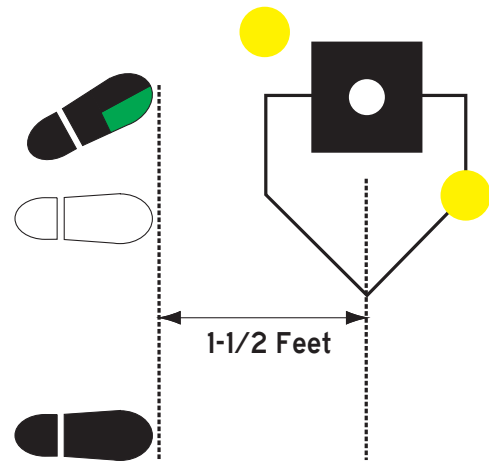


TEE WORK PROTOCOL

Tee work is an integral tool in developing a consistent swing pattern. If done improperly, the drill session will reinforce bad habits and not the good ones we're after. Tee work should be done with a purpose (i.e., drive the ball up the middle on a middle pitch or work on the outside pitch in the lower zone). Your effort and focus will determine how much you get from each session using a tee. Remember, it's **QUALITY, NOT QUANTITY** when working with tees.

Setup

1. Always use a portable or throw-down plate when hitting off a tee. Refrain from using the Tee base as the plate.
2. Depending on your drill objectives, position the tee in the correct location for an inside, outside, or middle pitch.
3. The tee should be raised to just below the hips unless you are working on a specific vertical zone.
4. On a middle pitch, your foot should land close to where the tee sits. This will set you up for a good contact point.



Tips

1. Be sure to land on the inside of your foot with your heel up.
2. Finish correctly each time you swing the bat. Generally, your bat and belly should point to left-center field, center field, or right-center field, depending on the pitch location you are working on.
3. Get two eyes on the pitcher as if they were on the mound. Visualize the pitcher's release point and imagine the ball entering the strike zone as you track the pitch to the tee.
4. Keep your head down on the tee after CONTACT. Don't develop bad habits by pulling your head to the location.
5. Be **EXPLOSIVE** on each swing and rest after each set (7 swings.)
6. Focus on mechanics and the feel of your swing. Use the results of the ball flight to make adjustments. Let yourself make mistakes but don't carry it to the next swing.