

# TEE STACKERS™ TRAINING DRILLS

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Presented By

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# TEE STACKERS Basic Set Up

## Initial Set Up:

- Place string in groove around Tee Stacker and tighten clip. Loosen other clip, slip string over tee and place down near the base.
- Tighten Clip on string around tee stem base.
- (If string is attached too high up on the tee, it may knock off balls).

## Basic Set Up With Tee:

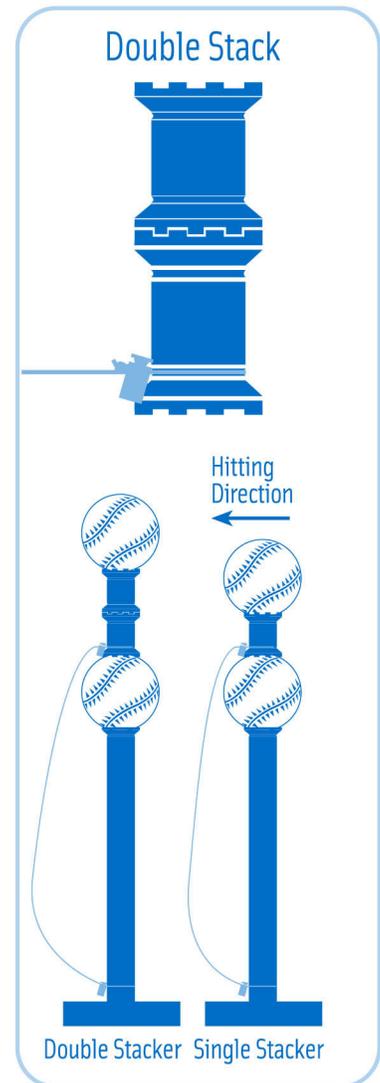
- Place tee in a safe area with plenty of space to swing safely. Insure you have proper netting or protection to hit balls into or if hitting out into field.
- Set the height of the tee to establish the height for the bottom ball.
- Place the first ball on the tee directly.
- (Avoid having the seam directly on top of the ball, this will help to balance the Tee Stacker and balls)
- Place the Tee Stacker on the top of the ball, may require adjustments to find the proper balance point.
- Make sure the clip/string is on the opposite side of contact.
- Place the next ball on Tee Stacker.
- Repeat step 7, 8 and 9 again for a 3-ball set up.

## Hitting With Tee Stackers:

- Hitting the top ball cleanly will result in the remaining ball(s) staying in place.
- As balls are hit cleanly and correctly, hitters will be able to effectively make repeated swings off the tee in several different plans.
- Poor hitting mechanics or a bad swing will result in immediate feedback by knock the remaining balls off the tee and Tee Stackers.

## Double Stack Set Up:

- The Tee Stackers can be attached together as well.
- Interlock two ends of Tee Stackers to create a Double Stacker set up.
- If using 1 string attach it to the top Tee Stacker
- Strings/clips should be placed on opposite side of the contact point.





# TEE STACKERS Advanced Drills

## DRILL #1: Two Ball Stack

**Purpose:** Create two swing planes for a hitter to adjust to different hitting levels.

**Set up:** Need a hitter, a coach, 2 balls, 1 Tee Stacker, a hitting tee, and a safe hitting area.

**Execution:** Two Ball Stack Set Up

- Hitter sets up in proper hitting position for the tee placement. Proper tee position should be at the level of the front foot when the stride is completed. Slight variation may occur for inside and outside pitches.
- Place first ball, then tee stacker with string and clip on opposite side of hitting contact, then place second ball on the tee stacker.
- Hitters should load, stride and swing with a fluid movement without a hesitation and strike the top ball cleanly and smoothly.
- If the hitter hits the ball cleanly and effective, the hitter can return to the proper hitting stance and load and strike the second ball.

**Variations:** Can use softballs, baseballs, tennis balls, or small whiffle balls. Additionally you can use any combination of different sized balls, always stack with the largest ball on the bottom. Do not try to stack a large ball on top of a smaller ball.

**Coaching Points:** Watch for over rotating or swinging too hard, as this will cause the bat to move "off plane to the ball" which will cause a topping of the ball. Additionally, casting of the barrel out side the ball will cause the hitter to get off plane with the ball and thus knock all of the balls off the tee. Topping the ball or getting off plane will cause the balls and Tee Stackers to fall off.



