



BASEBALL
VICTORIA

Youth Development Games

Baseball Victoria Coaching Education

Hitting Games

2 Ball

Focus:

- Balls in play
- Create fast-paced fun
- Many opportunities for teaching moments in all aspects of the team game

Equipment:

- L screen
- 2 square screens behind home plate
- Baseballs

Time:

- 30 min- 1 hour

Game Description and Rules:

- 6 out - 0 to 3 play like none, 4 like 1 out, and 5 like 2 outs
- Only 2 pitches
- Points are runs
- Coach pitch

Modifications:

- Points are bases e.g., single = 1 point double = 2 point (runners don't stay on bases)
- Bonus points for hard turns (runner has to get past a cone in order to gain bonus point)
- Ball in the outfield runners have to advance 2 bases (create tag opportunities, rundowns and aggressive baserunning)
- Tee-ball, self-toss or Fungo
- Hack attack pitching
- Coach pitch/player pitch
- Every inning is a new bat or ball
- Smaller fields
- Every inning, start with winning run on base
- No one strikes out
- Players pitch and start with 1-1 count - if there is a walk coach comes in to throw to batter



Shoot the Gap

Focus:

- A smaller field forces a constraint for hitters to drive balls up the middle and get consistent hard contact. The smaller field allows the defence to make plays and a high volume of balls hit at them.

Equipment:

- L screen
- Square screen behind home plate
- Cones for field boundary
- Baseballs

Time:

- 15+ min

Game Description and Rules:

- 2 teams of 5 – offense and defense
- Home plate at second base- further or closer from the wall based on skill level
- Field of play is narrowed to create intent to drive the ball up the middle
- 0 point for GB
- 1 point for line drive
- 2 points one hop off wall
- 3 points off the wall
- 5 points for home run
- Defensive catches minus point(s) from offense



Beat the Wall HR Derby

Focus:

- Creates intent for hitters to drive the ball in the air - helps hitters loosen up and have fun

Equipment:

- L screen
- Baseballs
- 1-4 Square screens
- 1-4 home plates

Time:

- 15+ min

Game Description and Rules:

- Coaches can throw/overhand front toss/side toss
- Level 1- center field 3-4 pitches
- Level 2- 2nd base 5-6 pitches
- Level 3- pitchers mound 7-8 pitches
- Level 4- home plate 8-10 pitches

Hard to Kill

Focus:

- Forces the hitters to compete

Equipment:

- L screen
- Square screen
- Baseballs

Time:

- 15+ min

Game Description and Rules:

- Level 1 @ 40 feet - 3 points hard hit in the air, -1 grounders
- Level 2 @ 36 feet - 4 points hard hit in the air, -1 weak contact
- Level 3 @ 32 feet - 4 points hard hit in the air, -1 weak contact
- Rounds of 6-8 pitches



Line Drive Champ

Focus:

- Encourages hard line drives and getting the ball out of the infield

Equipment:

- L screen and 1-2 square screens
- Baseballs and cones to create perimeter based on teams skill level

Time:

- 15+ min

Game Description and Rules:

- Imagine the infield is filled with puppies or landmines
- -1 points for groundballs, 0 points for soft contact, 2 points for hard contact in the air

Need for Speed

Focus:

- Creates environment for consistent hard contact

Equipment:

- L screen and 1-2 square screens
- Baseballs
- Radar gun or hitting Rapsodo

Time:

- 15+ min

Game Description and Rules:

- 2 rounds to get players top velo
- -5 mph of max velo is 1 point, -3 mph of max velo is 2 points, equal of max velo is 3 points
- Over max velo is 10 points

Modifications:

- If radar guns or Rapsodo are unavailable, coaches can use Blast Motion sensor for bat speed and same points can apply
- Distance can also be used if no equipment is available - measure the hitters furthest ball and mark it with a cone where it first lands to see if they can beat their best distance



Horse

Focus:

- Barrel control

Equipment:

- L screen
- 2-4 square screens
- Cones
- Targets
- Baseballs

Time:

- 15+ min

Game Description and Rules:

- Targets all over the field
- Hitter calls their shot before coach throws ball (overhand, front toss or fungo)
- If the hitter is successful, the next hitter must complete or the hitter receives a letter

Bat Gauntlet

Focus:

- Bat control and hard contact
- Intent to swing the bat fast

Equipment:

- Baseball bat
- Game bats/weighted bats/training bats/different sized teammates bats
- Baseballs
- Hitting plyos

Time:

- 15+ min

Game Description and Rules:

- Pick variable bats 5-8 different bats
- 3 balls per bat - hard hit balls with each bat to continue
- Success with each bat - you've survived!



