

“Little Known Hitting Drills to Get On-Time More Often”

A HittingPerformanceLab.com Interview with Taylor Gardner

Joey Myers Hey, welcome to the Swing Smarter Newsletter Monthly. This is your host Joey Myers from Hitting Performance Lab. And with me today, I have one of my best buds in the baseball softball industry. Uncle Flash, a.k.a Taylor Gardner. He is the co-founder of the Backspin Tee. And for those of you out there that know Taylor Gardner's brother, Jarrett, they give a lot of information out there for free on the social media. They're not just a tee company, but they actually have... And this is what I like about them, is that they have a hitting mindset that is rooted in a scientific method style of thinking. They're always asking questions. They're developing hypothesis. They're doing the research and study and they're collecting the data and coming to a conclusion. That's not just an opinion. They're basing it off of all kinds of different things like physics and engineering and different things like that.

Joey Myers So welcome to the Swings Smarter Newsletter Monthly, Taylor. And if you're ready, I'm ready.

Taylor Gardner I'm ready. Thanks for having me.

Joey Myers Got it! Well hey, in the past conversation, we talked about something I wanted to do - deep dive in was the concept, the timing. I know you guys, you and Matt Nokes and Jarrett, you guys do a lot of thought on timing. And obviously this is kind of the one thing that separates us baseball, softball players from golf. There's really not that element in golf. So, I wanted to deep dive in this phone call and this interview on your top two, if not three timing drills that you do with your hitters that you guys work with.

What are Top 2 Timing Drills you do with your Hitters?

Taylor Gardner Sure. So, I got two of them that really, really stand out. We do this with all of our hitters of any age, as long as they're in coach pitch or above. Obviously, with your more advanced hitters, you can expand these drills to challenge them even more. But the one thing about timing that we see a lot of coaches and players misunderstand, though, make sure that I'm very clear on what timing is, at least through the lens that I'll be talking about, is the amount of time the ball is from a release point out of the pitcher's hand to your contact point.

Taylor Gardner Let's just say for general reference, that's in front of the plate for right now or at the plate - either way. Hitters need to learn how to get on time with the pitch and know that's not just guessing pitches. But actually, you can feel your timing. Anyone with a stopwatch can actually pull their phone out and start stop and try and stop that thing on point four seconds, four point seven seconds, whatever it may be. And a lot of hitters have no idea that 80 mile per hour fastball, it takes the same amount of time to get the plate.

Taylor Gardner And it really doesn't matter if the 80-mph fastball or an 80 mile an hour curveball that the timeline is virtually identical. So, once you start to feel these timelines, man, a hitter, there's no reason the hitter should ever be late on a pitcher. And that is huge in our world of hitting. If you can get a hitter to be on time with a pitcher, sure they still have to put the right swing to get the ball behind the ball. But at least they're going to be in time to do so.

Multiple Pitching Distance Drill #1

Taylor Gardner There's nothing worse than watching a hitter struggle because they're late on fastballs and early on off speed. They're caught between and they don't know what to do with that. So, the first drill that I talk about is actually one that we can do, you don't need a team for it. You can just do it. If you have someone there doing live arm. Start really close to them. Let's say 20 feet out, behind the L-screen and you can make it kind of easy on them. You know, you were not trying to blow it by unnecessarily or lob it into them, but you can give them a pretty flat pitch in there, something that replicates what they might be seeing in a game.

Taylor Gardner And then once they're good and ready, start trying to blow by them, start ramping that speed up and don't lie to them, not trying to trick them. Hey, we're going to go faster and hitters are going to inherently start figuring out when to start their swing. And a lot of hitters I see as they don't know how to start their swing soon enough. That doesn't mean pulling the trigger to swing all the way through. But they have to get going.

Taylor Gardner A good example of that is if you're going to do a race ready on your mark, get set, go. Everyone who's ever done that kind of leans until it a little bit on your mark get set. They kind of sit in their legs, kind of twist up their core a little bit. They're ready to make their first move to get the best jump they can. So that gets a hitter ready.

