

baseball tee drills

baseball tee drills are fundamental to building strong batting skills for baseball players at any level. This comprehensive guide explores the essential techniques, strategies, and benefits of using a batting tee in training sessions. Readers will discover the importance of tee work in player development, how to set up effective drills, and ways to maximize results through proper form and progression. The article also covers advanced variations, common mistakes to avoid, and tips for coaches and athletes to incorporate tee drills into regular practice routines. Whether you are new to baseball or looking to elevate your hitting game, this resource provides actionable insights, expert advice, and practical lists to help you master baseball tee drills for consistent improvement.

- Understanding the Importance of Baseball Tee Drills
- Essential Equipment for Effective Tee Drills
- Setting Up for Success: Tee Placement and Stance
- Fundamental Baseball Tee Drills for All Skill Levels
- Advanced Baseball Tee Drill Variations
- Common Mistakes and How to Avoid Them
- Benefits of Incorporating Tee Drills in Training
- Tips for Coaches and Players

Understanding the Importance of Baseball Tee Drills

Baseball tee drills are a cornerstone of player development, providing a controlled environment for mastering the mechanics of hitting. By isolating the batter from live pitching, tee drills allow athletes to focus on swing fundamentals, hand-eye coordination, and strike zone awareness. These drills are valuable for players of all ages and skill levels, from beginners just learning the basics to professionals honing advanced techniques. Regular tee work helps reinforce muscle memory, improve consistency, and build confidence at the plate. Incorporating baseball tee drills into practice sessions addresses specific weaknesses, refines timing, and lays a foundation for success in live game situations.

Essential Equipment for Effective Tee Drills

To get the most out of baseball tee drills, having the right equipment is crucial. Quality gear not only enhances the effectiveness of each drill but also ensures safety and durability during repeated use. The basic setup requires a solid batting tee, a regulation bat, and baseballs, but additional items can further elevate the training experience.

- Batting tee: Adjustable height, sturdy base, and durable materials
- Baseballs: Real or practice balls, sufficient quantity for continuous reps
- Bat: Sized appropriately for the player's age and strength
- Protective gear: Helmet, batting gloves, and netting for safety
- Training aids: Hitting mats, targets, and visual markers

Selecting high-quality equipment reduces frustration and allows players to concentrate fully on technique and execution, making every session more productive.

Setting Up for Success: Tee Placement and Stance

Optimal Tee Placement

Proper tee placement is essential for simulating real-game pitch locations and developing a versatile swing. Positioning the tee at various points in the strike zone—inside, outside, high, and low—helps players practice hitting pitches in every location. Start by aligning the tee with the front edge of home plate, then adjust to target specific areas depending on the drill's objective. This strategic placement builds adaptability and improves coverage of the hitting zone.

Correct Hitting Stance

A balanced, athletic stance enables maximum power and control during baseball tee drills. Feet should be shoulder-width apart, knees slightly bent, and weight distributed evenly. The batter's head remains steady with eyes focused on the ball, while hands grip the bat comfortably. Consistency in stance ensures repeatable swings and helps prevent common errors such as lunging or

stepping out. Prioritizing proper stance in tee work trains players to execute effective swings under pressure in actual games.

Fundamental Baseball Tee Drills for All Skill Levels

Basic Swing Mechanics Drill

The basic swing mechanics drill focuses on executing a controlled, level swing through the baseball. Players set the tee at the center of home plate and take deliberate swings, concentrating on hand placement, bat path, and follow-through. This drill reinforces essential hitting principles and is suitable for beginners and advanced players alike.

Inside and Outside Pitch Drill

Practicing with the tee set up on the inner and outer edges of the plate trains hitters to handle pitches in different locations. By adjusting their stance and swing approach, players learn to drive inside pitches and reach outside pitches effectively, improving their ability to cover the entire strike zone.

