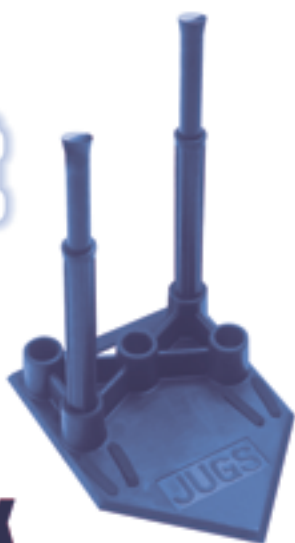




5-Point Hitting Tee™

Drill Book



The JUGS 5-Point Hitting Tee™ is designed to:

1. Give the hitter an understanding of the strike zone.
2. Help perfect the batting swing.
3. Teach the hitter the correct contact points for the inside, middle, and outside pitches.
4. Educate the muscles of the body to react naturally and correctly during live hitting.
5. Teach the hitter to keep his head down and eye on the ball.
6. Teach inside-out swing mechanics.
7. Teach the hitter to use the whole field.
8. Increase the number of hitting opportunities each player has during practice.
9. Serve as a warm-up prior to taking live hitting practice.
10. Develop hand-eye coordination and a quick bat.
11. Teach correct hitting fundamentals.
12. Work on and correct certain hitting faults.
13. Allow players to practice by themselves.
14. Be used in a limited space.
15. Be an ideal "indoor" training tool.

Hit the ball where it's pitched!

Tee Drills were compiled by legendary baseball coach Jack Dunn.



A baseball legend, Jack Dunn is retired from coaching after his 20th season as head coach at Portland State University and his 39th year of coaching baseball. He never had a losing season at PSU, compiling 630 wins. His lengthy career also included 19 years at Portland high schools Cleveland (14 years) and Wilson (5 years).

In the Division I PAC-10 North Conference, Portland State won the title in 1984 and advanced to the championship game of the league's post-season tournament in 1986 and 1990.

The Vikings also won the NorPac in 1977 and traveled to Tempe, Arizona for the NCAA Regionals. In 1984 and 1986, Dunn's teams won 39 games, the state's collegiate record.

Since 1975, 35 Portland State players have signed professional baseball contracts. Most notable of Dunn's graduates to play major league baseball were pitchers Jeff Lahti, Eric Gunderson, and the late Steve Olin. Two-time National League MVP Dale Murphy and Chicago Cubs manager Tom Trebelhorn played for Dunn when he coached Portland high schools Wilson and Cleveland.

Prior to succeeding Roy Love at PSU in 1975, Jack's Wilson High School team won three straight league titles. His American Legion team, Watco Electric, was so successful that he earned the Slat's Gill Award as Oregon's Coach of the Year for all sports in 1973, when Watco finished third at the American Legion World Series. In 18 years under Dunn, Watco won 14 division titles and three state championships.

The "Mentor" has also been published in numerous coaching magazines and, in 1972, received the *Rollie Truitt Award* for his contribution to baseball. In 1998, he received *The Oregonian's Distinguished Sports Career Award* and, in 1999, he was inducted into the *Oregon Sports Hall of Fame*.

Introduction

- A.** The position of the hitter in relation to the JUGS 5-Point Hitting Tee should be as follows:



- 1.** The center of the hitter's body should be lined-up with the back tip of the home plate.
- 2.** Feet should be approximately 24 inches back from the center of the home plate.



- 3.** This basic position is only a suggested starting point. Adjustments from this position may be necessary due to the player's size, the length of the bat, etc.

- B.** The hitter should keep his/her head down and eye on the tee, after the ball is hit, to prevent head pulling and taking the eye off the ball.

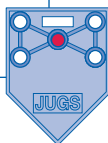


- C.** Regardless of the location of the pitch (*inside, middle, outside*), the swing and the stride remain the same. Only the point of contact changes.
- D.** In all swings, the hands stay inside the ball . . . Hitter, hands, ball—this creates a quick, compact swing.
- E.** Start all drills with the JUGS 5-Point Hitting Tee waist high. As skills improve, move the hitting tee to various heights within the strike zone.
- F.** Place the protective screen so that it touches the front of the JUGS 5-Point Hitting Tee—so that the ball may be hit into it.
- G.** The optimum number of swings before a hitter should take a short rest or switch with a partner, is 10-15 (*depending on age and skill level*).

Basic Jugs

5-Point-Hitting-Tee Drill

Purpose: To develop a natural smooth, mechanically sound swing.



