



TEE WORK

Tee work doesn't have to be boring. Have a plan to make it fun and get better!

PURPOSE

Practice hitting pitches in different areas of the strike zone. The tee provides instant feedback.

HOW IT WORKS

Try to hit 5 balls to each location based on the tee position:

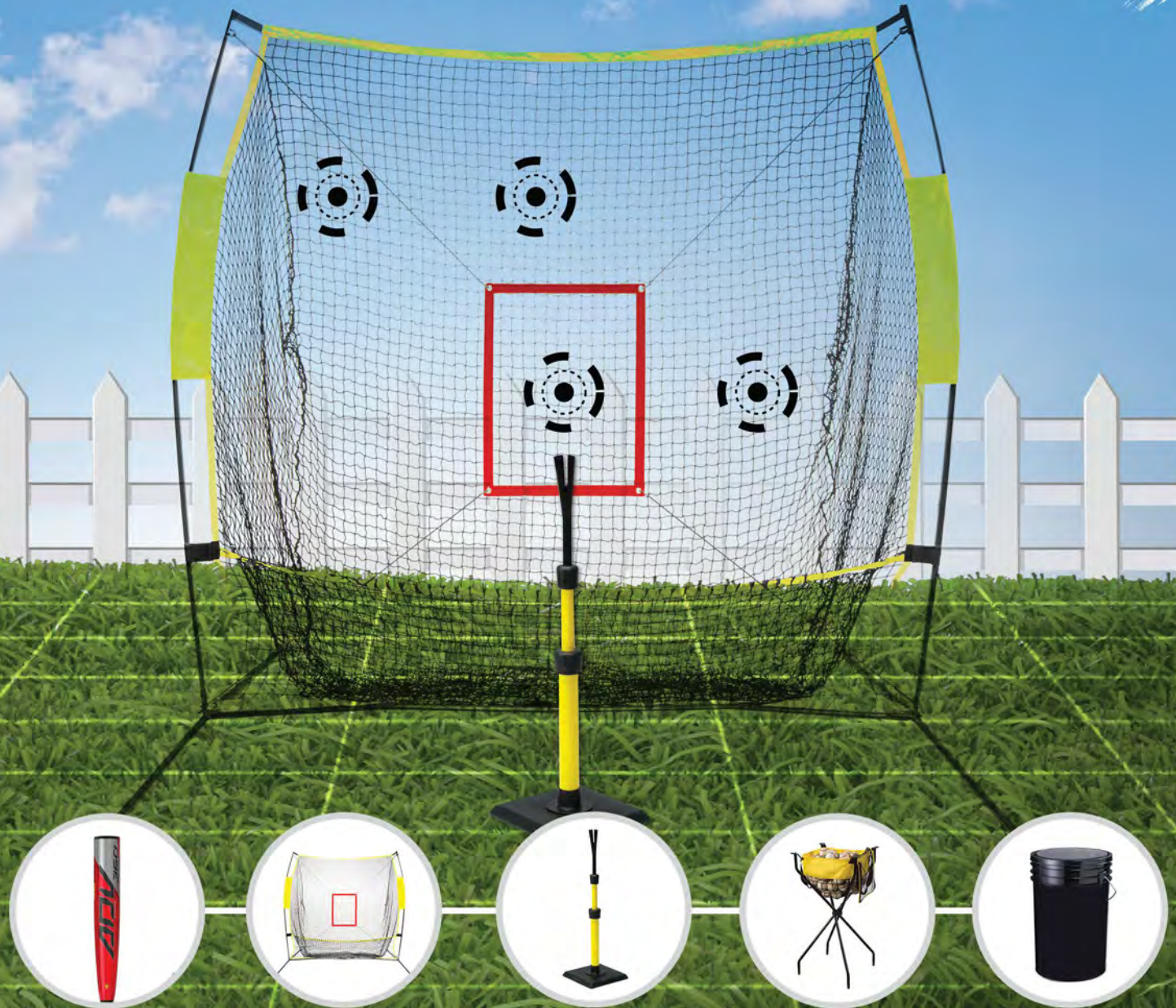
- Middle/middle
- Middle/away
- High/pull
- High/middle

KEYS

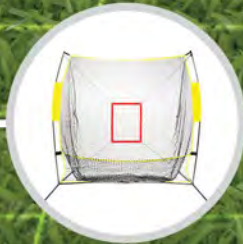
Move the tee based on pitch location and where you want to hit it (i.e. set up the tee farther away and deeper in your stance for the away pitch). Make sure to keep your hands above the ball on the high pitch, or else you might be fetching the ball from the street.

EXTRA CHALLENGE

Line up the tee off your front foot. Try to stay inside the ball and drive it up the middle/away. Don't get jammed!



ADV 360 -3 BBCOR



7 FT XLP Net



Square It Up Tee



Ball Caddy



Ball Bucket