High-Low Tee Drill

This drill involves moving the tee to high and low positions, simulating varying pitch heights. Batters work on adjusting their swing plane and maintaining balance, which is critical for handling fastballs up in the zone or off-speed pitches down low.

1. Place the tee at chest height for high pitch practice
2. Lower the tee to knee height for low pitch practice
3. Alternate between high and low swings to develop adaptability

Consistent repetition of these fundamental baseball tee drills builds a reliable swing and boosts overall hitting performance.

Advanced Baseball Tee Drill Variations

Opposite Field Drill

The opposite field drill encourages hitters to drive the ball to the opposite field by positioning the tee slightly outside and behind the plate. Players focus on staying inside the ball, leading with their hands, and keeping the bat path direct. This technique is vital for countering breaking pitches and defensive shifts.

Two-Tee Drill

Using two tees simultaneously, one set for the inside pitch and another for the outside pitch, challenges hitters to adjust their swing path quickly. This advanced drill improves bat control, timing, and situational awareness, refining the ability to make split-second decisions in the batter's box.

Hit-and-Hold Drill

The hit-and-hold drill requires batters to pause and hold their finish after each swing. This emphasizes balance and correct follow-through, allowing players to evaluate their mechanics and make necessary adjustments for optimal performance.

Common Mistakes and How to Avoid Them

Despite the simplicity of baseball tee drills, several mistakes can hinder progress or create bad habits. Awareness of these pitfalls enables players and coaches to correct errors promptly and maintain productive practice sessions.

- Improper tee height: Set the tee at the player's strike zone, not too high or low
- Inconsistent stance: Maintain balance and avoid shifting weight prematurely
- Over-swinging: Focus on controlled swings instead of excessive force
- Ignoring follow-through: Finish every swing for proper mechanics
- Lack of drill variety: Rotate through different tee drills to prevent monotony

By actively monitoring for these issues and implementing corrective strategies, athletes can maximize the benefits of their tee drill routines.

Benefits of Incorporating Tee Drills in Training

Regular integration of baseball tee drills into practice delivers numerous advantages for players at all skill levels. The repetitive nature of tee work fosters muscle memory, sharpens focus, and enhances overall bat control. Tee drills also allow athletes to experiment with swing adjustments, work on weaknesses, and build confidence in a low-pressure environment.

Coaches value tee drills for their adaptability and ease of implementation, making them a staple in individual and group training sessions. The ability to isolate mechanical issues and provide instant feedback accelerates player development and translates to more effective performance during live game situations.

Tips for Coaches and Players

Maximizing Tee Drill Efficiency

To make the most of baseball tee drills, coaches and players should establish clear objectives for each session. Tracking progress, rotating drills, and ensuring proper rest intervals keep training focused and productive. Incorporating visual targets and recording swings can provide valuable feedback for future improvement.

Integrating Tee Drills with Other Training Methods

Tee work should complement other hitting practice, such as soft toss, live pitching, and machine drills. Balancing tee drills with dynamic training methods develops a well-rounded hitter, capable of adapting to various pitch types and locations.

Encouraging Consistency and Persistence

Consistent practice is the key to mastering baseball tee drills. Players should aim for regular sessions, gradually increasing difficulty and intensity as skills improve. Coaches play a vital role in motivating athletes, reinforcing proper technique, and providing constructive feedback to support long-term growth.

Trending and Relevant Questions and Answers about Baseball Tee Drills

Q: What age should players start using baseball tee drills?

A: Players can begin using baseball tee drills as early as age 4 or 5. Tee work is suitable for beginners and remains beneficial for athletes at all skill levels throughout their baseball careers.

Q: How often should baseball tee drills be incorporated into practice?

A: Ideally, baseball tee drills should be included in every hitting practice session, with at least 15-30 minutes dedicated to focused tee work for consistent improvement.

Q: What is the best tee height for effective drills?

A: The tee should be set at the height of the batter's mid-thigh to waist, aligning with the natural strike zone. Adjustments are made based on specific drill objectives.