Procedure:

- 1.** Place the tee in the middle position.
- 2.** Place the ball on the tee, waist high.
- 3.** Concentrate on hitting the ball back through the middle (*straight ahead*) and into the screen.
- 4.** 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.
- 5.** As your swing improves, adjust the JUGS 5-Point Hitting Tee to various heights within the strike zone.

Point-of-Contact Drill

Inside, Middle & Outside Pitch

Purpose: To teach the point of contact (where the bat meets the ball) for inside, middle and outside pitches.



Inside



Middle



Outside

Point-of-Contact Drill

Inside Pitch



Procedure:

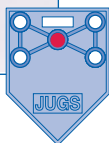
1. Place the tee in the front inside position.
(Adjust the screen accordingly.)
2. Place the ball on the tee, waist high.
3. The contact point should be on the outside half of the ball.
4. The ball should be hit anywhere from a foot to two feet in front of home plate.
5. The barrel of the bat is ahead of the hands—an inside pitch must be pulled.
6. 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.
7. As your swing improves, adjust the JUGS 5-Point Hitting Tee to various heights within the strike zone.



Contact Point

Point-of-Contact Drill

Middle Pitch



Procedure:

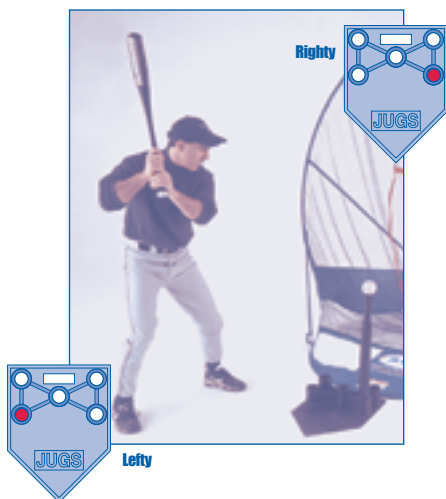
1. Place the tee in the middle position.
(Adjust the screen accordingly.)
2. Place the ball on the tee, waist high.
3. The contact point should be on the backside of the ball.
4. The barrel of the bat and the hands are even at contact
(even with lead knee).
5. The ball should be hit up the middle
(straight ahead).
6. 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.
7. As your swing improves, adjust the JUGS 5-Point Hitting Tee to various heights within the strike zone.



Contact Point

Point-of-Contact Drill

Outside Pitch



Procedure:

1. Place the tee in the outside back position (*adjust the screen accordingly*).
2. Place the ball on the tee, waist high.
3. The contact point should be on the inside half of the ball.
4. The barrel of the bat is behind the hands upon contact.
5. The outside pitch must be hit to the opposite field.



Contact Point

Opposite field for **RH**: Anywhere from second base to the **right-field foul line**. For **LH**: Anywhere from second to the **left-field foul line**.)

6. The outside pitch must be hit over the plate (*adjustment with feet may be needed*).
7. 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.
8. As your swing improves, adjust the JUGS 5-Point Hitting Tee to various heights within the strike zone.

Knee Drill

Purpose: To prevent the hitter from upper cutting by forcing the hitter to **hit down on the ball**. Good for hitters who drag the bat through the strike zone. The emphasis is on hand quickness and hitting down on the ball. Also a good drill to combat head pulling.



Procedure:

1. Place the tee in the inside front position. (*adjust the screen accordingly*).
2. The hitter kneels on his/her back leg with the front leg extended.
3. Place the ball on the tee, waist high.
4. Set the tee approximately two to three feet away from the front of the shoulder.
5. The hitter tries to drive the ball into the net on a line drive.
6. The bat will hit the ground if the hitter uppercuts.
7. Keeping your head down and your eye on the ball minimizes head pulling.
8. As your swing improves, adjust the JUGS 5-Point Hitting Tee to various heights within the strike zone.

Head-Control Drill

Purpose: To teach the hitter to keep the head down and still, in order to combat head pulling.

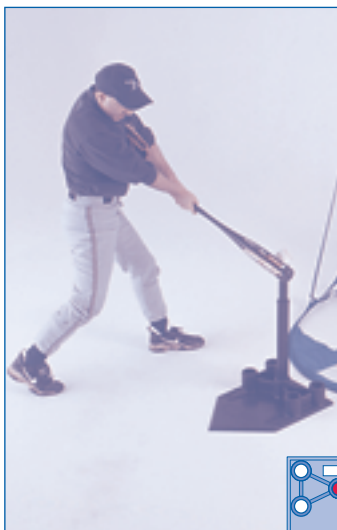


Procedure:

1. Place the tee in the middle position.
(*adjust the screen accordingly*).
2. The hitter places a fielder's glove on his/her head, with the pocket down.
3. The hitter assumes a normal batting stance and drives the ball into the net.
4. The hitter concentrates on keeping his/her head down and still—the glove will fall off if his/her head is pulled or jerked.
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-Point Hitting Tee to various heights within the strike zone.