Plate Gauntlet

Focus:

- Bat control, challenges timing

Equipment:

- L screen
- 1-2 square screens
- Baseballs
- 3- 4 home plates

Time:

- 15+ min

Game Description and Rules:

- Place 3-4 plates on the ground 1 meter apart shortening the distance to the thrower
- Everyone starts at the back plate and does 4 swings each
- To progress the hitter must hit 2 balls hard
- If player gets 0 or misses a ball completely, they get demoted a level
- Option: if player misses ball completely, they get demoted back to level 1
- The closer you get to the thrower or machine the faster the ball becomes

Around the World

Focus:

- Bat control and ball accuracy in cage or on-field

Equipment:

- L screen and 1-2 square screens
- Baseballs

Time:

- 15+ min

Game Description and Rules:

- 2 swings to pull side, 2 swings up the middle, and 2 swings opposite field
- Balls must reach the grass with back spin - 1 point for batter going 2 for 2 in each section of the field, possible 3 points per round of swings and bonus point if batter goes 6 for 6
- Optional: change of targets or order of sections of field to hit



Pepper

Focus:

- Bat to ball coordination and accuracy

Time:

- 15+ min
- Early work station or station during batting practice

Equipment:

- Baseballs
- 1 Bat
- Glove

Game Description and Rules:

- When glove is down for hitters home plate defensive player can throw ball
- Players choke up on the bat to gain more control to take an effortless swing
- If the batter hits ball on the full and defensive player catches ball the defender who catches the ball is now the hitter
- If the batter misses the ball on swing the thrower is now the hitter
- If the batter hits two foul balls - either behind or outside the two ends of defensive line the hitter is out and the defender at the front of the line is now the hitter
- If the batter picks up the ball and throws to defensive player on the full, the defender who catches it is now the hitter
- If the hitter hits the ball to same person twice in a row, the defender is now the hitter
- If the hitter hits the ball too hard, he is out and the player at the front of the line is the hitter
- If the hitter is holding the bat and ball at the same time the hitter is out and the player at the front of the line is the hitter
- If the thrower hits the glove on the full the hitter is out, and the thrower becomes the hitter
- If the thrower doesn't hit the glove or throws a ball outside the strike-zone the thrower is demoted to the back of the line
- If defender errors a ball, they get demoted to the back of the line



Throwing Games

Earn the Right

Focus:

- To build throwing and catching accuracy

Time:

- 10-15 min

Equipment:

- Glove
- Baseballs
- Cones

Game Description and Rules:

- During partner catch, the only way to get promoted to go further back is by catching consecutive throws at your partners chest standing up
- It could be two consecutive catches at your partners chest
- We use a cone in front of each player to help with alignment to target and also for who is winning
- If group completes the consecutive throws, the player off the foul line takes one big step back

Modifications:

- Player can use force out footwork (Glove side foot strides to the ball) with their cone as the base to move and catch the ball at their chest
- Players can move two steps away from their cone to catch the ball at their chest
- Players can move their feet to get a long hop at their chest



Throwing Infield Stopwatch

Focus:

- Ball handling and throwing accuracy

Time:

- 15+ min

Equipment:

- Bases
- Baseballs
- Stopwatch

Game Description and Rules:

- Infielders at positions with a catcher (no catchers gear) at home
- The time starts when the catcher throws to third base
- All plays go through to first base and back to the catcher
- E.g by position numbers- catcher-third baseman-first baseman-catcher-shortstop-first baseman-catcher- second baseman-first baseman-catcher and stop clock
- How fast can they complete the circuit - you can do 2 rounds of that circuit
- Rotate players positions – for advanced version, add double plays

Continuous Catch Race

Focus:

- Rapid fire encouraging players to take care of the ball

Time:

