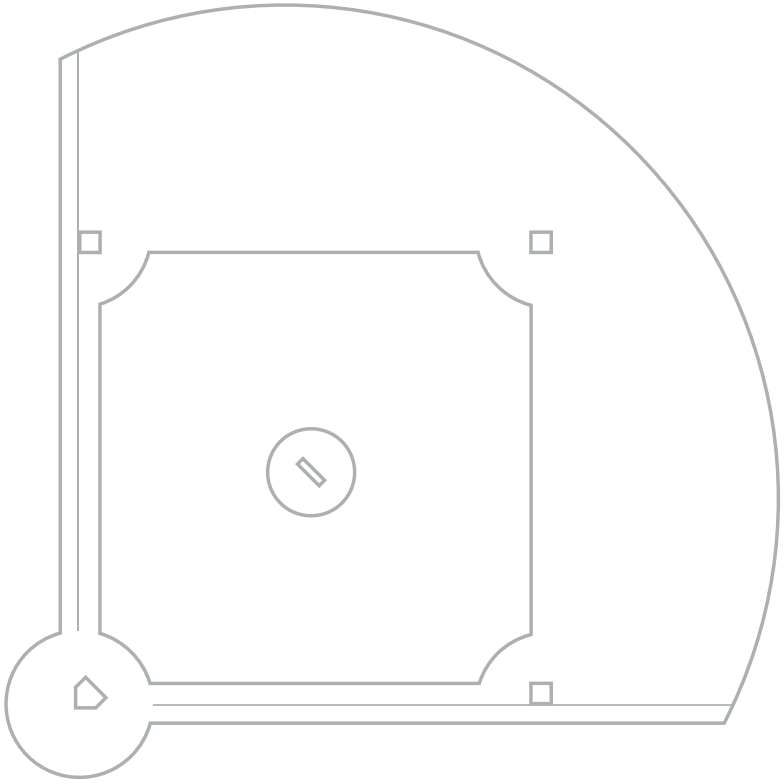
TEE DRILLS: TOP AND BOTTOM HAND SWINGS

DRILL BENEFITS

Develop hand-eye coordination, quick hands and prevent rolling over by maintaining a level swing through the zone. This drills hones skills with top and bottom hands separately to build a balanced combined swing.



N1 NET

T3 TEE

NET/TEE BENEFITS

The ATEC T3 tee and N1 net were designed for portability, so drills can be practiced in any location with just a couple minutes to set up. Use your N1 travel bag to also carry your T3 tee and a few balls, and you have a fully portable hitting station wherever you go.

EXECUTION

- Position T3 on top of simulated home plate area, in desired hitting location. Place N1 net in front of tee to collect hit balls.
- Take 10 swings gripping the bat with only your top hand, focusing on maintaining natural swing motion while driving bat straight through the zone.
- After 10 swings, switch hands and continue drill with same motion using bottom hand on bat.
- Move T3 tee to inside and outside pitch locations, also varying height of pitch to simulate game-like scenarios.