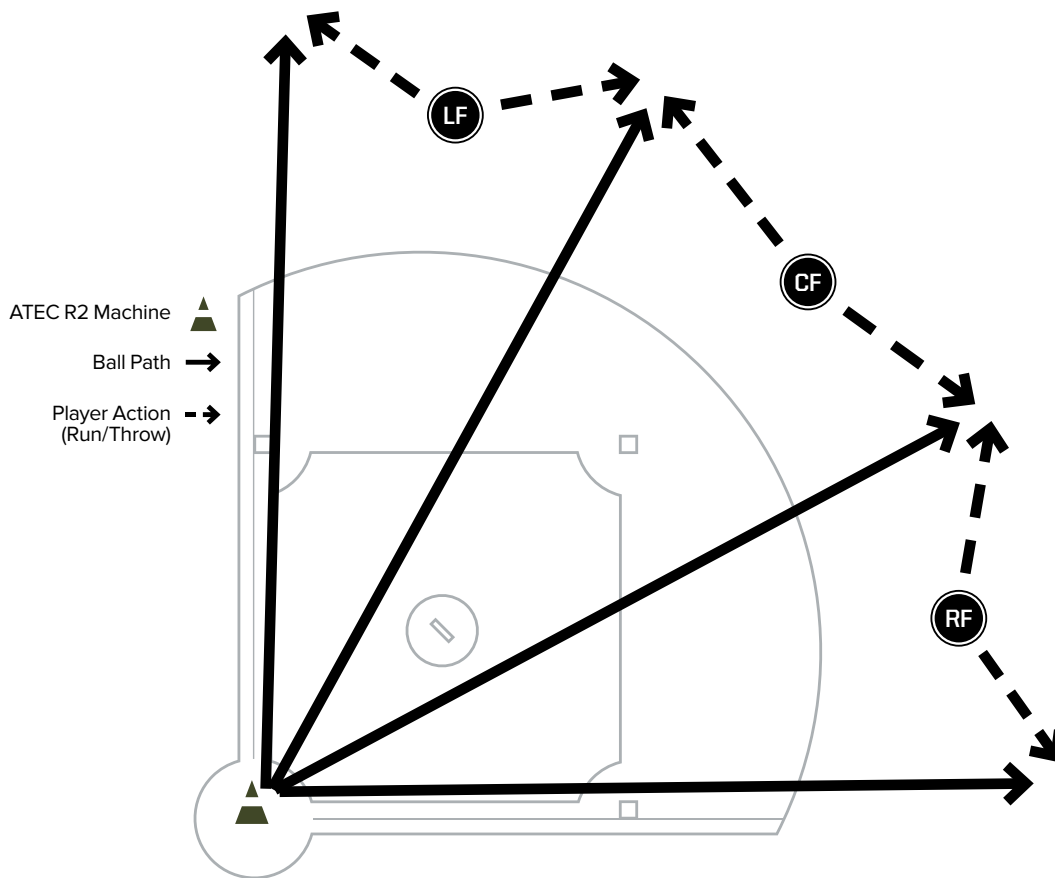


ELIMINATING THE EXTRA BASE

DRILL BENEFITS

Focusing on eliminating runners from taking the extra base can help save runs throughout the season.



R2



MACHINE BENEFITS

The ATEC R2 defensive machine allows for quick repetition of a variety of realistic deep fly balls. With the head swivel feature, you can operate the machine to work ground balls and line drives down the line and into the gaps, giving players a realistic drill of how to properly field and get the ball back in to eliminate any extra bases for the base runners.

EXECUTION

- Set the R2 (▲) at home plate and angle to deliver ground balls and line drives into the outfield.
- Stack your outfield with all available players (Y) and place them in rotation to receive the play.
- Position outfielders at normal depth in the outfield.
- Shoot ground balls and line drives into the gaps and down the foul line.
- Outfielders can work on taking the proper angle to the baseball and utilizing the spin and throw technique.
- Communication is key on balls that are in between both fielders.