**Competitive Drills**

**Tee Time**

* 3-4 T’s on baseline of gym, spaced 10-15 feet apart. Divide players evenly among T’s
* 1 hitter and 1 chaser per team for each round
* 1 rag ball per team
* Hitter tries to hit a line drive to opposite gym wall.
* Our Scoring: 1 point for a hard hit 1 hopper to wall

2 points for ball that hits from base of wall to top of doors

3 points from top of door to bottom of scoreboard

4 points above scoreboard to ceiling

0 points for ceiling or anything else

All hits must be line drives, no bloopers

* Chaser sprints after his teams ball and must sprint back and he places the ball on the tee for the hitter
* Continues for a certain time (1 – 1 ½ minutes)
* Switch players. (Hitter to chaser, chaser to end of line, new hitter)
* Safety – All players not hitting or not chasing are up against wall counting for their team or another team.
* Score is cumulative for the entire team.

**Star Drill**

* A fielder at each infield position, including catcher. (no pitcher)
* Coach hits a ground ball to SS. He throws to 1st baseman.
* Runner leaves from the plate and runs around the bases and tries to score before the fielders complete a “star” twice.
* Runner start when 1st baseman lets go of ball on his throw to 3B. (just how the timing seems to work best).
* Star is SS to 1st to 3rd to 2B to C.
* Players may take a few steps as if playing with the infield in.

**Pressure 315**

* 2 players at all infield positions (outdoors only, if inside the next team is on the side)
* 5 consecutive plays of the same situation and then switch defense.
* Second defense is on outfield grass waiting for an error.
* If play is not made – whole group runs to 315 foul pole in 30 seconds or does 3 sets of 15 exercises if inside. (Burpee, power jumps, push-ups, mountain climber etc…)
* 5 successful plays then switch teams or that team moves to the next situation. Coach chooses. Then continue until each team gets through all situations. Sometimes it does not happen.

Make up your own situations (examples below)

Situation 1: runner on 1st

Situation 2: 1st and 2nd, sure bunt

Situation 3: 2nd and 3rd, INF in.

Situation 4: Bases loaded, corner in, middle turn

**Hustle Catch (Free Throw Line Hustle)**

* Use Free throw lines extended as each base.
* ½ defensive team behind one line and ½ behind the other.
* Offensive team (runners) are all at one side behind the free throw line.
* Coach taps 2 bats together 3 times and one runner has to leave between the 2nd and 3rd tap.
* Runner has to get to the opposite free throw line and back to the starting line before defense throws the ball back and forth from the free throw line 2 times. A different players has to throw and catch each throw.
* Defense has to stay behind the free throw lines.
* Offense gets a run each time a man is safe (makes it back before the throws are completed)
* It is an out if the 4 throws are completed before the runner gets past the line.
* You only score when running.
* Switch after 3 outs.
* Offensive team does not have to show who is running and they can distract, scream, wave, anything they want to do to rattle the defense as long as they do not enter the free throw lane or cross the free throw line.

**Helter Skelter**

* Simulate chaos while working on rundowns and get defense not to panic and get out(s).
* Offense objective: score as many runs as possible.
* Defense objective: get 3 outs and not panic.
* Have a competition between the OF and IF or whomever.
* 1st inning starts with pitcher making a pick at 1B. Bases loaded. As soon as pick happens runners are free to do whatever they want.
* Runners can pass each other, go forward or backward.
* Only one runner may occupy a base at a time.
* A fourth runner starts at the plate. He can’t be tagged out until he gets past 1B but he has to go to 1B right away.
* You can score running in either direction.
* The runner starting at the plate and the man starting at 1st base have to touch 2nd base before they can score in either direction.
* No player may hold the ball for more than 3 seconds or the baserunners are awarded an extra out.
* Do 3 Innings - New pitcher each session.
	+ 2nd Inning starts with new pitcher and a pick at 2B.
	+ 3rd Inning starts with new pitcher and a pick at 3B.

**Blind Mice Infield**

* Fielders at 1st, 2nd , SS, 3rd & C. (Remainder of players wait up the 1B line from home plate about 10 feet) All players have glove on & ready to sprint out to SS when it is their turn.
* Every player will follow his throw.
* Coach hits a grounder to SS, SS throws to 1st and runs to cover 1st base, 1st baseman receives throw & throws to 2nd base (2nd baseman covers) 2nd baseman puts tag down, 1st runs to cover 2nd, 2nd throws to 3rd , 3rd puts on a tag, 2nd base runs to cover 3rd, (coach hits another ball to new SS and the drill continues with second ball) 3rd base throws to catcher and runs to cover plate, catcher throws the ball back to 3rd baseman as he runs in and now that player gives or tosses ball to coach as he runs past him on the way to be the catcher.
* You can do this drill fairly slowly at first and then speed up with more balls. Have the SS players come in from 1st base side of the plate area as soon as the SS throws the ball to 1st. But they have to watch the throws that are being made.
* Keep SS up in front of 2nd to 3rd baseline so he does not end up in line with any throws.
* Everyone has to hustle and make good throws. We try to get three balls going and we try to count 10 full sequences with no bad throws. Every time a ball is tossed to the coach we count that as one sequence.
* To put real game-like pressure on them, we start over for every bad throw until we get to 10. Can take a long time on a tough day.
* For scoring purposes we can compete against another team by counting how many sequences we get in 2 minutes.
* You can just go with two balls and it works well but three makes it a little more challenging.

**Diamond Doosey (PFP)**

* 4 bases, man at each base with ball.
* 1 player (pitcher) in middle retrieving/fielding a rolled ball by a man at one of the bases.
* Pitcher then has to throw the ball to the base called out by man as he rolls the ball out to him.
* Wherever the rolled ball came from becomes home plate.
* Sprint to follow your throw and then throw to the next called base.
* 10 balls then rotate players.
* Very good for conditioning the brain and the body.
* Physical fatigue creating mental fatigue will show loud and clear.
* You can score this with team points for however many throws a player makes to the correct base and a good throw.
* Down side to this drill is it only involves 5 guys. You can have 2 players at each base and have them rotate rolling the balls out but they have to pay attention.

**First Base Lacrosse**

* Screen (Tri-fold screen is best or indoors you can tape an area on the wall) behind 1st base.
* Have a man as the “goalie” at 1B.
* All players on the other team are out near 2B.
* A coach flips a 1 or 2 hopper from short distance to the player and he fields it and tries to get the ball by the 1B man (goalie).
* Can have 2 teams competing with a new goalie and a new thrower, for each turn.
* Hit the screen and earn a point.
* You can throw it or spike it short hop, high throw or whatever you want. It has to hit the screen.
* Goalie just has to keep it from hitting the screen.
* Can have same goalie go through the opponents entire team and then switch or you can have goalies switch every 3 or 4 throws.
* Adjust as you see fit