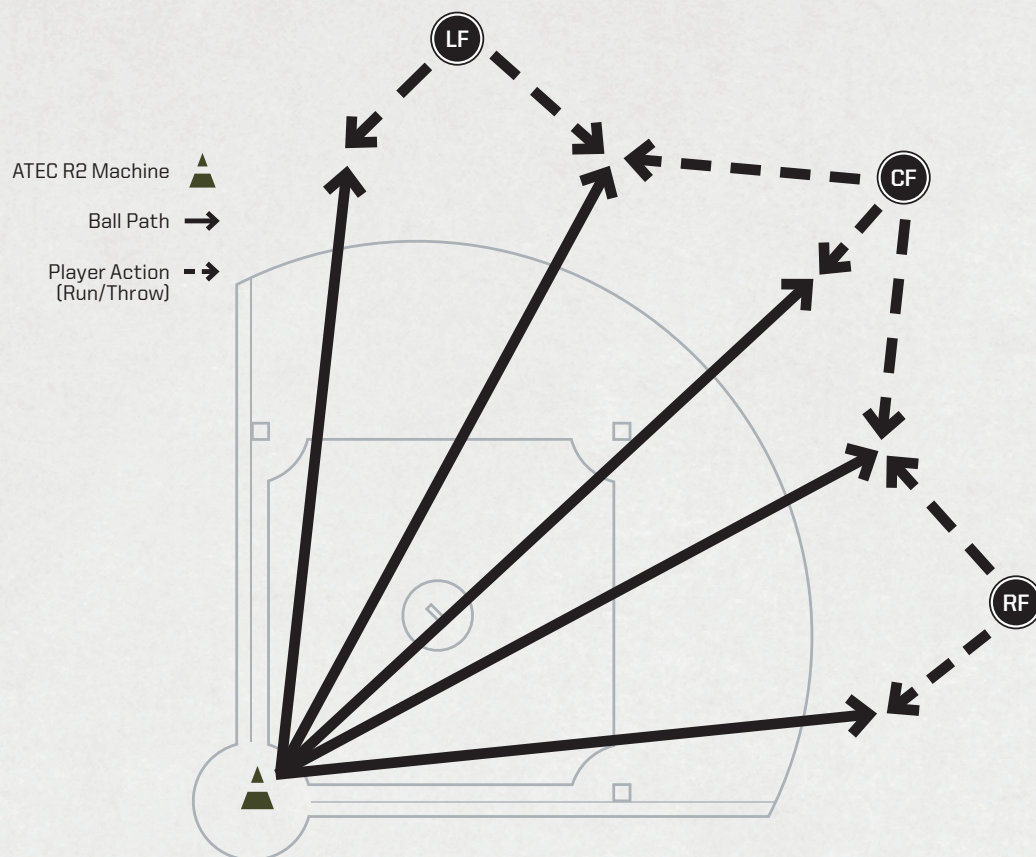


# DO OR DIE (LINE DRIVES)

## DRILL BENEFITS

The more fly balls the players see the more routine it will become in game scenarios. This drill allows for fly balls every 7 seconds making practice extremely efficient.



## R2



## MACHINE BENEFITS

The ATEC R2 defensive machine allows for quick repetition of a variety of realistic fly balls. With the head swivel feature, you can operate the machine to work right, center, and left fields without any adjustment to the machine. This will allow teams to work their entire outfield players in the same drill, allowing all players to work on flyballs specific to their outfield position.

## EXECUTION

- Set the R2 (▲) at home plate and angle to delivery fly balls to all fields.
- Stack your outfield with all available players (Y) and place them in rotation to receive the play.
- Shoot Do or Die line drives in the direction of the outfielder, rotating between positions.
- Position outfielders at regular depth in the outfield to allow players to run react to the baseball.
- Player must decide if he is going to attempt to catch the baseball or play on a hop.
- Communication is key on balls that are in between both fielders.

### 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.