Q: Can baseball tee drills help with hitting power?

A: Yes, tee drills enhance swing mechanics and bat speed, which contribute to increased hitting power when performed correctly and consistently.

Q: Are baseball tee drills useful for advanced players?

A: Advanced players benefit greatly from tee drills, as they can isolate and refine specific aspects of their swing, experiment with adjustments, and maintain consistency.

Q: What common mistakes should players avoid during tee drills?

A: Players should avoid improper tee height, inconsistent stance, over-swinging, ignoring follow-through, and lack of drill variety to ensure effective training.

Q: How can coaches make tee drills more engaging?

A: Coaches can introduce competitive elements, vary drill types, set targets, and provide instant feedback to keep players motivated and engaged during tee work.

Q: Do baseball tee drills improve hand-eye coordination?

A: Yes, regular tee drills strengthen hand-eye coordination by allowing hitters to focus closely on the ball and develop precise bat control.

Q: Should tee drills be done before or after live pitching?

A: Tee drills are effective both before and after live pitching. Doing them before warms up mechanics, while after helps reinforce skills learned during live sessions.

Q: What equipment is necessary for safe and effective tee drill practice?

A: Essential equipment includes a sturdy batting tee, regulation bat, baseballs, helmet, gloves, and protective netting for a safe and productive training environment.

Baseball Tee Drills

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Baseball Tee Drills: Mastering the Fundamentals for a Powerful Swing

Are you ready to unlock your batting potential? Tired of inconsistent hits and frustrating strikeouts? Then you've come to the right place. This comprehensive guide dives deep into the world of baseball tee drills, offering a structured approach to improving your swing mechanics, power, and overall batting performance. We'll cover a variety of drills suitable for players of all skill levels, from

beginners refining their fundamentals to seasoned players looking to fine-tune their technique. Prepare to transform your batting practice and unleash the hitter within!

Why Use Baseball Tee Drills?

The baseball tee is an invaluable tool for hitting practice. Unlike live pitching, the tee allows for controlled repetitions, focusing on specific aspects of your swing without the added complexities of pitch speed, location, and movement. This controlled environment enables you to:

Improve swing mechanics: Identify and correct flaws in your swing path, hand position, and weight transfer.

Build muscle memory: Repetition through tee drills strengthens muscle memory, making your swing more consistent and automatic.

Increase bat speed: Develop power and explosiveness by focusing solely on the mechanics of your swing.

Practice different hitting approaches: Experiment with various swing styles and approaches without the pressure of a live pitcher.

Boost confidence: Mastering drills on the tee builds confidence, translating to improved performance in game situations.

Essential Baseball Tee Drills for Every Hitter

Here are some highly effective baseball tee drills that cater to different aspects of your swing:

1. The Basic Tee Drill: Foundation for Success

This drill establishes the core elements of a proper swing. Position the tee at a comfortable height, gripping the bat correctly. Focus on a smooth, level swing path, keeping your eyes focused on the ball throughout the swing. Emphasize a balanced stance, proper weight transfer, and a follow-through that finishes across your body. Repeat this drill for multiple sets, focusing on consistency and form over speed.

2. The Slow-Motion Drill: Identifying Flaws

This drill helps you pinpoint technical flaws in your swing. Perform the swing in slow motion, deliberately focusing on each phase: load, swing, and follow-through. A mirror or video recording can be invaluable for identifying areas that need improvement. Pay close attention to your hand position, weight transfer, and bat path. Correcting these flaws in slow motion significantly improves your full-speed swing.

3. The Front Toss Drill: Simulating Pitching Motion

While not directly a tee drill, front toss provides a bridge between tee work and live pitching. Have a partner gently toss the ball toward you, mimicking a pitch. This drill incorporates hand-eye coordination and swing timing, improving your readiness for live pitching. Start with slow tosses, gradually increasing the speed as your comfort level increases.

