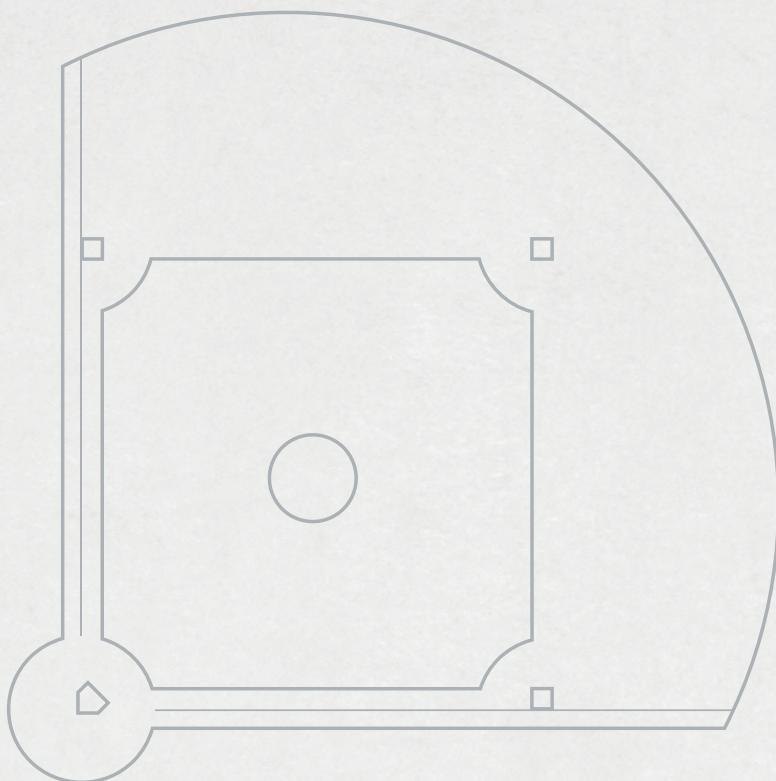


SOFT TOSS

DRILL BENEFITS

A classic, but ever-successful drill widely-used to practice timing and repetition. This drill requires minimal personnel and equipment for high results.



NET BENEFITS

Using one of the industries largest hitting areas, the ATEC N1 net will efficiently collect all hit balls, providing a quick and easy ball collection, allowing the users to spend more time hitting as opposed to shagging.

EXECUTION

- Position batter in hitting stance in front of N1 net, on side of the net so that balls will be absorbed by open pocket.
- Position tosser directly across from hitter, on one knee with baseballs.
- Have tosser under-hand toss balls into the strike zone of hitter, at varying angles and height to simulate game-like scenarios. Hitter will hit balls directly into the net.
- Add difficulty by throwing multiple balls and telling batter which to hit (i.e. top or bottom).

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.