

# 1-2-3 Drill

**Skill Set:** Hitting

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 10 minutes

**Equipment Required:** Tee, baseballs, net or screen to hit into

**Goal: Load so that weight is shifted mostly to back foot, stride while staying balanced**

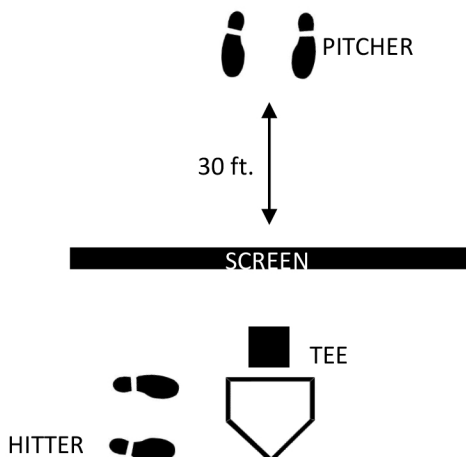
## Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter gets ready, looks forward to visualize a pitcher
- Partner then calls out "1,2,3" indicating the hitting progressions
  1. Hitter loads (shifting weight to back foot)
  2. Hitter strides (while staying balanced, hands towards the ball)
  3. Hitter swings (move solid contact with the ball)Partner switch after 5 swings

## Add Difficulty:

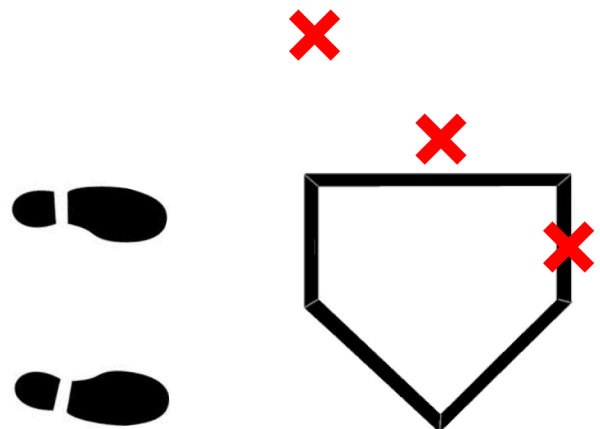
- The hitter can also move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below

## Layout of Drill (pitcher is optional):



## Contact Points for a Right Handed Hitter:

(Flip for Left Handed Hitters)



# Location Tee

**Skill Set:** Hitting

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Tee, baseballs, net or screen to hit into

**Goal:** Hit the ball up the middle, pull side, and opposite field based on contact point

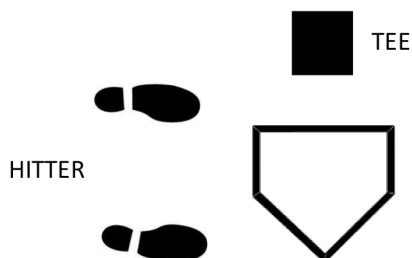
## Description of the Drill:

- Tee set up in front of the middle of the plate
- Hitter sets up even with the plate, while partner places a ball on the tee
- Hitter hits the ball at the middle contact point for 3 swings, then moves the tee to the inside contact point
- Hitter hits the ball at the inside contact point for 3 swings, then moves the tee to the outside contact point
- Hitter hits the ball at the outside contact point for 3 swings, then the partners switch
- Focus should be on hitting the middle ball up the middle, the inside ball to the pull side, and the outside pitch to the opposite field
- Partners switch after 9 swings

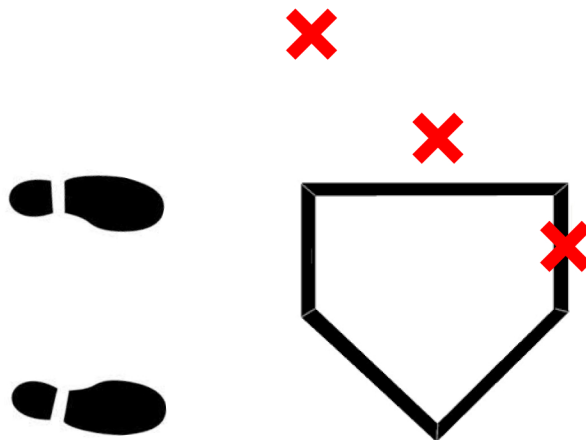
## Add Difficulty:

- To add a degree of difficulty, the hitter can also move the tee to different contact point heights (low, middle, high)

## Layout of Drill:



## Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)



# Tees with Timing

**Skill Set:** Hitting

**Difficulty Level:** Easy

**Number of Athletes and Coaches:** 1-2 athletes and 1 coach, or 2 athletes as partners

**Average Time to Complete:** 5 minutes

**Equipment Required:** Tee, baseballs, net or screen to hit into

**Goal: Focus on rhythm of the hitter with the pitcher and driving the ball up the middle**

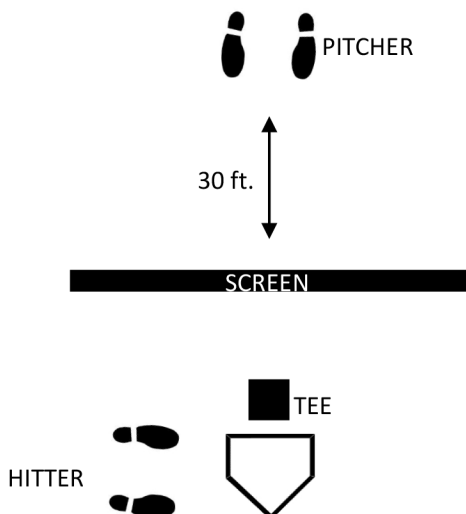
## Description of the Drill:

- Tee set up slightly in front of the middle of the plate
- Hitter sets up even with the plate, while other partner puts a ball on the tee
- Hitter gets ready, looks forward to visualize a pitcher
- Hitter visualizes the pitcher throwing the ball, then focuses on the ball on the tee
- Hitter then tries to hit the ball back up the middle
- Partners switch after 5 swings

## Add Difficulty:

- To add a degree of difficulty, one of the partners can stand 30 feet away on the other side of the net the players are hitting into (shown below) and go through a dry pitch like a pitcher (without a ball), this gives the hitter a real visual of a pitcher
- The pitcher can go through dry motions for a full wind-up, side-step, and the stretch positions
- The hitter can also move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below

## Layout of Drill (pitcher is optional):



## Contact Points for a Right Handed Hitter: (Flip for Left Handed Hitters)