## TEE STACKERS Advanced Drills

### DRILL #2: Three Ball Stack

**Purpose:** Create three swing planes for a hitter to adjust to different hitting levels.

**Set up: Need** a hitter, a coach, 3 balls, 2 Tee Stackers, a hitting tee, and a safe hitting area.

**Execution:** Three Ball Stack Set Up

- Hitter sets up in proper hitting position for the tee placement. Proper tee position should be at the level of the front foot when the stride is completed. Slight variation may occur for inside and outside pitches.
- Place first ball, then tee stacker with string and clip on opposite side that the ball will be hit, then place second ball on the tee stacker. Place the second tee stacker on top of the second ball with string and clip on opposite side of contact area, and finally place the 3<sup>rd</sup> and last ball on the tee stacker. (For proper balance, tee stackers should only be placed cleanly on the smooth of the ball and never on the seams. Additionally, balancing of all three balls may be easier if the stacker looks slightly from the side of the balls and not directly above the balls)
- Hitters should load, stride and swing with a fluid movement without a hesitation and strike the top ball cleanly and smoothly.
- If the hitter hits the ball cleanly and effectively, the hitter can return to the proper hitting stance and load and strike the second ball.
- Finally if the first two balls are hit correctly and cleanly, the third ball can then be hit on the lowest plane.

**Variations:** Any combination of softballs, baseballs, tennis balls, or small whiffle balls can be used. Always stack with the largest ball on the bottom, do not stack a large ball on top of a smaller ball.

**Coaching Points:** Watch for over rotating or swinging too hard, this will cause the bat to move "off plane to the ball" which will cause a topping of the ball. Additionally, casting of the barrel out side the ball will cause the hitter to get off plane with the ball and thus knock all of the balls off the tee. Topping the ball or getting off plane will cause the balls and Tee Stackers to fall off.



# TEE STACKERS Advanced Drills

## DRILL #3: Double Stacker

**Purpose:** Create a great distance from the two balls being hit. The greater the distance between balls the greater the difference in the plane of the swings.

**Set up: Need** a hitter, a coach, 2 balls, 2 Tee Stackers, a hitting tee, and a safe hitting area.

**Execution:** Use Double Stacker Set Up

- Hitter sets up in proper hitting position for the tee position. Proper tee position should be at the level of the front foot when the stride is completed. Slight variation may occur for inside and outside pitches.
- Place first ball, then tee stacker with string and clip on opposite side that the ball will be hit, then place second ball on the tee stacker. Place the second tee stacker on top of the second ball with string and clip on opposite side of contact area and finally place the 3<sup>rd</sup> and last ball on the tee stacker. (For proper balance, tee stackers should only be placed cleanly on the smooth of the ball and never on the seams. Additionally, balancing of all three balls may be easier if the stacker looks slightly from the side of the balls and not directly above the balls).
- Hitters should load, stride and swing with a fluid movement without a hesitation and strike the top ball cleanly and smoothly.
- If the hitter hits the ball cleanly and effective, the hitter can return to the proper hitting stance and load and strike the second ball.
- Finally if the first two balls are hit correctly and cleanly, the third ball can then be hit on the lowest plane.

**Variations:** This set up can serve to be less intimidating for younger hitters as the balls are separated by a greater distance. Additionally this set up also creates two swing planes that are dramatically different, thus greater variance in the ball.

**Coaching Points:** Make sure hitters remain smooth and rhythmic. Over rotating or over swinging can cause the bat to get off plane with the ball.



## TEE STACKERS Advanced Drills

### DRILL #4: Adjust On The Fly

**Purpose:** Create multiple swing planes for a hitter to adjust to different pitches.

**Set up: Need** a hitter, a coach, 3 balls, 2 Tee Stackers, a hitting tee and safe hitting area.

**Execution:** Use basic set up for a 2 or 3 ball stack.

- Hitter sets up in proper hitting position for the tee placement. Proper tee position should be at the level of the front foot when the stride is completed. Slight variation may occur for inside and outside pitches.
- With Tee Stackers in position the hitter will start their load and stride as the (coach) calls out top, middle, or bottom.
- Hitters should continue with a fluid movement without stopping to adjust their swing plane.
- If the hitter hits the proper ball cleanly and effective, the drill was executed with positive feedback given to the hitter for adjusting "on the fly".

**Variations:** Any number of set ups can be used for this drill. Numbered balls, colored balls, combination of softballs, baseballs, tennis balls, or small whiffle balls can be used. Always stack with the largest ball on the bottom.

**Coaching Points:** Hitters should be given enough time to make adjustments "on the fly". For beginners, the specific ball that is to be hit can be called prior to the load and swing. Ideally calling the ball should be done as late as possible and still allow for a smooth and rhythmic swing. Watch for over rotating or swinging to hard, this will cause the bat to move "off plan to the ball" which will cause a topping of the ball or casting of the barrel out side the ball. Topping the ball or getting off plane will cause the balls and Tee Stackers to fall off. Also avoid allowing the hitters to stop their swing and wait to hear which ball to be hit, as this will lead to a jerky or inefficient swing.