Taylor Gardner Then after they start doing that 20-foot distance you can start scooting back 30 feet, 40 feet, 60, even 80 feet further than what they might see in an actual game. Again, just challenging their brains and their ability to figure out when to start on time. So they know when to land on time so they can take their best swing.

The Backspin 2 Tee Drill #2

Taylor Gardner And so that right there anyone can do, another drill that I really like is with two batting tees. You do have to have a Backspin Tee for this one as a drill that me and my brother created. And you put the Backspin Tee at the fastball depth. So let's say you like hitting around or front foot area or probably wherever it may be. That's great. That's your fastball. That's your preferred timing where you're trying to hit your fastball. It feels good. Your swing.

Taylor Gardner Then you put a traditional tee about a foot, foot and a half further in some of the tee and a little bit lower. And so, what we're replicating here is if a fastball gets to this certain depth that you like, put a change up at that same time, it's actually a foot or foot and a half in front of where that fastball is. Now, again, we've researched this. I'll save all the details for later. But a changeup isn't 10 feet in front of where the fastball is. So if you're on time for fastball, you're really only off time of change up by about a foot, foot and a half.

Taylor Gardner So just imagine that in your head. That's not that much. And hitters, if you learn how to what we call ride into your stride, controlling your forward move forward move is essential in controlling your depth of where you put your body in relationship to where you're trying to hit the ball.

Joey Myers And Taylor, I talked a little bit about the ride give some examples of that.

What Does the "Ride" part in 'Ride & Stride' Mean?

Taylor Gardner So again, like that, racing on your mark, get set. Go. Everyone can kind of envision that. Other examples of ride would be like a first baseman. They get their foot on the bag. A ground ball hits of the second baseman because they're holding the bag. They already know how far out front they want to catch that ball. First baseman does not like catching the ball with their glove near their body. They want to take it further out front. One, that's how we kind of learned how to play catch our whole life. You know, catch the ball in front of you here, you know?

Taylor Gardner So they actually, the first baseman doesn't just stand out there with his legs spread already hoping that the second baseman throws a directly to them. He gets on that bag. His feet are generally close together. He anticipates and feels that release point. And then as that ball is thrown to him, if he has to make an adjustment, he can take his body to that ball that he lands and he catches it at the depth that he wants to catch it.

Taylor Gardner Catchers do the same thing. There's not as much movement as catches are squatted, but you will see a catcher give the sign. And as that pitcher gets into his windup, you'll see the catcher kind of like put his glove down for a second. It's kind of weird. They'll put the glove down for a second. And then "whoomp" ... they'll catch that ball on perfect time right where he can hopefully the pitcher throws it in the spot, but the catcher is putting himself in position to be on time to catch that ball.

Taylor Gardner And outfielders do this, fly ball hit the gap. Do they sprint to the spot, stand underneath and hold his gloves straight up in the air? Not really. Not really. They judge that ball even though they're jogging or even a half sprint. They're still riding to get to the location. They want to be on perfect time. By the way, I'm doing this in my shop right now. I'm literally envisioning catching a fly ball.

Taylor Gardner And heck, wide receivers do this. If this is nothing new for athletes, depending on how you have thought about it or not thought about it. A ride might be groundbreaking to you. It also might be something that a hitter can do immediately because they just never applied it to hitting like they have other athletic endeavors.

Joey Myers And talk about the snap drill. That's a great way to kind of practice that ride.

The 'Snap Drill' & What it means to Hitter's Timing

Taylor Gardner Yes. So we like to use the snap your fingers or clap your hands or whatever we like to call it, timing practice, if you will. So, the pitcher and you can do this playing catch. I actually got to do this. Matt Nokes, we were working out with the Louisville Sluggers, minor league ball team there for the Reds and Matt goes all right Taylor, I've never seen you throw. And I haven't warmed up or anything.

Taylor Gardner He tosses me a ball, and I want you to throw it down the cage. And All of you triple-A players. I want you to snap your fingers right when he releases the ball. Now, they had no practice doing this. You want me to try and mess them up? Yeah. Try and fool us. OK. So I took a super slow wound up, put my hands way over my head like a pitcher would do like Nolan Ryan or somebody super slow, high leg kick. And then I went so fast as I could and pushed off my back leg. And I throw that ball down the cage. And guess what?

