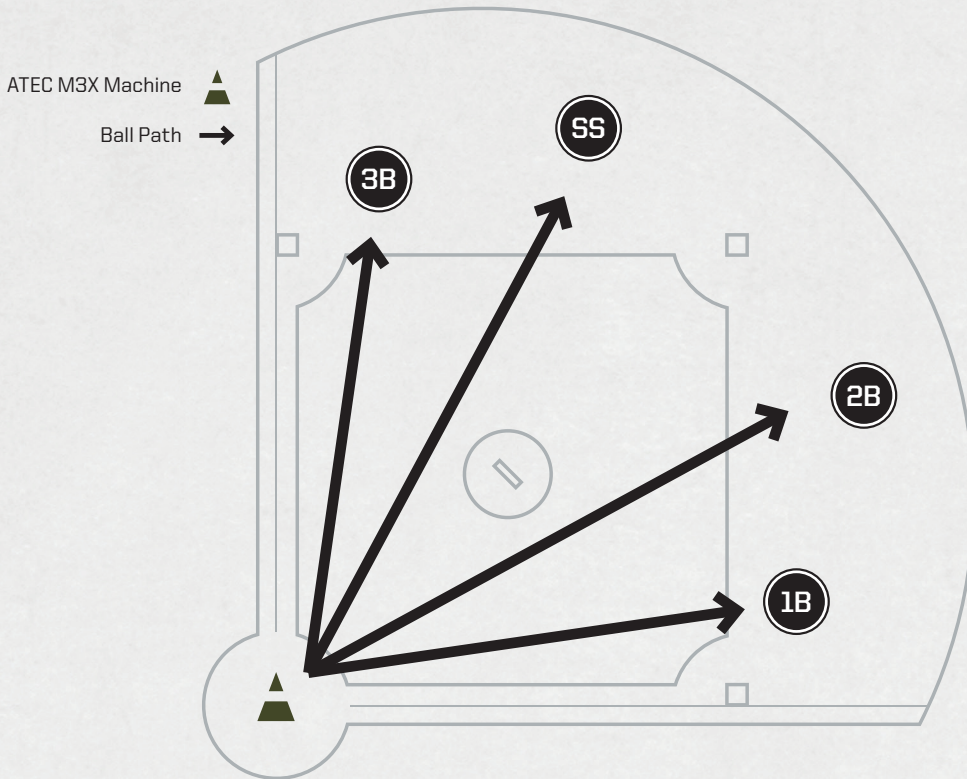


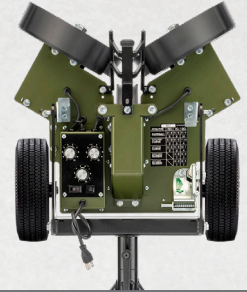
INFIELD GROUNDERS

DRILL BENEFITS

Routine ground balls only become routine when this skill is practiced over and over again. This drill gives coaches the ability to efficiently train their infielders with precise, realistic ground balls that will build player skill and confidence.



M3X



MACHINE BENEFITS

The two wheel ATEC M3X machine allows you to produce realistic top spin ground balls. This is the most common groundball players will face in a game situation, which is very challenging to reproduce with a fungo bat. The M3X allows for faster repetitions, and eliminating the human error of errant hit balls, producing a better environment for coaching your players.

EXECUTION

- Set the M3X machine at home plate (▲) with fielders positioned in the infield.
- Using real baseballs, set top wheel speed at 6-7 and bottom wheel at 2-3 to simulate medium speed ground ball.
- Work on ground ball fundamentals; to best simulate live batting, set up the machine at waist level using a ATEC caddy pod.

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.