# TEE STACKERS Advanced Drills

## DRILL #5: Swing With Reverse Tracking

**Purpose:** Create additional muscle memory for proper swing plane.

**Set up:** Basic set up would be the same as a standard 2 ball or 3 ball Set up. Need a hitter, 3 balls, 1 or 2 Tee Stackers, a hitting tee, and a safe hitting area.

### Execution:

- Hitter sets up in proper hitting position for the tee position. Proper tee position should be at the level of the front foot when the stride is completed. Slight variation may occur for inside and outside pitches
- Adjust the tee height and location for the lowest ball.
- Place the ball on the tee.
- Hit the top ball with a smooth and rhythmic swing. If hit cleanly and properly, bring the bat back on the same plane and swing in reverse.
- Hit the next ball with a smooth and rhythmic swing. If hit cleanly and properly, bring the bat back on the same plane and swing in reverse.
- Repeat again for the bottom ball.

**Variations:** Once again for less intimidating set up, the double stacker set up can be used to create two swing planes with a larger distance between the two balls. This set up can also be a good starting point for hitters to understanding the difference between hitting planes. Additional variations can use tennis balls or smaller balls for a more challenging hitting plane.

**Coaching points:** A smooth and rhythmic swing will result in hitters hitting thru a bigger zone and staying on plane with the pitch longer. This is a very important measure of a great hitter and allows for greater room for error with hitting a thrown pitch. The reverse swing does not need to be down hard or fast and should mimic the speed and fluidity of the initial swing plane. If the hitter knocks off the next ball on their reverse swing, you will have great feedback as to the hitter's muscle memory that is being created.



# TEE STACKERS Advanced Drills

## DRILL #6: Inside/Outside Tee Drill

**Purpose:** Create both inside and outside pitch locations for more swing planes.

**Set up:** Requires Two 2 Ball Stack Set Up. Need a hitter, 4 balls, 2 Tee Stackers, two hitting tees or double tee, and a safe hitting area.

### Execution:

- Hitter sets up the tees for the proper inside and outside tee position. Proper tee position for the inside pitch should be slightly in front of level of the front foot when the stride is completed. Proper position for the outside pitch is slightly deeper or even with the level of the front foot at the completion of the stride.
- Adjust the tee height for the inside pitch, then adjust the height for the outside pitch which should be a least 1 ball higher than the inside pitch.
- Place the ball first ball on each tee, then place the tee stacker on each ball with strings and clips away. Then place second ball on each tee stacker for a total of 2 inside and 2 outside pitch locations.
- Hit the top ball on either the inside or outside tee with a smooth and rhythmic swing.
- Then hit the top ball on the other tee with a smooth and rhythmic swing. .
- Then hit the bottom ball on the opposite tee location.
- Finally hit the bottom ball on the last tee position.

**Variations:** Once again for less intimidating set up, the double stacker set up can be used to create two swing planes with a larger distance between the two balls. (Requires 4 tee stackers).

**Coaching points:** A smooth and rhythmic swing is ideal with the hitter staying inside the ball and hitting through a big zone, and staying on plane with the pitch longer. This is a very important measure of a great hitter and allows for greater room for error with hitting a thrown pitch. Great drill for giving hitters feedback on their ability to adjust in and out as well as high and low.



## TEE STACKERS Advanced Drills

### DRILL #7: Inside/Outside “On The Fly” Drill

**Purpose:** Adjust to both inside and outside locations with game like reaction “on the fly”

**Set up:** Requires 2 Two Ball Stack Set up. Need a hitter, 4 balls, 2 Tee Stackers, two hitting tees, a coach, and a safe hitting area.

**Execution:**

- Hitter sets up the tees for the proper inside and outside tee position. Proper tee position for the inside pitch should be slightly in front of level of the front foot when the stride is completed. Proper position for the outside pitch is slightly deeper or even with the level of the front foot at the completion of the stride.
- Adjust the tee height for the inside pitch, then adjust the height for the outside pitch which should be a least 1 ball higher than the inside pitch.
- Place the ball first ball on each tee, then place the tee stacker on each ball with strings and clips away. Then place second ball on each tee stacker for a total of 2 inside and 2 outside pitch locations.
- The hitter will start their load and stride as the coach calls in or out.
- The hitter should stay fluid and smooth as they react “on the fly” to the command and hit the top ball on the side that is called.
- Repeat 4 times with the coach calling inside or out on each load and stride.

**Variations:** Once again for less intimidating set up, the double stacker set up can be used to create two swing planes with a larger distance between the two balls. (Requires 4 tee stackers). Can also place a screen in front of the hitter for the coach to simulate the pitchers motion for the hitter to time their load and stride.

**Coaching points:** A smooth and rhythmic swing is ideal with the hitter staying inside the ball and hitting thru a big zone, and staying on plane with the pitch longer. This is a very important measure of a great hitter and allows for greater room for error with hitting a thrown pitch