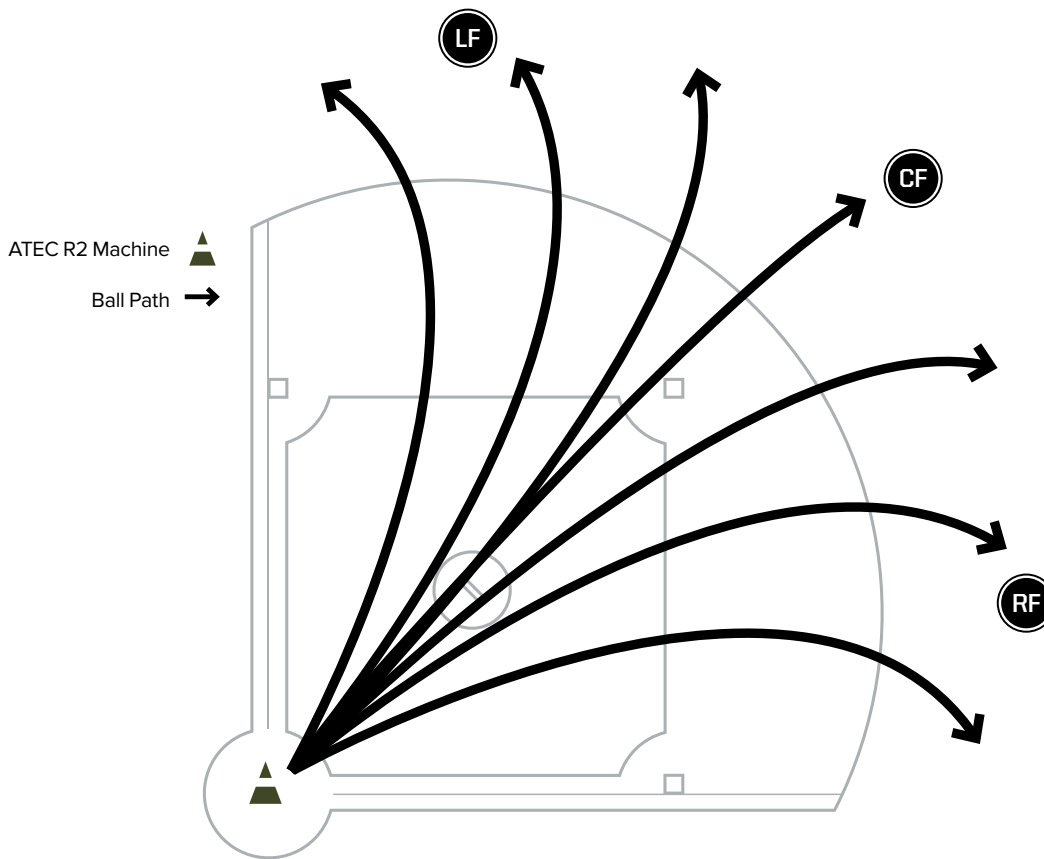


# CONTINUOUS FLY BALLS

## DRILL BENEFITS

The more fly balls the players see the more routine it will become in game scenarios. This drill allows for fly balls every 7 seconds making practice extremely efficient.



R2



## MACHINE BENEFITS

The ATEC R2 defensive machine allows for quick repetition of a variety of realistic fly balls and line drives. With the head swivel feature, you can operate the machine to work right, center, and left fields without any adjustment to the machine. The 7 second recovery time between fly balls will allow you to work your outfield with over 500 fly balls an hour.

## EXECUTION

- Set the R2 (▲) at home plate and angle to delivery fly balls to all fields.
- Stack your outfield with all available players (Y) and place them in rotation to receive the play.
- Outfielders can work on all types of fly balls.
- Communication is key on balls that are in between both fielders.