4. The Two-Hand Drill: Building Strength and Power

Hold the bat with both hands close together, emphasizing control and power. Focus on a compact swing, generating power from your legs and core. This drill builds strength and improves your ability to generate bat speed, translating to increased power in your swing.

5. The One-Hand Drill: Refining Hand-Eye Coordination

Hold the bat with one hand (start with your dominant hand) and repeat the swing. This challenging drill sharpens your hand-eye coordination and helps develop a stronger grip. Gradually switch hands to improve overall control and balance.

6. The Top Hand Drill: Strengthening Top Hand Control

This drill targets your top hand grip and strength. Grip the bat only with your top hand and perform the swing. This isolates the top hand's role in the swing, leading to better control and consistent contact.

Advanced Baseball Tee Drills: Taking Your Game to the Next Level

Once you've mastered the fundamentals, these advanced drills can further refine your hitting ability:

1. The Inside-Out Swing Drill: Developing Power and Accuracy

Position the tee slightly inside your batting stance and focus on driving the ball to the opposite field. This drill strengthens your ability to generate power while maintaining accuracy.

2. The Opposite Field Drill: Expanding Hitting Range

Position the tee slightly outside of your batting stance and concentrate on hitting to the opposite field. This exercise develops your ability to hit to all fields, a crucial skill for successful hitters.

3. The Short Swing Drill: Developing Quick Bat Speed

Position the tee closer than usual, prompting a shorter, quicker swing. This drill improves your ability to react quickly and generate bat speed in a confined space.

Conclusion

Consistent practice using these baseball tee drills will significantly improve your batting skills. Remember, the key is focused repetition and attention to detail. Regular practice, combined with the drills outlined above, will help you build a stronger, more consistent swing, leading to increased confidence and better on-field performance. Start incorporating these drills into your training regimen today and watch your batting average soar!

FAQs

1. How often should I practice baseball tee drills? Aim for at least 2-3 sessions per week, focusing on quality over quantity.
2. What type of tee should I use? A sturdy, adjustable tee is ideal, allowing you to adjust the ball's height to suit your needs.
3. Can I use baseball tee drills for softball? Yes, the principles remain the same; adjust the ball's height according to the size of the softball.
4. Are tee drills effective for all ages and skill levels? Absolutely! These drills are adaptable to all skill levels, from beginners to professionals. Adjust the complexity based on the player's abilities.
5. How can I track my progress with tee drills? Video recording yourself and comparing your swing over time is a great way to monitor your progress and identify areas for improvement.

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importance of increasing bat speed through the fundamentals of a repeatable and powerful rotational swing. Hitters of all ages who adopt his eight hitting keys will enjoy a dramatic increase in bat speed and power almost immediately. Hitting with Torque is more than a set of hitting mechanics--its a mindset. Readers will be challenged to look past the worn-out hitting theories and myths that have been holding back hitters from reaching their full potential. With an open mind and practice, all hitters can unlock the power and consistency that is Hitting with Torque.

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Guide for Baseball Catchers is the most comprehensive book ever written for baseball catchers. It contains tips, drills, and proper mechanics that will help every catcher or coach better understand the most difficult position on the field. This book contains information on EVERY aspect of catching that Coach Barksdale has learned through his years of experience from coaching nationally ranked NCAA teams, and playing at almost every level from Little League to professional baseball. A few of the topics covered in CATCHING-101 are: Receiving Blocking Catching Pop Flies Throwing Fielding Bunts Plays at Home Plate Drills Pitchouts Pass Balls/Wild Pitches Giving Signals And More! If you have been searching for a source with lots of high quality information about catching, this is the book for you! CATCHING-101 was written by Coach Xan Barksdale who is currently an NCAA Division I baseball coach and an ex-professional baseball player. Coach Barksdale played in the Atlanta Braves organization and has been a featured speaker at the prestigious ABCA (American Baseball Coaches Association) national convention.

