

Fun Hitting Drills

Tee Hitting for Distance

Age Appropriate

Grouping 1, all ages

Objective

To show how a good weight shift can generate power and that a level or slightly downward swing is best for driving the ball farther

Setup

Batting tee, bucket of balls, players in the field (optional), cones, markers, or stakes (optional)

Execution

Players use proper fundamentals to see how far they can hit a ball off of a tee from home plate. Use weight shift ("go back to go forward"), winding up almost like a pitcher to take the weight to the back side before exploding forward. The head should stay on the ball. The front shoulder and stride should go directly toward the pitcher until contact is made. Batters who drop the back shoulder and try to intentionally hit the ball high are eliminated. Line drives are best, but hard ground balls count. Have players run out and stand next to their best hits or mark them with stakes.



Coaching Keys

Any time young players hit off a tee, especially if you tell them that they're hitting for distance, they'll tend to drop the back shoulder and swing with a visible uppercut. If players are hitting under the ball and getting a chunk of the tee with their swings or topping ground balls, the back shoulder dropping is likely the cause. Explain to them that the high fly balls they hit by doing this are really just pop-ups, not home runs, and that by swinging down and taking that barrel of the bat straight to the ball they will hit harder line drives and fly balls that will turn into home runs as they get bigger and stronger.



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