PURPOSE: This drill works on developing a full swing.

DRILL SETUP:
• The batter takes the top of a tee gets in a normal stance.
• Make sure you give yourself enough space around you to throw the tee without hitting anyone.

HOW IT WORKS:
1. The batter gets into the stance.
2. He/she loads and swings.
3. During his/her swing, he/she releases the tee so that it flies toward the pitcher’s mound.
4. Swing and release, throwing the top of the tee.

COACHING TIPS: The batter should be loading up and doing everything the same way as he/she does during his/her normal swing.

In this drill, the farther the tee is tossed, the better. You want the batter to be taking powerful but fundamentally sound swings.