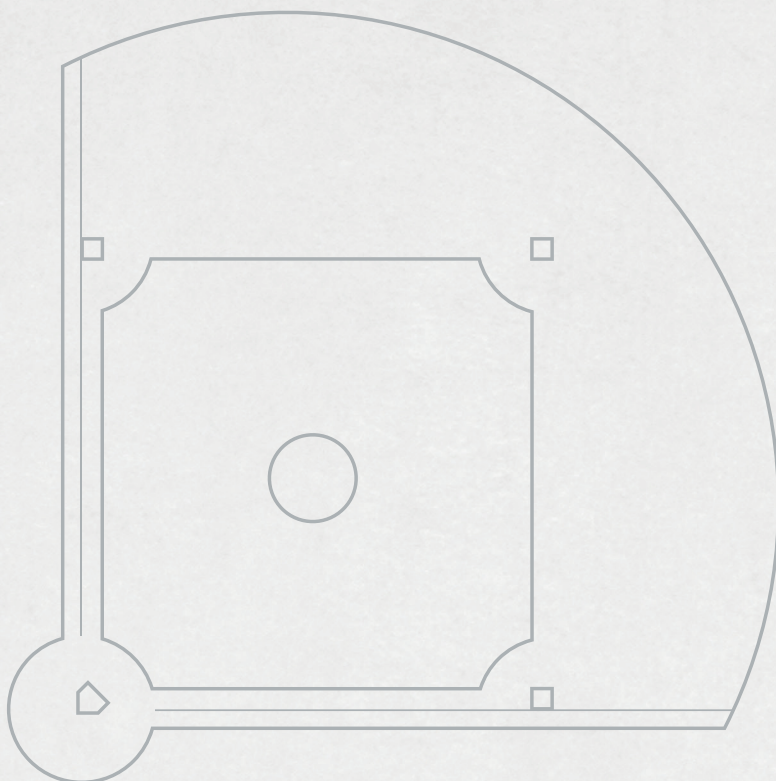


TEE DRILLS: TOP AND BOTTOM HAND SWINGS

DRILL BENEFITS

Develop hand-eye coordination, quick hands and prevent rolling over by maintaining a level swing through the zone. This drills hones skills with top and bottom hands separately to build a balanced combined swing.



EXECUTION

- Position T3 on top of simulated home plate area, in desired hitting location. Place N1 net in front of tee to collect hit balls.
- Take 10 swings gripping the bat with only your top hand, focusing on maintaining natural swing motion while driving bat straight through the zone.
- After 10 swings, switch hands and continue drill with same motion using bottom hand on bat.
- Move T3 tee to inside and outside pitch locations, also varying height of pitch to simulate game-like scenarios.

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.



N1 NET



T3 TEE



NET/TEE BENEFITS

The ATEC T3 tee and N1 net were designed for portability, so drills can be practiced in any location with just a couple minutes to set up. Use your N1 travel bag to also carry your T3 tee and a few balls, and you have a fully portable hitting station wherever you go.