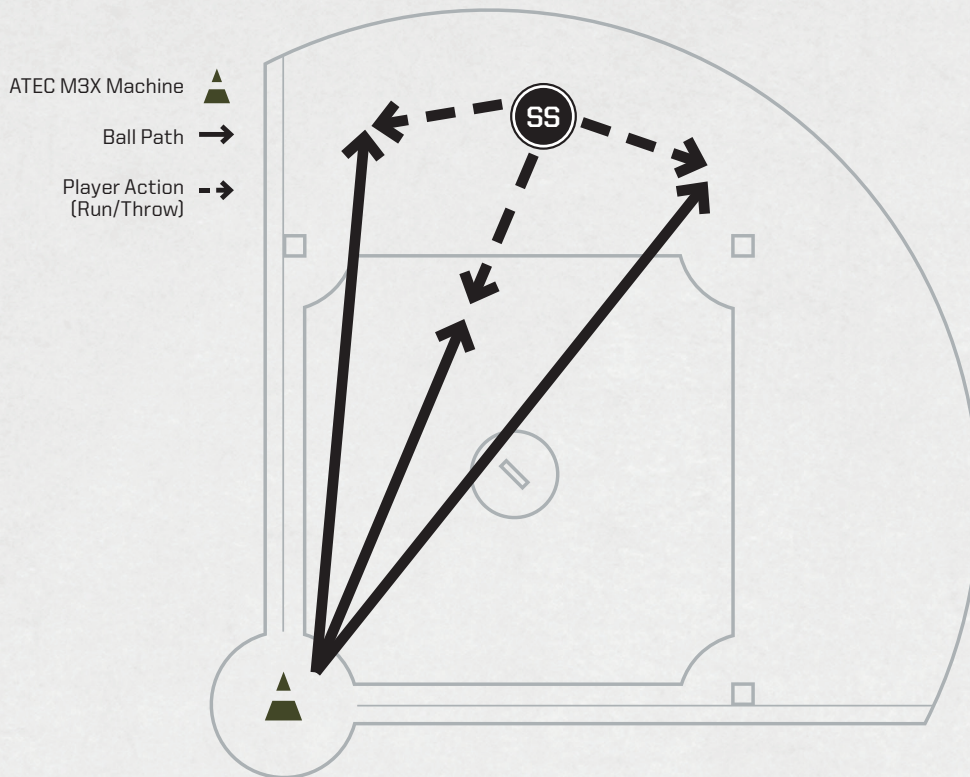


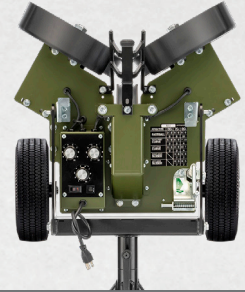
INFIELD ANGLE OF ATTACK & SOLO WORK

DRILL BENEFITS

This drill provides player with a great opportunity to work on fielding all types of ground balls.



M3X



MACHINE BENEFITS

The two wheel ATEC M3X machine allows you to produce realistic top spin ground balls, as well as an elevation adjustment to allow the coach to change the angle of the ground balls to work on realistic game situations, from routine grounders, slow rollers, or even short and long hop training.

EXECUTION

- Set the M3X machine at home plate (▲) and place infielder at their position of choice.
- Using real baseballs, direct ground balls to players backhand, forehand and directly at player.
- Slow down the speed to create slow rollers for the player to charge and make the play.
- Successfully field balls can be place in an empty bucket for increased efficiency.

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.