Taylor Gardner All of them snapped at the same time. Because we can filter in your brain and eyes can tell when an event is about to happen. So, call it anticipatory. Call it

guessing, whatever. You know when the pitcher is going to throw the ball. You see them warm up. He can't fool you. He can't get to his released point and then not throw the ball.

Taylor Gardner He does that. This is going to be very good for him. So, feeling the ride into release, which starts your timeline, starts the timeline of that pitch, is easy. You just have to look for it. Super easy. We do it every time we play catch. And then you snap again where you want to hit the ball.

Joey Myers And then another good one for those out there that are coaching the younger kids like I am with my 7-year-old son, getting them to play catch. Just from 3 feet away. Just the act and you and me and the older the coaches, we take it for granted in catching a ball. But when you watch a 6 and 7 and 8-year-old try and catch a ball without a glove on, and one of the drills we do is we have them catch it. They got a partner and then they toss it underhand to each other in the first phase is no glove and they're trying to catch the ball with both hands. The second phase is catch it just with your just with your catching hand without the glove. And then the last two phases of four is glove on backed up a little bit, catching with both hands in the last one is catching and only with the glove.

Joey Myers The interesting thing is when you have them in phase two with no glove and they have to catch it with their glove hand because you're watching them try and ride out and try and time their hand closing. So, it's perfect that it catches the ball. And you oftentimes you see the kid close his hand too early. It hits the fingertips and then falls to the ground. Or, they close it too late, hit their palm and hitting the ground and then they close their hand. So, another great example of that ride. It doesn't necessarily have to be in the swing per se. That's what we're talking about here. But a ride is just like Taylor was saying. It's anticipatory. It's a guess. It's whatever. But the better using the snap drill I really like.

Joey Myers There's an article that I did with Matt Nokes on that or a video he did. And I put it on my blog. And that's it's a very popular blog post. Every time I put it up, a lot of people share it. And it's just a simple. I'm sure those triple-A guys for the Louisville Slugger team, triple-A team I'm sure, they were like snap drill, really, the triple-A guys. But it's as simple as that.

Joey Myers You can really train the principal or the timing principal. Just snapping when release, snapping when the ball passes the plate, or hits the catcher's glove, or however you want to do it, you know, it's a great one. Now bring us back to that drill, the backspin tee drill where you have the backspin tee and then you have the regular on time a fast ball time and then you have the off speed tanner tee or whatever out in front foot and a half out in front. And how that ride helps with that.

How Does the 'Ride' Help Hitter Out with Backspin 2 Tees Drill?

Taylor Gardner OK. So, this is where I need a clean slate for anyone who's listening to this. We've all seen and heard outside pitches have to let get deeper. Inside pitches you have to hit it further out front. I'm not going to say yes or no to that. Just what I'm going to say is. You've got to find your preferred timing depth of contact. You know, me personally, and I like to hit around my front foot.

Taylor Gardner Not that you can't work on letting it get deeper, but once you find that preferred contact depth, go to battle with that. That is your strong timing depth. That is your contact point that you like. And so many times, I see hitters trying to work on hitting it

to all fields, which is great. I've nothing against that. But I see them struggle in the attempts of practicing that because they aren't on time with any one spot. How are they going to be on time with? Well, it's outside pitch. Now I react it and let it get eight inches deeper. Okay. Now I have to be on time for that hopefully I hit hard...

Taylor Gardner So you can cover the whole place while also trying to be on time with your preferred depth. So that's what I'm getting with this. If you can still do all of that, cover all the depths of the plate. It's all parts of the field. But you don't have to give up. In fact, it only helps you if you know you prefer depth.

Taylor Gardner So when you put the Backspin Tee at your fastball depth and you have a coach or another player, that when a hitter starts to load of his swing, if you will, or starts to ride whatever their first movement is, either call or either don't call out anything and you're going to hit Fastball, the Backspin Tee or call outs changeup and they're going to react and then extend their swing or buy time or whatever you want to call it.

