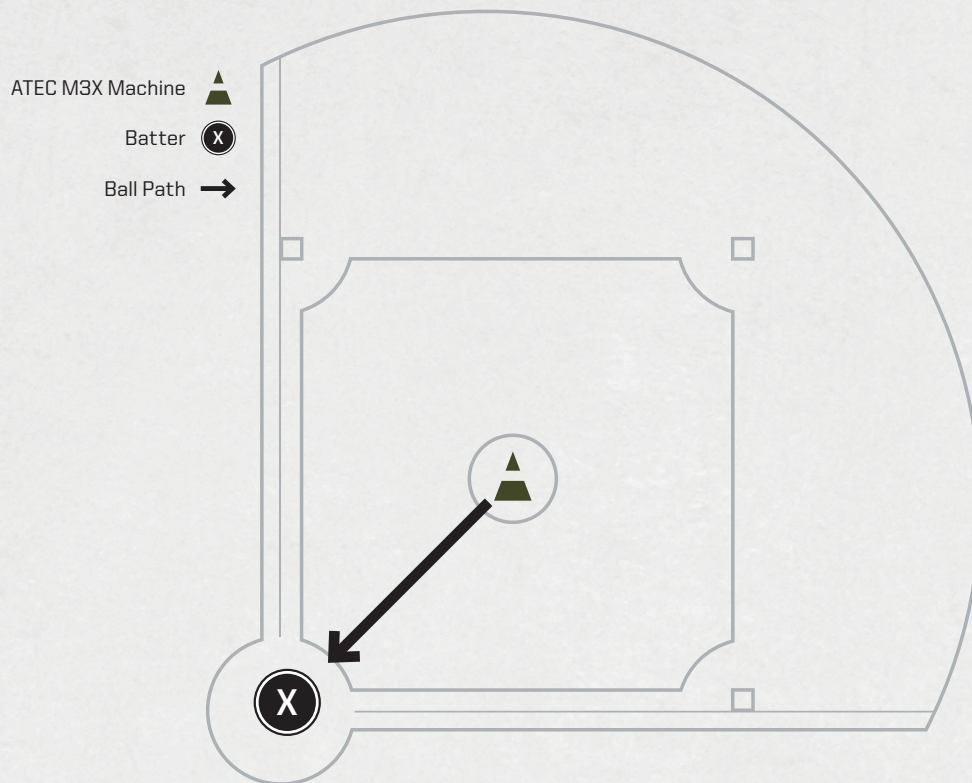


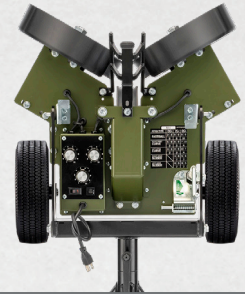
“PULLING” THE BALL (#4)

DRILL BENEFITS

Many hitters have trouble turning on an inside pitch, and often get jammed. This drill allows for the hitter to keep their hands in and get the barrel around to pull an inside pitch.



M3X



MACHINE BENEFITS

With the design of the concave wheels on the offensive ATEC pitching machines, you get more contact on the ball through the pitching machine, resulting in a more consistent and accurate pitch, which allows you to throw the perfect outside pitch every single time.

EXECUTION

- Set up an M3X machine on the mound (▲) and position batter at home plate (X).
- Change pitching speeds as necessary to correlate to game speed, with machine angled to throw pitches to the inside half of the plate.
- Initiate drill by raising hand to put ball into the machine. Batter should be in hitting position.
- Have players take five swings in a round, adjusting pitch placement (high and low strikes) and velocity. Instruct hitters to keep their hands inside and pull the ball.

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.