other is hitting. They are hitting into the open field to allow them to see where the ball is traveling off the tee. 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