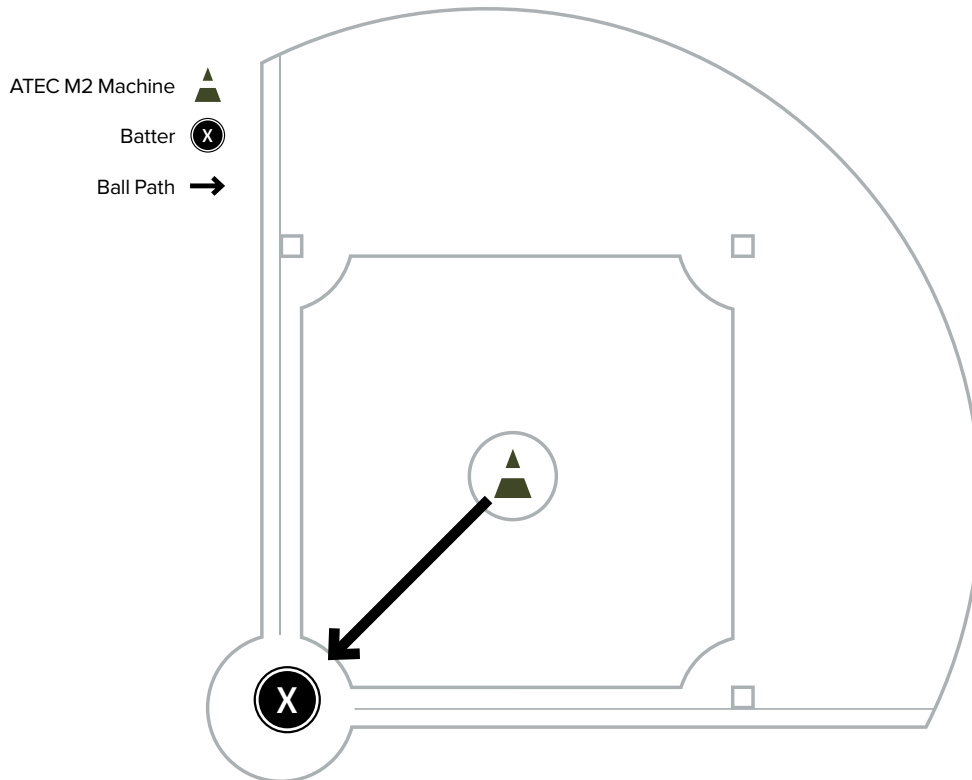


HITTING TO THE OPPOSITE FIELD (#3)

DRILL BENEFITS

Many hitters are anxious to hit the ball, regardless of location, and attempt to pull an outside pitch. This drill allows for the hitter to have patience and discipline, letting the ball get deep and successfully driving an outside pitch the other way.



M2



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 M2 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 outside 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 let the ball get deep and drive to opposite field.