Taylor Gardner They get their swing that extra foot, foot and a half, which sounds like a lot. It's not until you try it. A foot and a half is nothing. We've all seen hitters do this. Will put it into their legs.

Joey Myers You just look at your foot and you're most people, maybe not like they have size Twelve feet, but they're ten to twelve-inch shoes. You just look down at your shoe and that's about 60 percent of it.

Taylor Gardner That's right. That's right. So, within one within two different pitches, within one same swing, a hitter can be on time to hit a fastball and a change up a little bit further out front and still not quit on the swing. Still not have to react and let that pitch get deeper and manipulate his mechanics. Changing mechanics when a changeup comes in. You might change your style as far as, oh, he went a little bit further. You know, he took his head to it a little bit further. He hit that change of a little bit further up front. That's great. But it's still his "A" swing. His best swing that he's able to get off. So we don't have to have, you know, nine different points of timing to cover all nine points.

Taylor Gardner You can go to battle with your best timing depth and still cover the whole play. You simply have to know how to ride and win to land swing. And that land swing is essential. You look at some of the best hitters in the world. As soon as that front foot lands and they're pulling the trigger. There's no pause. Pitchers don't pause when the front foot lands or throw. They Land throw. Now again, you might have some guys do a no stride or a toe tap or a little heel lift. That's all styles of ride and stride.

Taylor Gardner So the stride is the forward move. The ride is getting ready to make that forward move. And they're both extremely important. Now, are you going to be perfect with that every time? No. But you will have hitters trying this drill and try not to laugh at them because it will happen. They will accidentally tell themselves; the coaches are going to call Change-Up. I just know it. And he won't say anything. You know, so he spoke to that fastball. Call out anything and he will just get caught right in between and swing and miss. Because halfway in the swing, he realized, oh, crap, that wasn't change if it was fastball. And because he shifted in and committed to the long-time timeline. You can't catch up a fastball if you're looking change. The physics doesn't work like that and timelines don't work like that.

Taylor Gardner You can be ready for the earliest pitch or quickest pitch, which will be fastball and buy time for off speed. But if you look off speed and the fastball gets thrown, man, at best you might foul it off, but you're certainly not going to get your barrel where you want on time because you're not on time.

Taylor Gardner So the entire goal is to end up on his perfect timing as you can with your best swing. Sounds easy, right? Well, I wish. But it is easier than trying to always guess pitches. It's a lot easier than trying to react to everything, you know. OK, is it a ball or strike? OK, now I got to decide to swing. Where in that did you decide your timing? If you're doing nothing but reacting, you're not actually physically performing anything to help you get the barrel to the ball on the timeline that you want it to be.

Taylor Gardner And again, this is tennis players know this way better than baseball and softball players. They're riding before their opponent even hits the ball back at them? OK, they're looking to look at their opponent. OK, he's lined up this way at this angle, all confusing jargon. So what put as soon as that ball's hit? What does the tennis player do? They get their body in position, it kind of looks like they slow down. Slowdown that backswing, and then they land swing, boom, they hit that forehand. You know it. And they do it way more often than baseball players do. And they can still ride in stride and hit balls back and forth each other at 80, 90 miles per hour.

Joey Myers Well, you keep mentioning buying time. So what does that look like when you and your brother teach them that? What are some maybe some tools for hitter's toolbox that you teach for buying time?

What Does it mean to 'Buy Time'? And How do you Teach it?

Taylor Gardner So there's a couple ways to buy time. And I'll cover a few of the big ones. So the first one is maintaining your posture. Wherever you landed or the swing that you're going to battle with, you don't want to pull your head out. You don't want to change your posture and lean back. You don't want to crash over the plate. You want to maintain your posture on the ball. Or some people might understand it better if I said keep your shoulder plane on the ball.

Joey Myers Knee bend. I think Matt Nokes talks about bend in the ankle. Bend in the knee. Bend in the hip kind of thing.

