

DRILLS AND GAMES

Bounce to the Bucket - Large basket or cooler put on a base. Outfielders try to throw and bounce the ball into the open container. Can be done as a game with 10 points for getting the ball in, 5 for hitting the bucket and 1 point for the nearest bounce, no matter where the ball ends up. This drill/game teaches throwing from the outfield to a base.

Catch - Two or more players play catch. Keep score of the number of successful catches.

Catching Contest - Players are in pairs and throw the ball back and forth between each other. Last pair that has not dropped a ball wins. Line pairs up in a row.

Catching Flies - Hit or throw fly balls to fielders by using a soft baseball, rubber ball or tennis ball. Repetition and practice are the key to success.

Catch the Coach - Coach runs from home plate to first base. After a few steps, coach shouts "tag me" to a player holding a ball, who runs after the coach and tries to tag him out. Coach to decide where/when/if the runner is successful.

Catch the Players - Coach starts four or more players about 10 seconds apart from home plate to circle the bases. Coach goes last, trying to tag the players [alternate: snatch off their hats.]

Crab Drill - Player is in basic fielding set position stance, crouched forward with glove open and down. Player takes three or four steps as coach rolls the ball.

Distraction - Coach rolls the ball to a fielder, but another player runs in front of the fielder and tries to break the fielder's concentration on catching the ball.

Dive - Coach throws or hits ball to one side or the other of a fielder, who has to dive to make the catch. Then, throw to 1st base.

Just Block It - Coach hits ball directly to a fielder. Emphasis is on stopping the ball from getting through to the outfield. OK to just block the ball; [better, of course, to catch it.] Can be a game with a point scored from every block, two for a catch and zero if the ball is not stopped.

One and Two - Two players play catch. Thrower scores 2 points if ball is caught at or above the shoulders. 1 point if caught between waist and shoulders. No points if caught below the waist or not caught at all. First player to score 10 points wins.

Run Down - Two fielders and a runner, who tries to run from one base to another without getting tagged out. Participants rotate positions.

Scoop or Pick-up - Two players [or two rows of players] line up about 10 feet apart. From kneeling position, one player rolls the ball to the other. Repeat 10 to 15 times.

Target Practice - Put a stuffed animal on a stool and sit the stool on a base. Have the players stand in an infield position [can have multiple lines going at the same time, i.e. one line of players at pitcher's position and another line at short-stop.] Have them throw ball at target [stuffed animal.] Can keep points per group line or per child that hits target.

Track Meet* - Two players at home plate. At the "start," one runs toward 3rd base, the other toward 1st base. They continue running [in opposite directions] around the bases. First one to return to home plate wins.

***Note:** To avoid collisions, instruct the runner that begins via 1st base to touch 2nd base from the outside corner; the other runner, coming from 3rd base, touches the inside corner of 2nd base.

Remember --- encourage teamwork, participation, and most of all... FUN!!