



## Drill #6: Running Slap Tee

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

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### **Running Slap Tee (if not a LF slapper this becomes a low inside station- with same parameters as Hit tee)**

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

Skill: LH Running Slap or Low Inside Hitting mechanics for none LH slappers

Level of Skill Development: Consolidation/refine

**Objectives:** 1) Consolidation& refinement of sound foot work on the LH Running slap. Crossover step towards the shortstop. This takes out the timing aspect - so they can ensure proper foot path & barrell control.

2) Sequencing of the running LH Slap - Working on barrell lagging behind and hits are going to the left lower quad of the hitting screen

3) Checking of Cross Step and ensuring that it is in an efficient and correct direction, by slowing it down without a live pitch it allows the athlete to self-reflect and correct after each slap.

#### **Teaching Points:**

1) For those that are in refinement or Maintain - you could have the other Athlete stand 20 feet out in front of the hitting net & mimic a pitch to show correct timing

2) Using video to ensure correct sequencing of timing and bat path (downward)

3) Make sure that the athlete is finishing the running slap with the final movements out of the batter's box, with bat release

**Explanation:** 1 Athlete is loading the tee the other is slapping. They are hitting into hitting screen. Ensure that they are taking time between each hit so they can step out and re-set. Switch after 10 slaps with the other athlete.

\*\* Water Break & breakdown with Sanitation time 5 Min

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