Glove-Under-Front-Arm Drill

Purpose: To keep the front arm close to the body and keep the elbow pointing toward the ground. This prevents uppercutting and allows the club head to come through quickly and correctly.

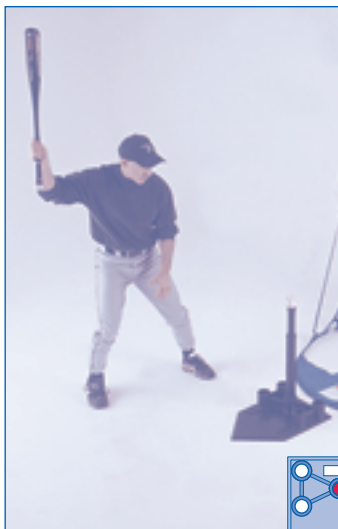


Procedure:

1. Place the tee in the middle position.
(*adjust the screen accordingly*).
2. Place the hitter's glove, a towel, or a cap underneath the front arm.
3. The hitter swings as usual—if the swing is done correctly, the glove will not drop to the ground. A quick compact swing will result.
4. 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.
5. As your swing improves, adjust the JUGS 5- Point Hitting Tee to various heights within the strike zone.

One-Handed Top-Hand Drill

Purpose: To teach the hitter the proper action of the top hand and how it brings the club head of the bat through the strike zone.

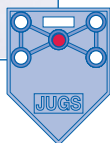
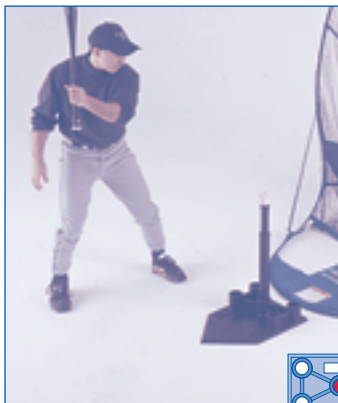


Procedure:

1. Place the tee in the middle position.
(*adjust the screen accordingly*).
2. The hitter assumes a normal stance.
3. The hitter grips bat with the top hand only, similar to a tennis grip.
4. The hitter drives the ball into the net.
5. Emphasize a quick downward stroke.
6. 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.
7. As your swing improves, adjust the JUGS 5-Point Hitting Tee to various heights within the strike zone.

One-Handed Bottom-Hand Drill

Purpose: To teach the proper action of the bottom hand.

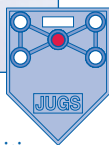
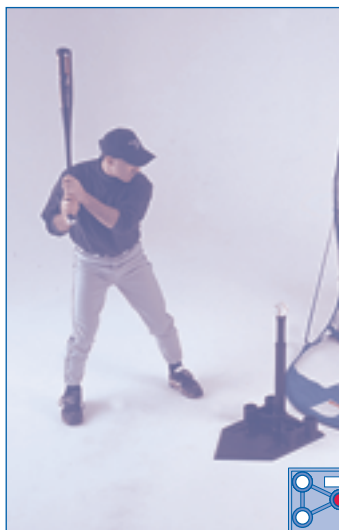


Procedure:

1. Place the tee in the middle position (*adjust the screen accordingly*).
2. The hitter assumes a normal stance.
3. The hitter grips the bat only with the bottom hand (*choke bat slightly*).
4. The hitter swings at the ball using only the bottom hand to grip the bat.
5. Emphasize the lead elbow pointing toward the ground and not flying open in the air.
6. Emphasize a quick downward stroke and backhanding action.
7. Emphasize throwing the “*pinky finger*” at the pitcher’s feet. This helps create the proper hand action.
8. 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.
9. As your swing improves, adjust the JUGS 5-Point Hitting Tee to various heights within the strike zone.

Cross-Handed Drill

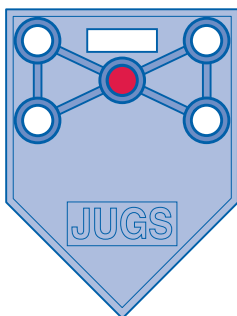
Purpose: To teach hitter the basic concept of rapidly throwing the club head of the bat through the strike zone.



