



## Berlin Youth Baseball – Countering Practice Distractions

**Goal of this document:** Provide coaches with ideas on how to keep players busy, interested, and engaged during practices!

**What to look for:** If you are in the middle of a practice and a good portion of the players seem to be getting distracted, not paying attention, tired, thirsty, exhausted, sitting down, or chatting about non-baseball topics, immediately stop practice & take a break

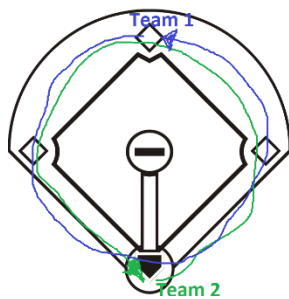
before continuing practice. A water break can be a good quick solution. Let everybody re-hydrate and take a breather. But sometimes a water break isn't enough, and the players need more engagement.

**What you can do:** Always have a few “fun activities” or games pre-planned for scenarios like this.

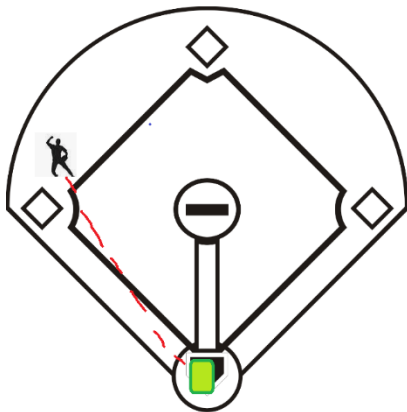
### Examples of practice-oriented “Games”:

1.) **Relay Race** - Team 1 starts on 2<sup>nd</sup> base, Team 2 starts on home plate. Throw a glove up in the air when it hits the ground the 1<sup>st</sup> player from each team goes.

Race around the bases, high five the next in line. First team to get all players around wins. Do it again, swap players if necessary to even it out.

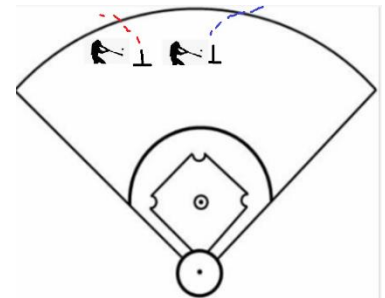


2.) **Bucket Target Toss** Place an empty bucket sideways on home plate, have players line up at 3B and one at a time try to throw the ball into the bucket, each player gets 1 turn, set a “team” record.



3.) **Circle Toss** All player in a circle a few feet apart, barehanded no gloves, 1 hardball is flipped gently underhand around the circle, a catch is 1 point for the team, a drop is 0, try to set a team record for “most catches” in 1-minute using a timer.

4.) **Mini Homerun Derby** Everybody in the outfield, put 2 tees equal distance from the fence at a distance where good hits may go over the fence, take turns 1 player against another trying to hit the ball over the fence.



5.) **Bucket Ball Flip** Place a bucket around 10 feet from a line of players. Each player gets 10 balls and 1-minute to gently toss overhand (not underhand) and try to land balls into the bucket, trying to make “high score”. Players that already threw go behind the bucket to pickup the misses.

6.) **Distance Partner Toss Competition** Each player chooses a partner. Lineup in 2 rows like standard warm-ups but at a very short distance (perhaps 10 feet). All baseballs are on one side of the row. Coach stands parallel to the non-baseball row. Nobody throws until the coach says “Throw”. Once the ball is thrown, catch it you continue, drop it you're out (you & your partner sit down). Coach now backs his row up 2 big steps and repeats. Go until 1 pair is left.