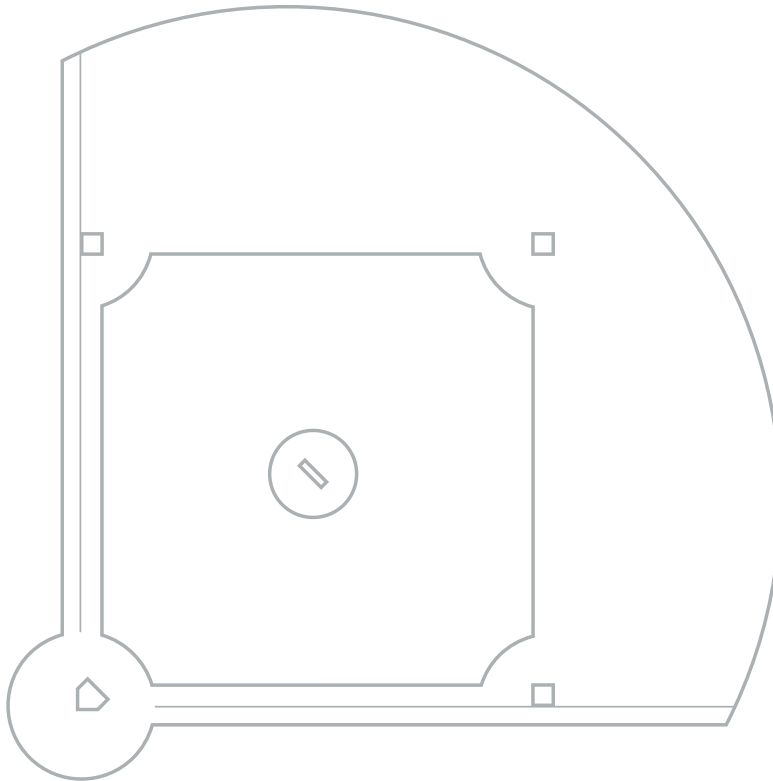


# TEE DRILLS: INSIDE/OUTSIDE/ HIGH/LOW PITCHES

## DRILL BENEFITS

A simple drill that can help hitters at any level, and requires no assistance.



## 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.
- Continue to move T3 tee to inside and outside pitch locations, also varying height of pitch to simulate game-like scenarios.



## 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.