Procedure:

- 1.** Place the tee in the middle position.
(*adjust the screen accordingly*).
- 2.** The hitter assumes a normal stance.
- 3.** The hitter grips the bat cross-handed—that is, the bottom hand is on top and the other hand is on the bottom.
- 4.** The hitter drives the ball into the net.
- 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-Point Hitting Tee to various heights within the strike zone.

Fence/Tennis-Ball Drill



Purpose: To generate bat speed and develop a compact swing. To teach the hitter to swing the bat hard—but under control. Basic position, middle, using tennis balls.

Procedure:

1. Place the tee in the middle position—waist high.
(Adjust the screen accordingly.)
2. Place the tee in front of a cyclone-type fence (*wire meshed*).
3. Place the tee in the middle position—waist high.
4. Using only tennis balls: place a tennis ball on the tee.
5. Attempt to drive the tennis ball through the fence. *(It is possible.)*
6. Use an inside-out swing.
7. 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.
8. As your swing improves, adjust the 5-Point Hitting Tee to various heights within the strike zone.

Double-TEE Drill #1

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



Procedure:

1. Place the tees in the front-inside and back-outside positions (*adjust the screen accordingly*).
2. **The inside tee should be slightly lower than the outside tee.**
3. Place a ball on each tee.
4. Variations:
 - a. Hit an inside pitch first, then an outside.
 - b. The hitter responds to the coach's 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.

Double-Tee Drill #2

Purpose: To teach a slightly downward-level swing.



Procedure:

1. Place the tees in the outside positions—one in front of the other (*adjust the screen accordingly*).
2. Place a ball on each tee.
3. **The back tee should be approximately six inches lower than the front tee.**
4. Hit the ball off the front tee, using a swing that is slightly downward, to avoid hitting the back ball.
5. An uppercut swing will result in the back ball being hit.
6. 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.
7. As your swing improves, adjust the JUGS 5-Point Hitting Tee to various heights within the strike zone.

Front-Side Closed Drill

Double Tee Drill #3

Purpose: To teach the hitter to stride directly toward the pitcher, keeping the front side closed on all pitches, regardless of their location.



Lefty

Righty



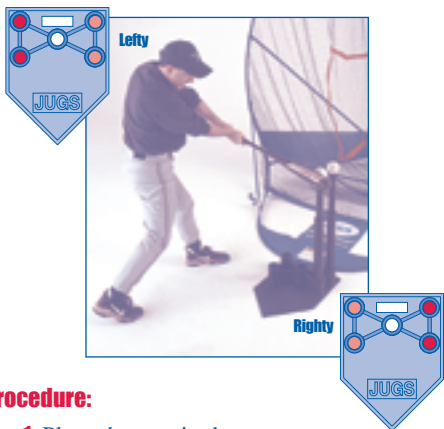
Procedure:

1. Place the tees in the middle and back-outside positions. (*Adjust the screen accordingly.*)
2. The middle tee should be four to six inches lower than the back-outside tee with the balls in place.
3. Place the balls on both tees.
4. Hit the ball off the middle tee by swinging level or slightly downward.
5. Use a quick, compact, inside-out swing to avoid hitting the ball on the outside tee.
6. **Do not uppercut or you will hit the outside ball.**
7. Stride toward the pitcher, keeping the front side closed.
8. Keep your head down and keep your eye on the ball and minimize head pulling.
9. As your swing improves, adjust the JUGS 5-Point Hitting Tee to various heights within the strike zone.

Follow-Through Drill

Double Tee Drill #4

Purpose: 1. To teach proper follow-through on the hitting swing. 2. To teach the hitter to stride toward the pitcher with a closed front side. 3. To teach the hitter to swing the bat level or slightly downward. 4. To teach the hitter to use an inside-out swing.



Procedure:

1. Place the tees in the two outside positions or two inside positions.
(Adjust the screen accordingly.)
2. Adjust both tees to the same height.
3. Place a ball upon each tee (use polyballs or JUGS Softies™ only).
4. Use an inside-out swing for a quick, compact swing.
5. Swing the bat level or slightly downward, hitting the ball on the back tee first.
6. The back ball will drive the front ball into the middle of JUGS Instant Screen if the swing and follow-through are done correctly.
7. 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.
8. As your swing improves, adjust the JUGS 5-Point Hitting Tee to various heights within the strike zone.



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