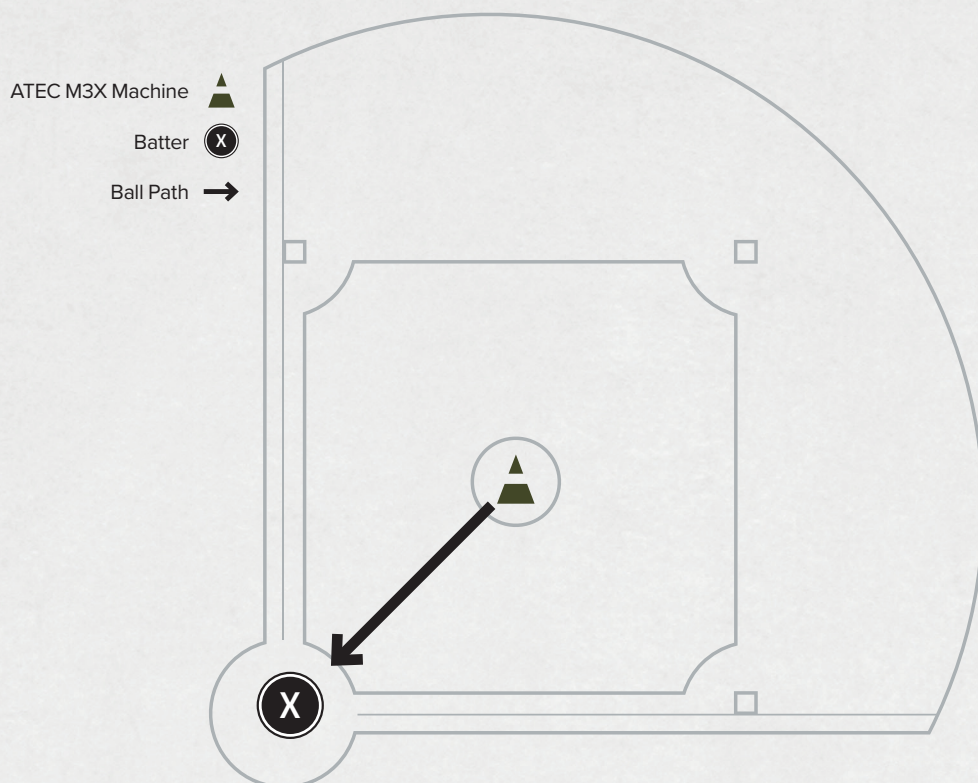


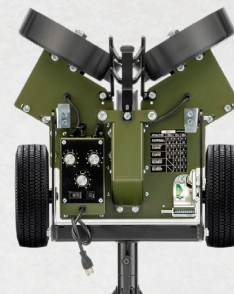
# SLOW IT DOWN (#2)

## DRILL BENEFITS

The focus of this drill is to use a higher-speed swing at lower-speed pitches. Maintaining the discipline to stay back, and not “time” the pitch or contact. You will begin to pick up location earlier in the pitch, and wait to explode to the point of contact.



## M3X



## MACHINE BENEFITS

With the ability to adjust pitch speed quickly using the ATEC M3X machine, this will allow you to tailor the speed to the specific player you are working with, for each and every player on the team.

## EXECUTION

- Set up an M3X machine on the mound (▲), with speed up to 5 mph slower 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. The goal is for the hitter to focus on solid mechanics and wait back, rather than timing the pitch and shifting your weight forward or dropping your hands.