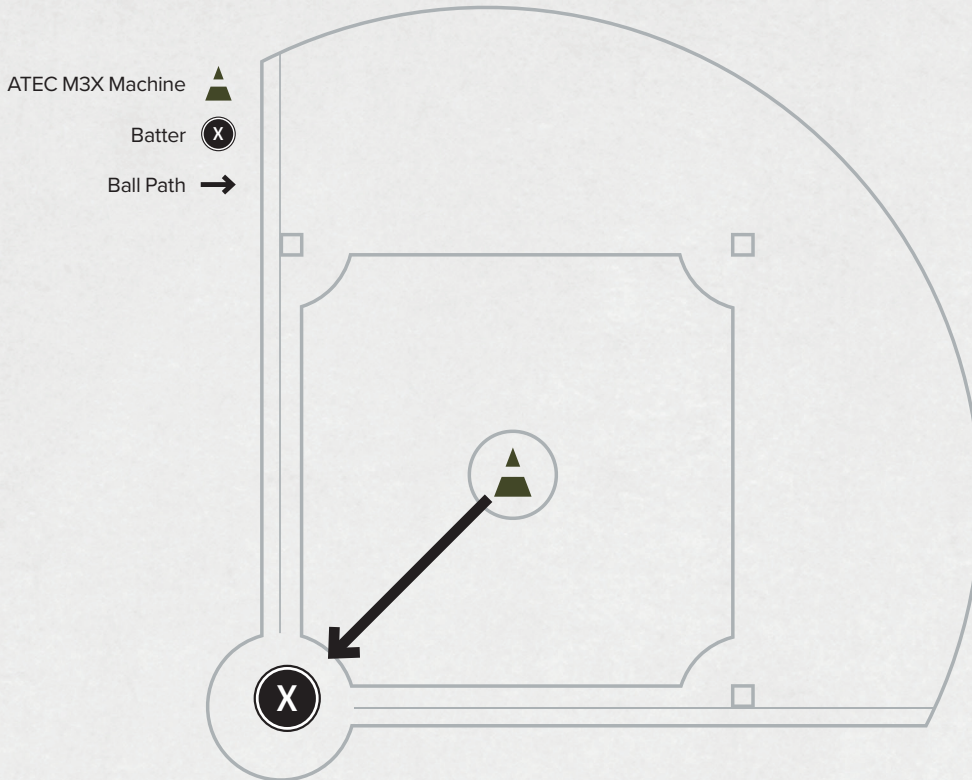


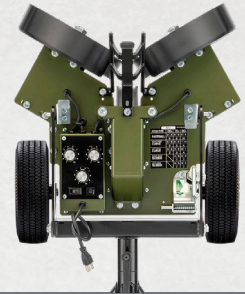
# HIGH SPEED TRAINING (#1)

## DRILL BENEFITS

Since the eyes and hands are taught to work together, the more pitches we see at high speeds, the more the eyes become accustomed to that level of play. Not only do the eyes get stronger, but the muscles in the forearm, core and legs become stronger the more you force them to perform at a higher level.



## M3X



## MACHINE BENEFITS

Training with the ATEC M3X machine you can throw consistent, accurate pitches for specific ball placement in and out of the strike zone, allowing precise training for inside/outside, high/low bunting drills.

## EXECUTION

- Set up an M3X machine on the mound (▲), with speed up to 5 mph faster than what is typically seen in a game. Position batter at home plate (X).
- Initiate drill by raising hand to put ball into the machine. Batter should be in hitting position.
- Have players take five swings in a round. Don't get discouraged if you miss. Every focused look you get, the better you become.
- The goal is for the hitter to make consistent contact.