

Games to Play

Batting

Players are arranged on the field (just anywhere) and player 1 bats. If the batter hits a fly ball and if someone catches it then that person who caught it gets to bat, BUT if the batter hits a grounder and a player fields it then the batter lays the bat on the ground, the fielder has to stay in the same spot where they fielded the ball and rolls the ball on the ground and tries to hit the bat. If she hits the bat then she gets to bat.

3 Team Scrimmage

Have a scrimmage that is made of 3 teams of 4. One team consists of the outfield, the second, the infield and the third bats. After the 3 outs, the outfield moves to the infield, the infield bats and the batters go to the outfield etc., etc. It has worked out terrifically in building excitement for game situations, letting them experience both outfield and infield and be competitive. We can have ourselves a game without hunting for another team to play against.

Pickoff Game

This is a good game for all aspects of stealing. Put players at each of the infield positions. Have the rest of the team put on helmets and line up at 1st base. The base runners will each run the bases in this pattern: lead-off, steal. You may only have one runner on the bases at time. The first runner gets ready on first. The pitcher pitches the ball and the runner takes a lead. The catcher attempts a pick-off at first and the runner tries to get back in time. On the next pitch the runner attempts to steal second and the catcher tries to throw her out. The runner proceeds with a big lead at second, stealing third and big lead off at third. The final pitch for that runner is a deliberate passed ball/wild pitch, which gives the catcher and pitcher a chance to practice this play. To encourage the runners to take big leads and to teach them what they can get away with we will place little pieces of candy in the dirt as a challenge. If they can grab the candy and get back safely, they can keep the candy. After they have done this drill a couple of times, allow the runners to do a "delayed steal" on their lead offs. If the catcher throws to first, the runners can attempt to go to second. This way the catchers learn to recognize the delayed steal and run the base runner back. The drill gives the catcher a lot of practice throwing to the bases, allows the infielders to practice positioning themselves for and putting on the tag, and allows the base runners a chance to practice leading off, sliding.

Running Game

Line up half the team at second base and half the team line up at home. On the signal, one player from each team runs the bases until she reaches the base she started out at. When she gets there, she tags the next runner in line and she runs the bases. This is done until all the runners have run. Whoever reaches their base first wins. The other team has to pick up the bases. This is usually the last thing we do at the end of practice.

Pepper

A coach gathers a small group of players, which are only a few feet from him/her. The coach then hits or bunts the ball to the players in any random order, then the players must use

quick reactions to retrieve the ball and accuracy to pitch, this pitch is only a toss, for the coach to hit again. You do this drill to improve the player's reaction time. You have to do this drill as quickly as possible and the pace will increase as time goes on and the players improve. This can also be used to help players with bunting by having a player bunt the ball in place of the coach.

3-2-Run

At the beginning of our season, we run this drill for checking arm strength, direction, foot position and body awareness. Also checks for the runners' speed and quickness out of the batters box. Split the team up; approximately half and half. Half the team at 3rd base the other half at home plate. Have one player at 2nd base to receive throws from 3rd base. Set three balls down the 3rd base line equal distance apart, covering approximately 3/4 of the distance to home plate. The first player is in the batters box in her batting stance with a helmet on. When the coach says "Go" the batter swings and runs like the wind to reach 2nd base before the player at 3rd base fields each ball and throws to 2nd base. The goal is to make all the throws cleanly from 3rd to 2nd before the runner gets to 2nd. Players rotate after each play, home to 2nd, 2nd to 3rd, and 3rd to home.

Perfect Throws

Start by placing your infielders at their positions (except the pitcher). The ball starts at the catcher, she throws to the second baseman, she throws to the third baseman, she throws to the first baseman, she throws to the shortstop, and she throws back to the catcher. While the field is throwing the ball you have a team of base runners who will start running the bases when the catcher throws the ball. The objective is for the based runners to run the bases prior to the ball being thrown around the in field. Make sure the infield plays back almost to the grass and does not cheat up on the throws. After they get a few steps in the grass the faster runners start making it close. The runners like to see a dropped or missed ball. Keep score of the number of times runners can beat the throws. After 15-20 throws switch runners and fielders

Whiffle Ball Games

Use this drill to teach aggressive base running, hitting, and fielding. The drill uses a whiffle ball and a plastic bat. First set the bases at about 40 feet apart. Divide your team in two. One half of the team fields while the other half of the team bats. Fielders do not use their gloves. We want to teach them that the hands are the real tools in catching the ball. The ball is pitched from about 20 feet away. The batter has only three chances to hit the ball. (There are no balls or walks in this drill.) Once the ball is hit, the batter must run the bases until she reaches home plate or is tagged out. The fielders must always try to tag the runner out at first. You bat the entire line up. Then you change sides. We usually do this drill twice a week for about 20 minutes at a very fast pace. Or you can just play a nice game of whiffle ball.