

LEVEL: ON DECK

ON DECK – HITTING

With a partner or a coach standing beside the athlete, simply ask the player to hit the ball off the batting tee. Contact with the ball, not distance is important here. Ensure the tee is placed in front of home plate and NOT directly on home plate.

Below is an activity that can be used to prepare for this skill:

ACTIVITY "BETWEEN THE TWO" (19)

[Click here](#) for video demonstration

Description: Each athlete has a bat in their hands. They watch and copy each batting position that the coach assumes.

Every time the coach asks the athletes how to position themselves, they answer "Between the Two". In all cases, you want "Between the Two" extremes as a better method for your batters to start from.

Equipment: One "bat" per athlete

VARIATIONS AND PROGRESSION:

- A. Close feet (compact stance) VS Wide feet (wide stance)
- B. Straight legs VS Bent legs
- C. Complete swings without balls

KEY POINTS

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

