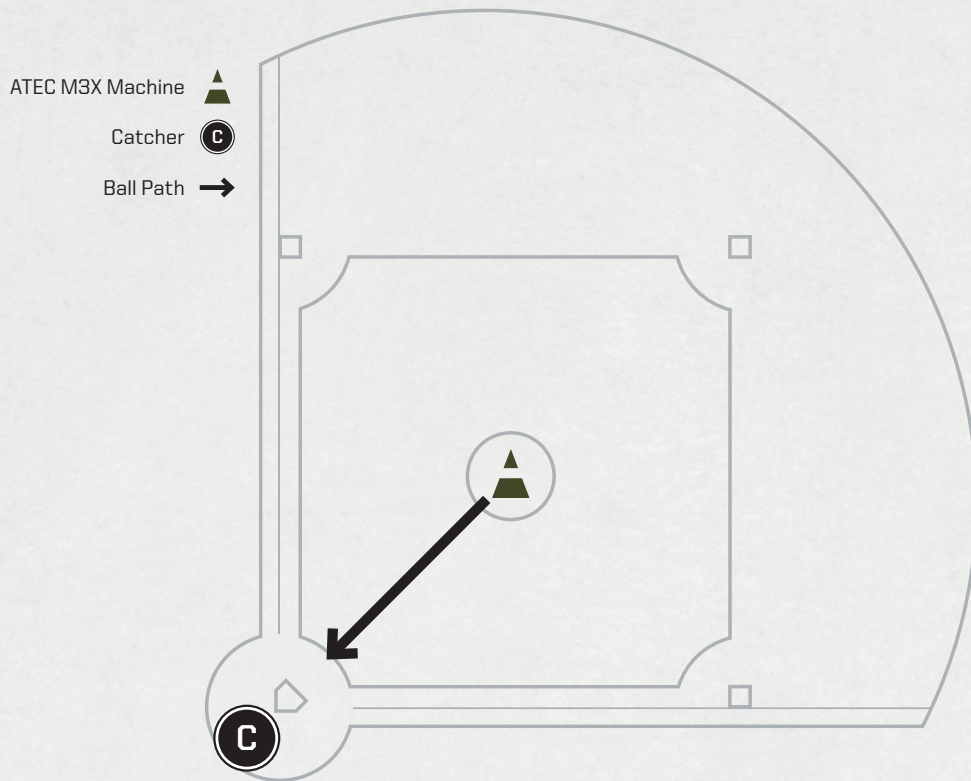


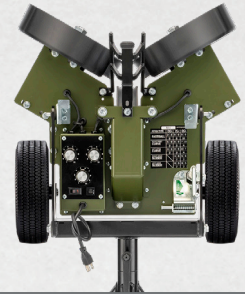
# CATCHER: BLOCKING

## DRILL BENEFITS

This catcher drill is designed with three phases of instruction to focus on block, rapid-fire and reaction/recovery. Catchers need quickness when blocking balls, and this drill builds that quickness efficiently.



## M3X



## MACHINE BENEFITS

The two wheel ATEC M3X machine allows you to produce realistic pitches that your catchers will see in a game situation. By using the machine, you will be able to transition seamlessly from short hop vs. long hop blocking drills, left vs. right blocking drills, and fastball vs. breaking ball blocking drills.

## EXECUTION

- Position the M3X at the pitcher's mound (▲) and catcher, in full gear, behind home plate (C).
- Initiate drill by raising hand to put ball into the machine.
- Position the M3X to shoot balls into the dirt within the vicinity of home plate, varying the velocity and location to simulate game-like blocking situations for catcher.

### 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.