Taylor Gardner Yes. Yes. You don't want to. So part of keeping your alignment on the ball. The first thing that goes when someone's early and most of the time you're off time, you're early. Yes, I know a lot will say, I'll get blown away with 80 miles per hour fastball. Chances are you're probably just not on time with how you're starting.

Taylor Gardner We see a lot of people accidentally do things a touch early. They stab their foot down early or they jump out at the ball too early. Whatever it may be. So one of the first things to go is their posture or their athletic position, if you will. So if you stay in that position. Oh, crap, I'm early. That's a great self-defense mechanism. Your swing hasn't started yet. You haven't pulled the trigger yet. Okay, I'm early. He just threw me a knuckleball. Oh, crap. But I have to hit it. Just stay in your posture. Stay coiled up.

Taylor Gardner And that's the one thing that we see a lot of elite hitters do. They simply stay in their posture a little bit longer. You've probably seen swings like this. You saw the guy get fooled by a pitch. And then all of a sudden, he slaps it over the infield and gets a

single out of it. Oh, man. Good hit right there. Tony Gwynn did this a lot. A lot. It almost looks like he got fooled. Just stand on the ball. Sure, he didn't get his best swing on it but he stayed on it, got barrel to it. Good job.

Taylor Gardner Other ways to buy time would be during your ride phase before your foot lands. You can ride the inside of that back leg and just if you will slowly creep forward. You need to go forward because the balls in front of you. It is your action plan of getting your posture and your shoulders and your back half lined up to the pitch. The forward move is very essential in lining up backers.

Taylor Gardner Another way you can do it is by staying sideways a little longer. Someone just coughed up a little bit when I said that I threw up in the mouth. Yeah, yeah. All I mean by staying sideways little longer is don't spin off your back foot too soon. There's a reason, by the way, hitters start sideways to the to the pitcher. There's a reason.

Taylor Gardner It's a position you can work from. No one starts with their back foot already turned, and their hips already open. There is a reason. And it's not just for power, it's for alignment purposes it's to help you stay on the ball. If you have to. Again, tennis players do this all the time. Golfers, when they hit the ball, their back foot is still sideways at contact. Granted, they're not hitting a moving ball, but it's the act of how to stay in position to hit the object who wanted to hit.

Taylor Gardner Another way you can do it, and this is what Matt knows talks a lot about, is sitting in your legs, by sitting in your legs, I really mean like sitting like if you're going to sit in the chair, everyone's athletic position, you know, he has two bent knees or leaned over the waist. Shortstops do this every day with a very good athletic position; we see in every sport. And so, again, if you find yourself a touch early, you don't just quit on your swing and pull your head and make of your front side. So your hands at it. No, no, no, no, no.

Taylor Gardner You can just keep sitting. Your body goes down with gravity. As soon as you start to go forward and take your stride to the ball, that body starts to sink a little bit. We've all seen this. Joey has like 100 million videos on this, it's amazing, at head level draw a bar across top of you see that, getting shorter staying shorter.

Taylor Gardner So every pitch comes down at the same rate of gravity. Thirty-two feet per second per second. That is a variable that this a constant. Which is great. It is awesome. We two also can sink with the ball 32 feet per second per second. So now what you have to do is get on time with the pitch coming to you. But it's still coming down.

Taylor Gardner Even the 100-mph fastball. It's still dropping three to four feet on its way to you. That pitchers on a raised mound. So that's another element of timing. It's not just timing point A to point B out of the pitcher's hand to your bat. But actually, timing the fall of the pitch, the gravity part of it. And man, once a hitter starts to fall with the ball or sink into their legs, it's hard to get a ball by them.

Taylor Gardner Hitters that do this really good or like Ichiro Suzuki. A lot of the Japanese players have a long stride and it looks funny to us Americans. Oh man, why does he have this leg kick and really strung out. He is not letting that ball get out of his timing window, but they just have a much longer window.

Taylor Gardner There's some Dominicans out there. My brother used to pitch against that. He would try to spike the slider in the ground. And next thing you know, it was hit three hundred eighty feet like they didn't care if it was a ball or strike. They knew how to get to the ball. Not that you have to be that exaggerated to be a good hitter. But man, to have none of that in your arsenal of weapons. Holy cow. You're doing yourself an injustice.

