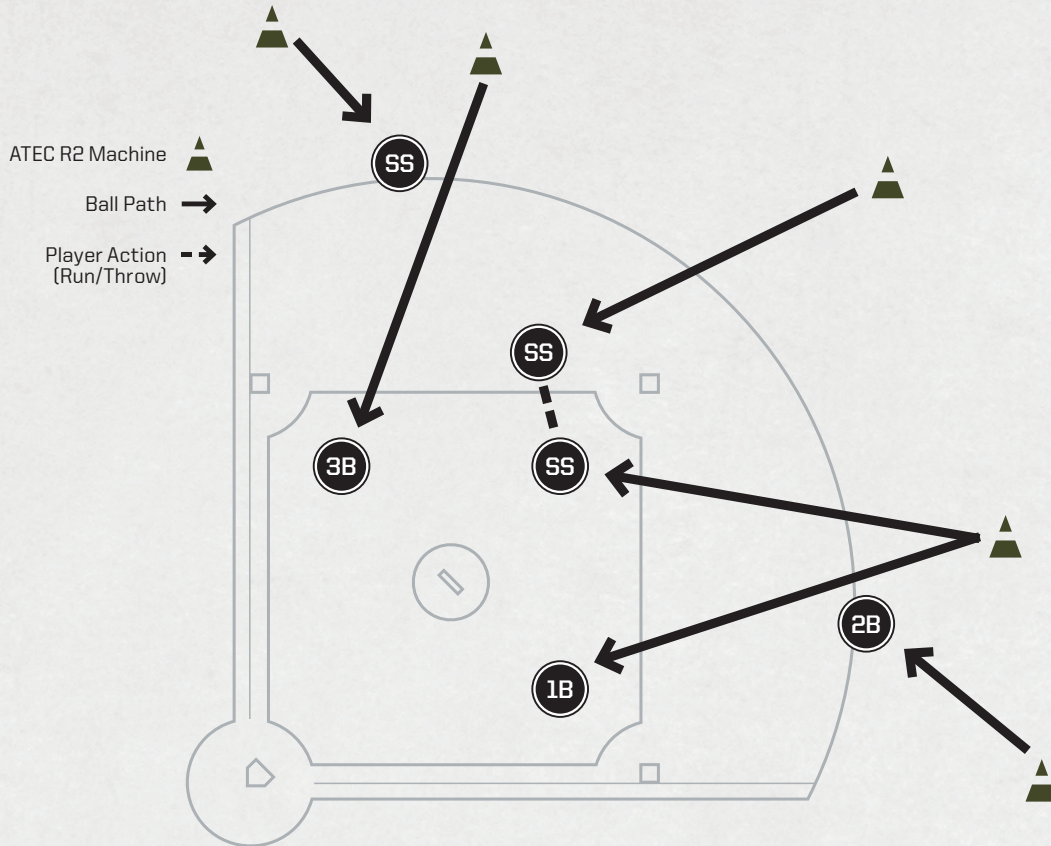


RELAY/CUT-OFF DRILL

DRILL BENEFITS

This drill is super effective as it can get a high number of reps without overworking outfielder arms. As the drill progresses, coaches can adjust the elevation and speed, simulating errant throws.



R2



MACHINE BENEFITS

The ATEC R2 defensive machine allows for quick repetition simulating various thrown balls. With the head tilt and swivel features, you can adjust the height, direction, and distance of every simulated cut-off throw, allowing for thorough training of receiving all types of cut-offs, and properly handling errant throws when they happen.

EXECUTION

- Position the R2 (▲) in the outfield; fielders will rotate according to which base the cut-off will take place.
- Cut-off situations will take place at 2nd base, 3rd base and home.
- Move the R2 around the outfield to simulate various cut-off scenarios above. Changing the elevation adjustments can simulate a poor throw, requiring the infielder to adjust his feet to properly receive 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.