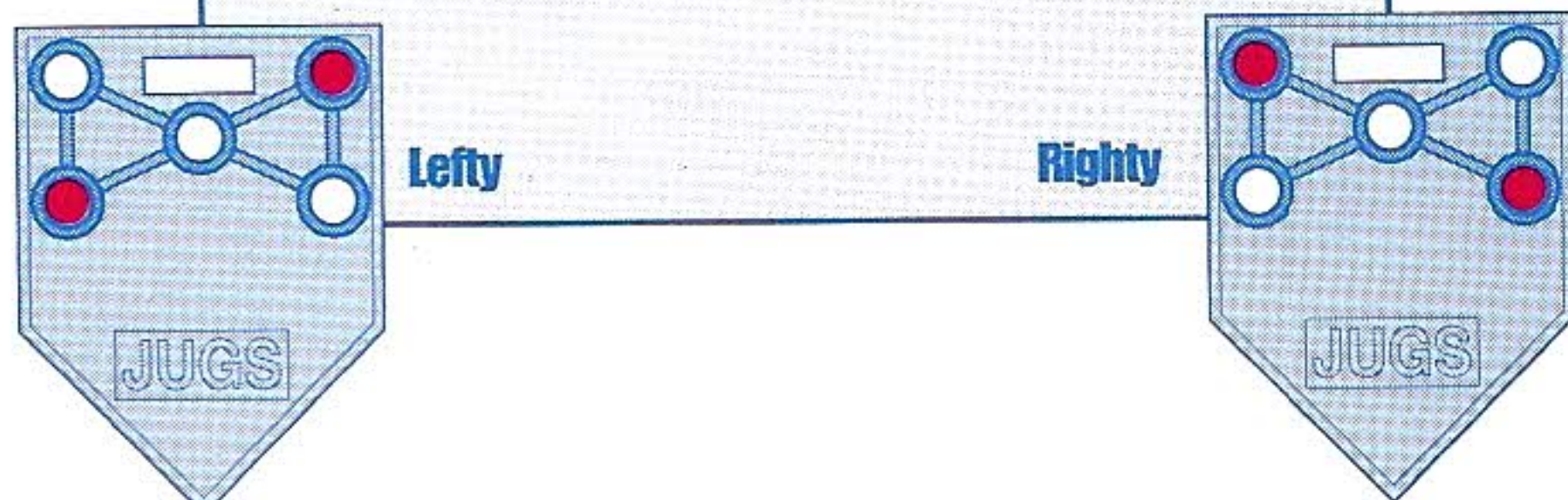
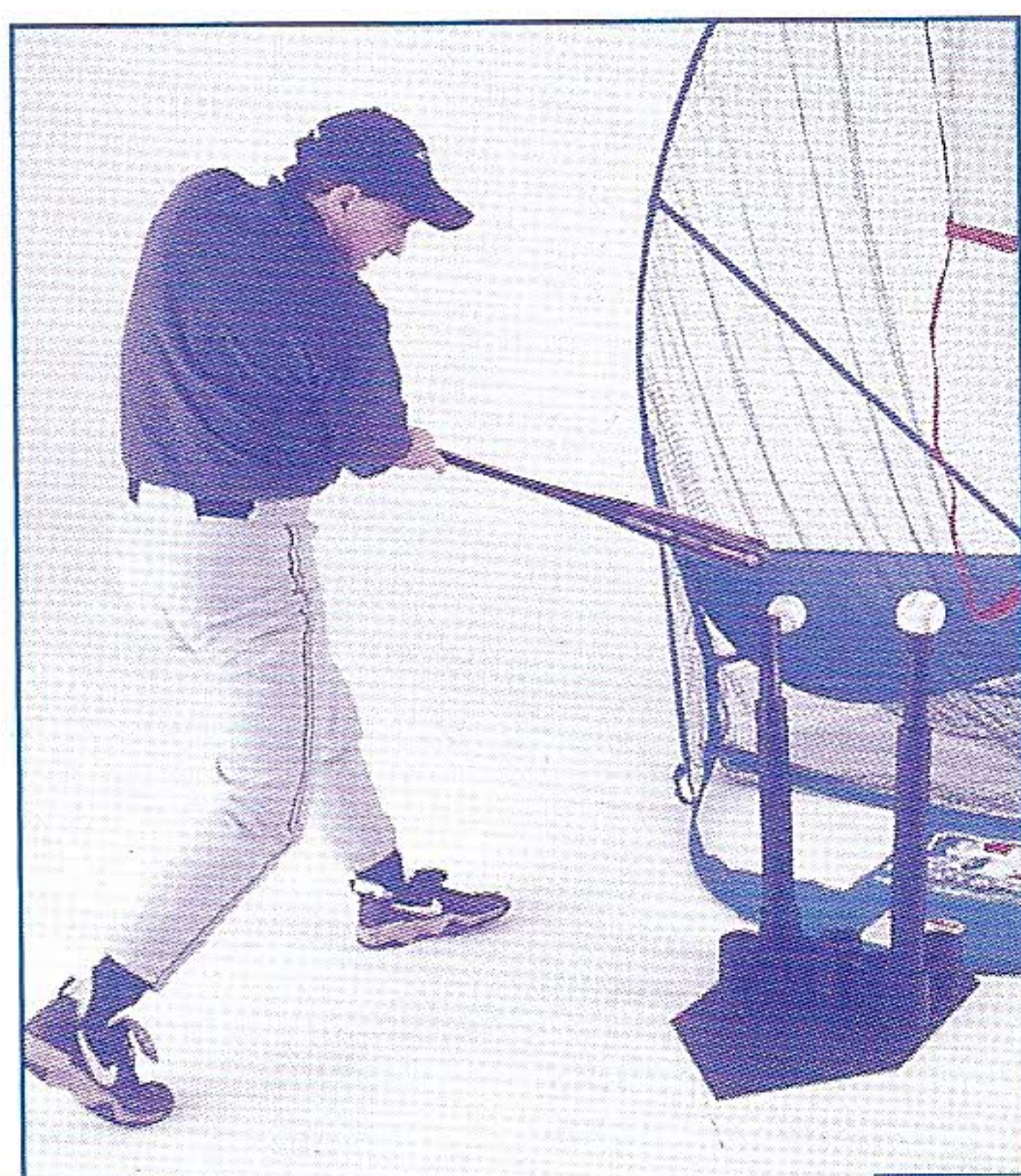


# Double Tee Drill #1

**Purpose:** To develop an inside-out swing-by learning to keep the hands inside the ball.  
To teach proper point of contact.



## Procedure:

1. Place the tees in the front inside and back outside positions.  
(adjust screen accordingly).
2. Inside tee should be slightly lower than outside tee.
3. Place a ball on each tee.
4. Variations-
  - a. Hit inside pitch first, then outside.
  - b. Hitter responds to coaches command (*outside or inside*) as to which ball should be hit first.
5. Keep your head down and keep your eye on the tee after the ball is hit. This assures keeping your eye on the ball and minimizes head pulling.
6. As your swing improves adjust the JUGS 5-Hitting Tee to various heights within the strike zone.