Tips for Hitting from the Tee

*For many softball players, hitting ability and consistency are enhanced by regular use of the hitting tee. The following tips should help create a disciplined and thoughtful use of the tee resulting in significant benefit from the exercise.*

1. Move the ball in relation to you by raising and lowering the tee. Also, stand farther from and then closer to the tee to practice your swing against pitches that are inside or outside and deep or short.
2. Use the tee to compare distance obtained using different hitting mechanics. For example, alternate swings between an overlapping grip and a full baseball grip to determine which allows you to hit the ball farther.
3. If you are fine tuning the mechanics of your swing, have another person place each ball on the tee for you so that you can focus on small changes in your position and the effect of each change.
4. For part of your hitting workout, step out of the batter’s box and then back in before each stroke to simulate hitting in a game situation.
5. Most players hit better by holding a still position prior to swinging the bat. You can get in the habit of holding a steady position by doing so for at least a second to two before each swing at the ball on the tee.
6. Immediately after completing your swing you should be looking at an empty tee. One potential problem with tee work is that you are not penalized for looking away from the ball at the last minute as you would be if the ball were moving. To help prevent developing a bad habit of looking up, make sure you see an empty tee after hitting the ball.
7. Make a video of your hitting and review the video in great detail using stop action and slow motion. While making the video, narrate after each swing so that during the review of the video you can compare what you see with what you said following each swing.
8. Hitting from the tee provides the best opportunity to compare different bats. Bats of different brands can be most effectively compared while hitting from the tee. Even among bats of the same brand, occasionally have a bat “challenge” your gamer. You might be surprised to find that it is time to switch bats for games and tournaments.
9. Mark your bat with numbers or letters in six to eight increments around the circumference of the bat. When a ball seems to travel well, note which number was on top. Keeping track of such results will let you know if the bat is more effective in some positions than others
10. Use the tee and higher compression softballs to break in a new bat quickly and effectively. Hitting from the tee is a perfectly legal break in procedure in even the most restrictive of organizations.