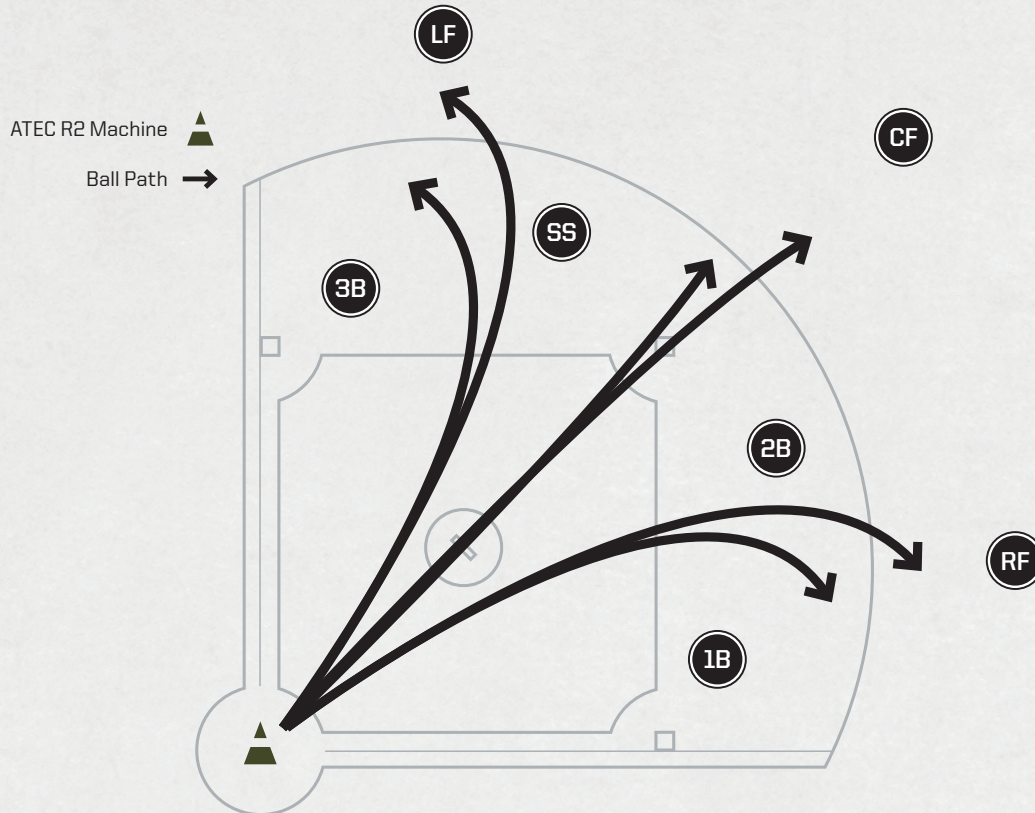


INFIELD FLY BALLS

DRILL BENEFITS

Just like ground balls, infield pop flies need to be practiced repeatedly to ensure out are made when it counts. The problem with hitting pop flies with a fungo is lack of accuracy and consistency. The ATEC R2 delivers a full range of fly balls quickly with remarkable accuracy and efficiency, speeding up the amount of time needed for this drill.



R2



MACHINE BENEFITS

The ATEC R2 defensive machine allows for quick repetition of a variety of realistic fly balls. With the head tilt and swivel features, you can adjust the height, direction, and distance of every fly ball you throw, allowing for thorough training of all types of infield fly balls that would be experienced in a game situation.

EXECUTION

- Set the ATEC R2 machine (▲) behind home plate with infielders positioned in their normal positions.
- Using real baseballs, adjust R2 to deliver a variety of infield fly balls. Elevation and speed adjustments can be made to alter the difficulty from a "can of corn" to a "Texas leaguer."
- Strategically pick the location of fly balls, working the line, gaps and foul ball territory.
- Add in outfielders to create infield/outfield communication and ball priority - I got it - Drill.

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.