

## Wide Base Zero Stride Tee Drill

*(For older players, great warmup before batting practice. For those using a tee during their games, emphasizes bat to ball mechanics that will eventually increase contact and power off of the tee)*

Players will have a large base and not pick up feet

Start tee in the middle of the plate

Players will load and swing through trying to hit ball directly back up the middle

Tee placement can be moved as the drill progresses

Purpose: to work on keep hands inside of the baseball. Keeps head on the baseball and emphasizes quick hands to the ball