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and now they can learn from one of the most respected baseball families in history. Cal and Bill Ripken have written a thoroughly illustrated instructional book that clearly explains proper baseball fundamentals—hitting, fielding, baserunning, pitching, and much more. Based on the teachings of the late Cal Ripken, Sr., a player, coach, manager, and scout in the Baltimore Orioles system for thirty-seven years, *Play Baseball the Ripken Way* shows players just what they need to do to be their best while maintaining a sense of fun and accomplishment with every new lesson. The Ripken Way consists of the following principles: *Keep It Simple: Teaching that is too complicated is difficult to remember and can result in frustration. *Explain Why: A teacher who cannot explain why is not truly teaching. Lessons that make sense will stick with players. *Celebrate the Individual: No two players are alike, so why treat them as if they are? *Make It Fun: The game gets serious enough quickly enough on its own. Drills and instruction should be structured so that players can enjoy themselves while learning. The book also includes tips for parents and coaches, practice workouts, and drills for players of every level.

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every fundamental skill: •Hitting •Bunting •Slap Hitting •Baserunning •Sliding •Fielding •Throwing •Pitching •Catching And with over 230 of the game's best drills, coverage of team offense and defense, pitch selection, pitch recognition, and in-game strategies, Softball Skills and Drills is simply the most comprehensive and practical guide on the sport. Whether striving to become a complete player or preparing your team for another championship run, Softball Skills & Drills is the one book you cannot be without.

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baseball tee drills: Coaching Youth Softball Babe Ruth League, Inc., 2019-01-22 Congratulations on your commitment to coach youth softball. If you're new to coaching, you'll find Coaching Youth Softball invaluable in making your first season a success. If you have previous coaching experience, you're sure to discover tips and strategies that will help you improve on last year. Coaching Youth Softball will help you manage your team with confidence. This age-specific and field-tested coaching guide will prepare you to handle your responsibilities and establish proper priorities as a coach; communicate with players, officials, other coaches, and parents; teach softball skills and strategies using a combination of 27 drills and 39 coaching tips; minimize the risk of injury, establish a safe playing environment, and administer basic first aid; plan and conduct efficient practices; manage your team on game day; and keep it all fun. Written for coaches of players ages 18 and under, this book is a valuable component of the Coaching Youth Softball the Babe Ruth League Way online course, the official certification course of Babe Ruth League, the premier amateur baseball and softball program in the world. With this book, you will create and nurture an athlete-centered environment that promotes player development, enjoyment, motivation, safety, and sportsmanship—an environment that inspires players to perform at their best and come out for the team year after year.

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good baseball player. It can give them the edge, it can mean being a starter or a sub, it's the little things that make the big difference. This book gives infielders and outfielders the basic solutions to every base running situation. It gives situations that make them think to develop that instinctive sense of what to do with the ball. This book can be used in the field by coaches, in the backyard by dads, between players on the way to the game to build confidence. It is a basic tool for every player.

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baseball tee drills: Baseball: Teach Your Kid to Hit...So They Don't Quit! Kevin Gallagher, 2020-06-08 Kevin Gallagher has written a book that provides a process to parents and coaches on how to teach children to hit a baseball or a softball. It is a process that will dramatically increase the chances of any child to make contact with the ball. Hitting a baseball is hard and very few people know how to teach children or young adults how to hit. Throwing batting practice to a child is not teaching them to hit. This book is designed to convince the vast audience of Parents that they, regardless of their background, can teach their child to make contact with a baseball/softball, by providing a simple process that will make sense to them and their child. If we don't teach our kids to hit, they will get frustrated and quit. The book is an easy read and is a story of the state of Baseball today, and takes us on a journey on how the length of Major League games, the late hour finishes, the Launch Angle Swing and the infatuation of the Home Run, as well as the amount of non-action during games, has all contributed to the games declining popularity in America and the disappearing participation of America's youth. It is a story full of anecdotes, quotes and eye popping statistics that makes the book enjoyable, but always leading to the inevitable conclusion that making contact with the baseball is the only way you will keep a child involved in the game?? and ultimately create more action inside the game. At the book's conclusion, Kevin lays out a simple 8 Step Process to make contact with the ball. It is a process for the parent to learn, understand, and own. Then, and only then, the parent will have the knowledge and confidence to teach their child. In addition to the written process, and numerous entertaining illustrations, there are links to a 24 minute instructional video broken down step-by-step to help you visualize what is being taught.

