



Pre Warm Up Games

Players should not throw until they have ran and stretched. These games are great ways for the players to develop hand eye, have some fun and wait until it's time to start their warm up. You can have multiple games going at the same time.

2 - Ball (beginner)

- Players gather in a circle without gloves. Two players have baseballs.
- Players toss the balls underhand to each other. You cannot toss it to the person on your side when they are more than 4 players
- Once you receive the ball you must toss it to before you can catch the other ball. If you drop a baseball or are holding two baseballs at the same time, you must turn your hat 90 degrees to the side.
- Once your hat has completely turned around (4 turns) you are out.

Flips (intermediate)

- Players stand in a circle with their gloves on. One player has a baseball.
- Players use their gloves only to pass the baseball to each other. The glove should remain open as they receive the ball and pass it to another player.
- If a player drops the ball, misses it completely or makes a bad pass (a pass that is a player cannot reach with their glove) they must turn their hat 90 degrees from the front to the side. Players turn their hat each time they make a mistake until the hat has completely turned around (4 turns) and they are out.
- After a player is eliminated, the circle closes in until there are only two players left and they play head to head.
- If time permits, a secondary game of flips can get started with the players that have been eliminated.
- If a ball goes through someone's legs, it counts as two turns of the hat.
- A ball must be passed to at least two people before it becomes 'live'.
- Option - players can use their feet or knees to play the ball like a hackey sack.

Pepper (advanced)

- In groups of 3-5, one player has a bat and stands in the position to bunt. The other players form a semicircle around that person.
- The players throw the ball underhands to the player with the bat who must bunt the ball to the ground.
- If the player bunts the ball in the air and it is caught, then the player who caught the ball becomes the bunter.
- If the player bunts the ball to the ground, the player closest to the ball picks it up and tosses it underhand to the bunter. This continues until the ball has been hit by the bunter and caught before it touches the ground.