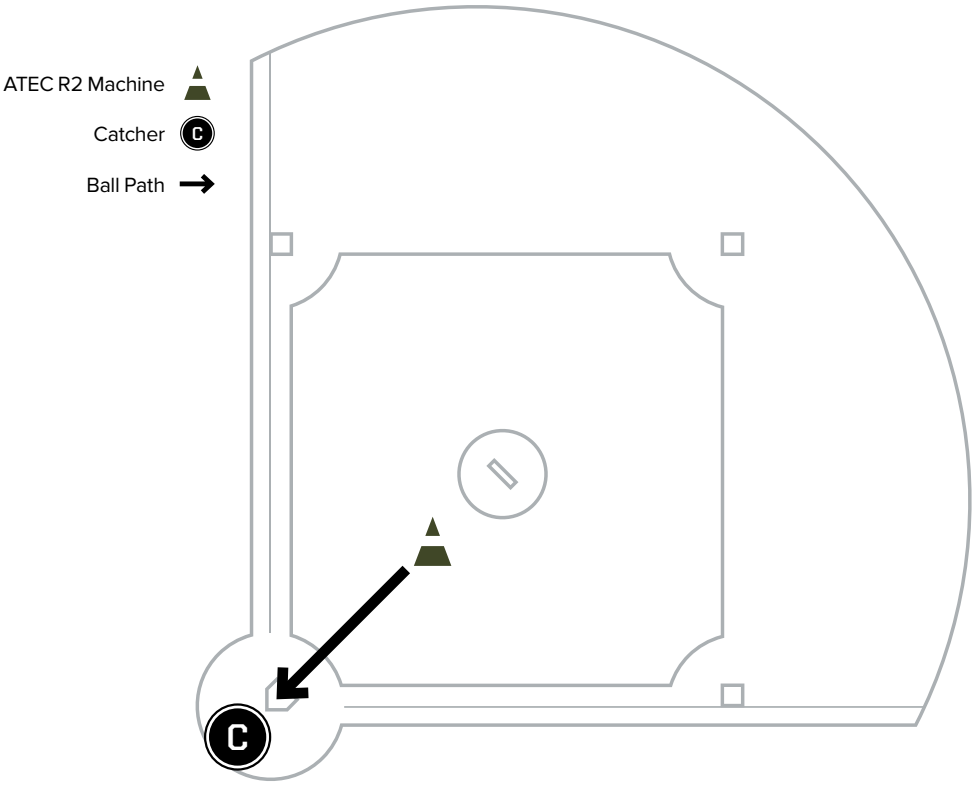
CATCHER: FRAMING & RECEIVING

DRILL BENEFITS

Framing and receiving are the cornerstones of catching skills, and can make the difference in any at-bat. Develop soft hands to help improve those skills.



R2

Hi.PER LITE BALLS

MACHINE BENEFITS

The ATEC R2 machine allows for quick repetition of a variety of realistic pitched balls. With the head tilt and swivel features, you can adjust the height, direction, and speed of every ball you throw, allowing you to work your catchers inside and outside, up and down, to work on specicic framing techniques for every pitch they will see in a live game.

EXECUTION

- Position the R2 machine (▲) 15 feet in front of home plate; adjust the machine to deliver into the strike zone. Position catcher (C) in a squat behind home plate.
- Begin at catchable speed, using ATEC Hi.Per Lite balls to establish confidence as these are harder to catch and force player to make solid effort.
- Begin with balls down the middle and gradually pivot the R2 to work both sides of the plate.
- Once the catcher has gone through a number of reps with the Hi Per Lite balls, switch to real baseballs. Repeat steps of starting in the middle before moving to different sides of the plate.
- Make sure catcher frames pitches and works on receiving the ball into the strike zone with a direct and stiffening action. Continue to increase or decrease speed of pitch as skill level progresses.