Taylor Gardner We have more offensive actions in movement patterns. You know, than I think most people realize. I get so tired of hearing hitting is reactionary. It's all reaction. Sure, there are reactions in hitting. But my goodness, to tell Tom Brady. Hey. Go run this play. But I'm not going to tell you what routes the receivers running or anything is going to have to wait for him to get open and then hopefully get it to them on time.

Joey Myers You just have to react to it. Don't be proactive. Yes. I love that. Well hey Taylor, I know we could go into probably more depth in each of those drills. What I wanted to do since this is going to be in the hitting aid section, is I wanted to ask you about the brand-new backspin tee pro lite model that you guys just came out with. And I know you guys replaced a couple other ones. You keep the good ole old legacy model, the pro model. But you brought the guys came out with something. I think that's going to address the objection of, well, you guys are selling a \$400 Tee. Who can afford a \$400 tee? Even though you guys sold quite a few of them and won many awards on them on it. But talk a little bit about what the differences in the pro lite versus the pro model are.

What's the Difference Between Backspin Tee Pro Deluxe model versus Pro Lite?

Taylor Gardner Gotcha. So our pro heavy was our original and it got us on the map. We had no intention of building a tee. So when people buy our products, I hope they know we stress this as much as we can. You're buying a training product and this thing will last you a lifetime. It is built like a tank. I've sent Joey Myers, a couple dozen now. We've made changes along the way. What we have now is bullet proof. So, yes, is the ball being held still. Of course, it is. Is. But does it offer more than a traditional tee? Yes, it does. It is expensive to make. We make every one of them by my own hands. I do all the welding. Wrap every cone. We bend every one of them. Here in Oklahoma City.

Joey Myers I was going to say Taylor's not in China. He's in Oklahoma City.

Taylor Gardner Yeah, there's nothing we have that's made in China. It's pretty miraculous how durable these are. But the effect that you're going to get is, you know, if you ever put a donut on a bat and swung it and then you take the donut off and all of a sudden you feel like he can swing faster, there's an effect there. And so you get the effect of, wow, this is the only part of the ball that I can hit to get the ball a chance to be a line drive. You can't hit the top of the ball guys, and hit a line drive. It doesn't work.

Joey Myers And I could probably be too proud to speak to that effect. Real quickly, I ran an experiment. This was before I knew Taylor and Jarrett. I saw their tee loved it. They sent me one. I did a swing experiment where I took a hundred swings on their tee, 100 swings off a traditional tee in an ATEC or a tanner. At the time was an ATEC tee. And so I counterbalance those swings so that we took out the getting warmed up and the getting tired swing factors.

Joey Myers I can put a link to that in the show notes here for anybody that are looking to kind of see how that experiment went (<https://gohpl.com/3bv8WXr>). But what ended up

happening was I took a picture of the cage that I was hitting in. I laminated it. And then for each one hundred of the swings, I put a black dot from a Sharpie where I hit the ball. And the scatter graph on the Backspin tee look more like a palm tree or a tornado. The scatter graph for the regular tee looked more like a kind of a cinder block. And there were some balls that were up at the top of the gage. So I did hit some up from the regular tee.

Joey Myers But what was really interesting that I had no clue before the experiment that the effect that Taylor is talking about is seeing that bottom half of the ball there. It lasted about ten to fifteen swings when I switched from swings off the backspin tee to the regular tee because how I counter-balanced it. They were in twenty-five swing chunks; I would take twenty-five swings off of the backspin. Then I would take twenty-five on the regular tee. Then another twenty-five on regular and then another twenty-five on backspin. And then I would I would reverse that. On the last one hundred swings.

Joey Myers So after twenty five swings on the backspin tee and the first ten to fifteen on the regular tee, the ball was behaving off my bat the same as it was off the backspin tee but then the last ten fifteen swings on the regular tee, the ball started coming down, coming down to more of like the height of the tee to below the height of the tee. So the Backspin tee effect and this is what I found in the experiment was interesting. That lasted ten fifteen swings after taking the swing off the backspin tee. So go ahead and finish off your comparison on the two.

