

# TARGET TEE DRILL

(Source: <http://www.softballspot.com>)

Start by marking three parallel lines on a net or fence.

- The first line should be 2 feet from the ground.
- The second line should be 4 feet from the ground.
- And the third line should be 8 feet from the ground.

These lines mark the three target areas we will be using for this drill.

- Low area (0-2 feet) => Ground Ball
- Middle area (2-4 feet) => Line Drive
- High area (4-8 feet) => Fly Ball

Next, position a batting tee about 10 feet away from the net or fence. Have your hitter stand so that the line of flight of the batted ball is toward the net or fence. Then, place a bucket of 10 regulation balls next to the hitter, put the first one up on the tee and have her swing away. The goal is to:

- hit 10 balls into the ground ball area using a high to low swing path.
- Then hit 10 balls into the line drive area using a horizontal swing path.
- Then hit 10 balls into the high area using a low to high swing path.

As you watch your hitter swing, focus on the following points.

## STANCE

- middle knuckles are aligned
- knees are bent
- hands are back with back elbow up
- chin is on the front shoulder

## LOAD

- bat up off the shoulder
- take short, sharp step with front foot
- point toes toward first base (for RH hitter)
- initiate hip turn

## SWING

- lead swing with the front elbow
- hands inside the ball
- front leg is straight, back leg is bent
- weight is centered over back knee
- hands are firm with thumbs on top

## FOLLOW THROUGH

- weight is moving over front leg
- swing through the ball
- complete wrist roll
- rotate hips
- wrap the hands around the shoulder
- finish with chin on back shoulder

If you'd like to see more hitting drills and tips demonstrated on video with step by step instructions, be sure to check out the "18 Killer Hitting Drills" online clinic:

<http://www.softballspot.com/sp/18hittingdrills.html>

