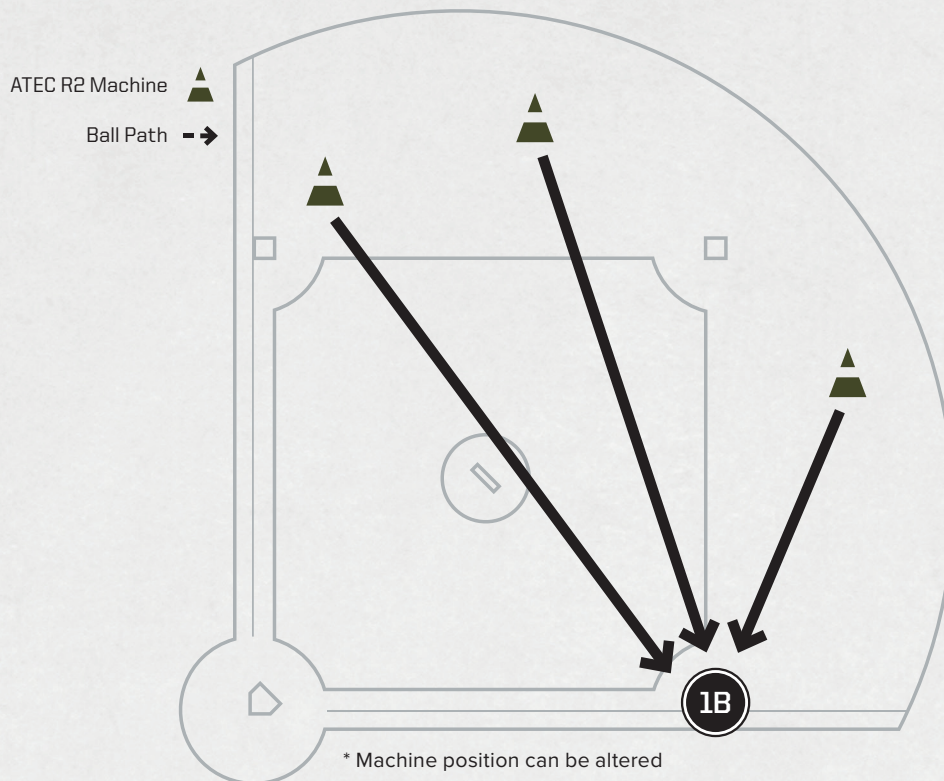


# 1B PICKING

## DRILL BENEFITS

Improve your first baseman's ability to pick errant throws and balls in the dirt.



## R2



## MACHINE BENEFITS

The ATEC R2 defensive machine allows for quick repetition simulating various thrown balls. With the head tilt and swivel features, you can adjust the height, direction, and distance of every simulated throw to 1st base, allowing for thorough training of proper receiving of all short and long hop throws a first baseman should be capable of picking on a regular basis.

## EXECUTION

- Set the R2 (▲) 40ft or more away from First Baseman.
- Deliver balls in the dirt to the left and right of the first base bag allowing the player to scoop the balls in the dirt.
- Use real balls and execute all throw types, on target, short hops and the dreaded long hop.

### DISCLAIMER:

ATEC drills are designed to develop player skills in various areas of the game. Results will differ for each player. Players should use appropriate protective equipment during drills to protect against potential bodily injury.