Joey Myers But I think people ought to understand that because they ask me when they say, you know, does this really work? Hitting off the Backspin tee so I always tell him the Backspin tee effect from that experiment.

Taylor Gardner It was a great experiment and it's how me and you kind of got introduced to each other. Yeah, it was awesome. So. So yes, a pretty heavy model is currently at \$350. And again, lifetime warranty on that. But the pro lite version, it offers everything the same. It is made out of this material; it's made of softer aluminum. It is a little bit cheaper for us to make. And we wanted to be able to get these in more people's hands. You know, we sell ten 10000 units of our pro deluxe model, if you will, and you get people calling in and saying, I love everything about what you guys are doing. I just can't afford it.

Taylor Gardner That's fine. We understand. We're not trying to price gouge people. We have to pay for these things. And you know it. And as Joey knows, the marketing dollars isn't cheap. So the pro lite version is what is \$139.99. That is shipped. It doesn't have the lifetime warranty on it. But guys, as long as you take care of it, it's going to ask you just as long as any other tee out there.

Taylor Gardner Our rubber cones are extremely well-made, we're not having any issues with them. One thing that our Backspin tees do that no other tee in the world does is you can actually put your elite angle attachment on it and then you can angle the ball to any angle you want. So if you want to work on a low pitch or that barrel head might be a little bit steeper versus a pitch chest high level or might be a little bit flatter, you can visualize that before you go bang some balls into practice.

Taylor Gardner If you want to work on visualizing a fastball coming in at a negative eight degrees. You can do that. So you can visually get yourself and also physically perform these angles of the body that you're looking for. Again, providing that effect that you're searching for in your game.

Taylor Gardner Does everyone need a Backspin tee? No, I don't recommend it for tee ballers. They aren't quite advanced enough. But if you're ages 7, 8, 9 and you see your son or daughter is ready to be challenged a little bit more, maybe their coach or dad doesn't have time to throw balls to them. That's fine. You can still get the effect that you want with your player by training on this. And so now we have a much more affordable option and a lot of people are buying them already. I got about 30 boxes of stuff in the back of my truck and have to take to UPS just right now.

Joey Myers Hey, one other question on the tees that people have is knock-down rate. So I know I can tell from experience. The pro model, the pro deluxe heavy tee, big ol' heavy thing. That thing. It's not getting knocked down. I mean it's very rare that it does. How does the pro lite stack up in that?

Taylor Gardner It actually surprisingly does about the same. So a clean hit not going to move. If you hit a ground ball. You know, it's going to turn a little on you, like any batting tee would if you hit the rubber cone might shift a little. If you were to really miss and strike eight inches above the ball. Hit the top of my rubber cone. Yeah. There's not much I can do from hitting and knocking that down.

Taylor Gardner And now again, I do want to stress this is our pro lite version. It does have a laser cut stake hole in it. Some people prefer to put a tent stake on it. Maybe a bucket of balls. But again, if you're hitting the ball, it is fine. It doesn't knock down any more or less than any traditional tee. Again, as long as you're not misusing it.

Joey Myers Right. Good. OK. So we're getting close to our time here. Last thing I wanted to ask you. Uncle Flash is where can people find you if they wanted to get more information.

Taylor Gardner BackspinTee.com is the best way. And guys, we are on our Facebook 24 hours a day. If you have any questions, please feel free to shoot me a message over Facebook is the easiest and quickest way. We do have quite a few followers and we do get blown up quite often and with questions and with people looking for new drills. I don't have a whole bunch of hitting drills simply for the fact that we are tee company and some people don't want to be told how to hit.

Taylor Gardner If you're one of those that would like more information. Go to YouTube, find me. And at Backspin Tee, it is our name and I do have a mix of myth busting video collection. There are about 10 videos on there. And I think you guys really enjoy, even to tell your friends, your parents, your coaches, you know, hey, look at this myth that I saw these guys bust. Can a baseball rise. Can you hit the top of the ball and make it go up? It's all in fun in nature, but it is truthful. There's a lot of myths out there. And if you don't know these myths and maybe you're being taught some of these myths, I hope it'll open your eyes that, wow, if this factually isn't true, you know, this part of baseball, why am I being taught to do this? This or this? In my swing, it doesn't add up.

