

The Chair Drill (Level 2)

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Level: 2

Purpose: To teach a batter how to swing level or slightly down on the ball

Equipment: Bat, Tee, Balls, Chair (metal folding chair works great)

Description: This drill will force a player to keep the bat level when swinging by making the batter swing over the back of a chair before hitting the ball off of the tee.

Execution: Set up a tee and place a chair behind the tee so that the seat of the chair is facing the tee. Adjust the tee so that the ball will be sitting level or slightly lower than the back of the chair. Have the batter take up a hitting position and then hit the ball off the tee. The hitter receives instant feedback if their swing comes in as an uppercut. You might even start out practicing a slow swing at first and then gradually picking up speed if the batter is having trouble.