



# Short Bat Bottom Hand

**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, short bat (28")

**Goal: Hit line drives back up the middle, control barrel of the bat, keep shoulder closed**

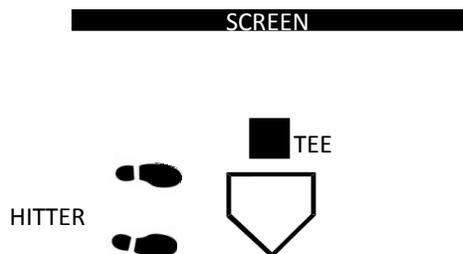
## Description of the Drill:

- 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, holds the short bat with the hand closest to the knob of the bat (bottom hand)
- Hitter places other hand (top hand) across chest on front shoulder to keep shoulder closed
- Swinging with one hand, the hitter tries to hit the ball on a line back up the middle
- Partners switch after 5 swings

## Add Difficulty:

- To add a degree of difficulty, the hitter can move the tee to different contact points (inside, middle, outside) as shown for a right handed hitter below
- Hitters should hit outside pitches to the opposite field (or opposite side in a cage)
- Hitters should try to hit inside pitches back up the middle or a little to the pull side of the middle

## Layout of Drill:



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