baseball tee drills: Baseball Strategies Association American Baseball Coaches, 2018

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baseball tee drills: Taking on the Title of Coach Duke Baxter, Steve Nikorak, 2017-07-12 Bridgewater's own Duke Baxter and Steve Nikorak have joined forces to tackle one of the most daunting tasks of parenthood, taking on the title of Coach. Every parent that has stepped up and accepted the responsibility to coach their child's youth baseball team has felt that warm sense of pride and excitement, soon to be replaced by sheer terror. What am I going to do with a bunch of 7-year olds! This book is for every parent that has taken on the title of Coach but didn't have a clue what to do next. Duke Baxter, former professional baseball player and CEO of Zoned Sports Academy and Steve Nikorak, former professional baseball player and Coach at Zoned Sports Academy share their coaching wisdom in a simple 5-step guide for even the most reluctant of sports parents. This book covers everything from how to run a practice appropriate for the age group to fun drills that will keep all players engaged to what is a baseball knee and how should I use it. Each of the 5-steps also shares key Diamondisms, from the Dominate the Diamond secrets to success. These unique insights, little nuggets are the grit that makes the difference in making a successful coach.

baseball tee drills: Ballplayer Chipper Jones, Carroll Rogers Walton, 2017-04-04 Atlanta Braves third baseman and National Hall of Famer Chipper Jones—one of the greatest switch-hitters in baseball history—shares his remarkable story, while capturing the magic nostalgia that sets baseball apart from every other sport. Before Chipper Jones became an eight-time All-Star who amassed Hall of Fame-worthy statistics during a nineteen-year career with the Atlanta Braves, he was just a country kid from small town Pierson, Florida. A kid who grew up playing baseball in the backyard with his dad dreaming that one day he'd be a major league ballplayer. With his trademark candor and astonishing recall, Chipper Jones tells the story of his rise to the MLB ranks and what it took to stay with one organization his entire career in an era of booming free agency. His journey begins with learning the art of switch-hitting and takes off after the Braves make him the number one overall pick in the 1990 draft, setting him on course to become the linchpin of their lineup at the height of their fourteen-straight division-title run. Ballplayer takes readers into the clubhouse of the Braves' extraordinary dynasty, from the climax of the World Series championship in 1995 to the last-gasp division win by the 2005 "Baby Braves"; all the while sharing pitch-by-pitch dissections of clashes at the plate with some of the all-time great starters, such as Clemens and Johnson, as well as closers such as Wagner and Papelbon. He delves into his relationships with Bobby Cox and his famous Braves brothers—Maddux, Glavine, and Smoltz, among them—and opponents from Cal Ripken Jr. to Barry Bonds. The National League MVP also opens up about his overnight rise to superstardom and the personal pitfalls that came with fame; his spirited rivalry with the New York Mets; his reflections on baseball in the modern era—outrageous money, steroids, and all—and his special last season in 2012. Ballplayer immerses us in the best of baseball, as if we're sitting next to Chipper in the dugout on an endless spring day.

