

Knee to Knee 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: Bat, tee, baseballs, net or screen to hit into

Goal: Focus on keeping the front leg firm throughout the finish of the swing

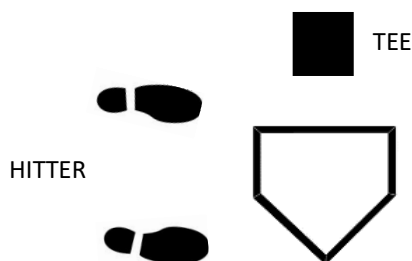
Description of the Drill:

- 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 starts with 75% swings
- After hitter makes contact, the back kneecap should move toward the inside of the front knee, touching it, and lifting the back foot off of the ground
- The focus should be on keeping the front leg firm throughout the finish of the swing
- Once the hitter feels comfortable with this movement, they can perform 100% swings with the knee to knee movement
- Partners switch after 10 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)