Taylor Gardner And so not going to call anyone out just as a hitter and definitely want to be the smartest hitter that you can be. No, I don't know what happened, Joey, but somewhere in the last 50 years and this is Matt Nokes telling me this, hitters at pro ball, got told they weren't as smart as their coaches were understanding what's going on in their swing. Yes, you can be maybe you can't look at your swing video all the time, but you should have a pretty good idea of what your body's doing. And if you're swinging and you

think everything's good and you're still missing the ball, probably your timing, probably nothing to do with your swing as you think.

Joey Myers Yeah. And before I in this call, I just want you guys all to know you coaches, you guys and gals out there. If these guys know what they're doing. So I know a lot of hitting aids out there. The founders of the creators don't maybe know what they're doing, hitting wise. And that's maybe why that kind of a myth that people don't take hitting advice from hitting aid creators. But these guys know what they're doing. I wouldn't be on a phone call with them interviewing them if that was the case, if they didn't know what they were doing. So they have a lot of deep respect. Maybe in another call, we can kind of go over that aspect of it. Why? Why respect these guys a lot, but definitely hit them up on social media and on YouTube. Check out some of the videos, because what they have is golden, the information that's golden.

Joey Myers So anyway, with that keeping this call being respectful of your time. Well, let's let you go. But thank you so much, man. Appreciate you pouring out your time, your knowledge, you know, all the time. I love I love what you guys are doing, especially on the timing side of things. And just appreciate it, brother.

Taylor Gardner I appreciate it. I'll leave you with one more story. There was a study done. I know they did at Stanford, and I'm pretty sure they did it at Harvard as well. Had nothing to do with baseball. The timing, though, the start of the semester, the professor asked every student, I want you to practice starting a stopwatch or a clock. And every student had bells in front of them. And whenever they took their tests, they had like weekly tests or maybe, maybe every other week. And without looking at a clock just by the feel they were hitting this bell when they thought it hit forty-five minutes. That's a long time. That's a long time to stay engaged with timing.

Taylor Gardner At first, you know, everyone struggled with it. And by the end of the semester, everybody got to within like a minute and a half. Some people were so close, they were within seconds of being right on time. Forty-five minutes. And they're taking exams. They're not thinking about time. They're just aware of their timeline around them. And so I thought those pretty interesting that, you know, we in baseball get so caught up and he's throwing hard. I don't have enough time on. No, no. You have plenty of time. You've just got to get your brain wired and ready for it.

Joey Myers Right. And it goes back to your snap drill. Right. Or just taken out. You can do the snap drill. Like right now, everybody, we're in this current coronavirus quarantine deal. And so you can take a stopwatch and you can try and stop it at one second or a second and a half or two seconds or just the timing of stopping at those time. You're practicing timing. That's all it is. It's not overcomplicated. That's what time it is. In a lot of the examples that Taylor gave on the ride. Part of the stride. Right in stride. The ride part are all practicing timing your timing and catching the ball, your timing running to a certain point. Your timing a pitch coming in, a certain pitch, a fastball versus changeup.

Joey Myers So I hope a lot of you. There was some stuff in here that you could just practice. You could practice at home, on the field, whatever, whatever time you find yourself in here, if you're still in quarantine or well-beyond. I thank God well beyond this thing that you can what Taylor said to heart and work on it. So thanks again, Mr. Taylor. And I'm sure we'll be doing another talk like this soon.

Taylor Gardner I'm ready. Thank you. I'd rather be back by.

For those looking to get more information on the Backspin Tee Pro Lite model, you can go to TheStartingLineupStore.com (*go straight there by using this short link:* <https://gohpl.com/3aA1Lwg>), and if you see what you like, then you can use coupon code: **GET10OFF** at checkout to **get 10% off your purchase.**

Thank you.