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baseball tee drills: High Scoring Baseball Todd Williams, 2012-11-27 What is the definition of a high-scoring offense? How do you measure a player's offensive productivity? How do you keep your team on track throughout the course of a long season? High-Scoring Baseball is the definitive guide for establishing an aggressive, opportunistic, and disciplined offense. Inside you'll find detailed coverage of the four offensive team goals and the six ways to create offensive pressure that

gives every team a chance to be high scorers. Then go inside the numbers for an in-depth analysis of run production. Discover the most common predictors for achieving a big inning, the importance of getting the lead-off hitter on, and the importance of collecting free bases. You'll identify the most effective strategies based on specific game situations as well as the proper mental approach and physical adjustments to execute in those situations. Offense is more than a player's batting average or a team's ability to hit the long ball. It's all about run production. It's a player's ability to achieve a high-quality at-bat and a team's ability to create a big inning. High-Scoring Baseball will change the way you see and play the game.

baseball tee drills: Pitching. Isn't. Complicated. Dan Blewett, 2013-12 There are many complexities in pitching, but the complexities are the last ten percent, not the first ninety. The first 90% - the things every good pitcher does - are simple. Pitching. Isn't. Complicated. is a concise explanation of the pitching maxims that every pitcher must exhibit. Covered are mechanics, mindset, mental training, situational pitching, holding runners, and more. The author has combined his playing experience with innovative training techniques to become one of the most successful young pitching coaches in the country. The methods in this book are not sensational and there are no fads, no superfluous exercises and no gimmicks. Rather, the goal is to provide only the best drills, teaching methods and concepts that comprise the optimal dose of training. Pitching. Isn't. Complicated. is a concise, layman and actionable book written to give coaches, parents and pitchers a holistic understanding of elite pitching. With a mountain of conflicting information available on the Internet, the development of pitchers has become more confusing than ever; this book will change that.

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baseball tee drills: The Baseball Player's Guide to Hitting Like a Pro Roy Lingster, 2021-06-26 Every good hitter is fighting a battle... Do you know what yours is and how to turn it to your advantage on the field? 3 out of every 4 appearances at the plate result in an out. You probably know this... so why are you doubting your skills? Self-doubt is natural in any sport, but in baseball, it can be detrimental to getting out of a hitting slump -- yet it affects so many players -- pros and weekenders alike. Former Colorado Rockies pitcher Jason Marquis knew this only too well. You're out on the mound not trusting your stuff, waiting for the next bad thing to happen, instead of going out there and grabbing the bull by the horns, he said. And the same issue affects hitters: as soon as you start to doubt yourself, your approach is shaken, and you're stuck in a cycle of misses. You're focusing on what you're doing wrong rather than what you can do to improve your game -- and that isn't going to help you. Perhaps you think you need to work on your mechanics. Perhaps you're doubting your fitness or worrying that you should be training more. But more likely than not, none of this is true. What needs fixing is not your technique: it's your attitude. And it's through attitude that the greats took their place in the league tables. Think of Ichiro Suzuki or Rod Carew, both noted for their unusual form... it's not mechanics that make a great hitter: it's what else is going on behind that swing. To hit like a pro, you need to think like a pro -- and that means mastering a specific mental attitude as well as your physical technique. Sound like a lot to handle? If you love the game, it's not so hard -- you just need some expert guidance... and you're about to get it. In The Baseball Player's Guide to Hitting Like a Pro, you'll find a clear guide to improving your hitting technique without focusing on mechanics alone. You'll discover: The 7 key elements needed to build a strong foundation for good hitting Exactly what you can learn from MLB heroes like Pete Rose and Joe Morgan Why bench-time may not be such a bad thing -- and how you can use it to your advantage How to look beyond the field to improve your attitude (and why you should) The reason why it isn't just top hitters you should be learning from -- and who you should be looking at instead Swing fundamentals broken down into key elements -- so you know exactly what it is you should be working

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baseball tee drills: *Baseball Drills for Young People* Dirk Baker, 2015-01-27 Written for coaches, this work presents more than 180 baseball games and activities for young children and adolescents, focusing on teaching, improvement of skills and enjoyment. Games emphasizing baserunning, bunting, catching, fielding, hitting, throwing and pitching are covered. Each section reviews fundamentals, introduces creative skills and drills for group practice, and details the age group, objective, equipment and rules for each activity.

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