- 15+ min

Equipment:

- Baseballs
- Glove
- Cones for distance control

Game Description and Rules:

- Partners are 40-60 ft apart and in a race to complete 6 throws in a row
- When the partners finish 6 throws, they must sit down
- First group to complete all throws and must sit down to win



Hangtime Game with Stopwatch

Focus:

- Forcing players to get arm layback and intent to throw the ball high

Equipment:

- Baseballs
- Glove
- Stopwatch

Game Description and Rules:

- Coaches make a square perimeter- Easiest could be base paths → Hardest 10mx10m
- Player stands in the middle of the square and throw the ball as high as they can.
- The ball must land within the square to count
- The coach starts the stopwatch when the player releases the ball and stops the clock when the ball lands in the square

Fielding Games

Sharpshooter

Focus:

- Fielding and throwing accuracy

Game Description and Rules:

- Defenders line up at shortstop
- Target(s) is placed at first base in the middle of a screen
- Coach uses machine or fungo to hit groundballs at defender
- Player must field the ball cleanly and hit the target to receive a point
- Points can vary based on the different area of the target
- Player with the most points win



Last Man Standing

Focus:

- Fielding groundballs

Game Description and Rules:

- Group of 4-8 (if more players you can make other groups in the field to make smaller number groups)
- One player at a time fields a ground ball
- Coach can throw/fungo/machine the ball to players
- Mix in line drives, short/long hops and snakes to players
- To stay in the line the player must field the ball cleanly – bobbles, clanks, and misses are eliminations
- Last player to be in the line wins!

Live Runners Game

Focus:

- Fielding groundballs and decision making

Game description and rules:

- 4-5 players per team
- Coaches can fungo or use machine to get groundballs to defence
- Offensive team has 4 cones to choose from with different point values.
- 4 cones are placed in a line parallel to first base line (4m from home plate in foul territory) - a drop-down base will be placed for the runners safety
- Cone 1 (1 point) is placed 1m in front of home plate, cone 2 (2 points) is even with home plate, cone 3 (3 points) is 1m back from cone 2 and cone 4 (4 points) is 1 m from cone 3
- If offensive runner is safe, then they receive points from which cone they chose to start at
- Defence must get 3-6 outs to get to offence
- A screen can be placed behind first baseman to protect the runners

Modifications:

- Defensive outs can be added to overall team score
- Bonus points to runners making a hard turn if ball gets through the infield
- Bonus points to runners breaking down correctly at first base and advancing on a bad throw past first base



Beat the Clock

Focus:

- Fielding groundballs
- Testing the fielder's inner clock
- Forcing players to be in control and know when they have to go fast or slow down

Game Description and Rules:

- Coaches pick a time that is closely related to the runners running from home to first base
- Coaches start the clock from the contact of the bat to the contact of the first baseman catching the ball or contact of the target on a screen
- Coaches call out the time and either if the play would have been safe or out
- First player to 6 outs wins

Modifications:

- Players get penalized for going too fast e.g. time to beat is 4.8 sec and the defender gets 3.1 sec.
- Players can call out their times if they are within .3 sec they get a point, automatic win if they get spot on

Gotta Catch'em All

Focus:

- Fielding random groundballs and decision making

Game Description and Rules:

- Player lines up at shortstop
- Coach with fungo/machine gives 5-8 random groundballs challenging players different lanes
- The goal is for the player to catch'em all

Modifications:

- Coaches can make a standardize sequence to start off with and test them every training
- Coaches can add accurate throws to make the rep to count



Fill the Bucket

Focus:

- Throwing accuracy and ball handling

Time:

- 10+ min

Equipment:

- Baseballs
- Two empty buckets

Game Description and Rules:

- Two groups of players lined up at team 1 at shortstop and team 2 at third base, and a coach/player at first base with two empty buckets
- Each team will take a turn fielding a groundball and making a play to first base
- If the player fields the ball and makes an accurate throw, the coach/player at first base will place the ball in the teams designated bucket
- Bad throws or misplayed ground balls will not be placed in the teams designated bucket
- The balls will be totalled from each bucket to determine the winner

Modifications:

- Same concept can be used for outfielders throwing to a base - throws must be long hops or the ball will not be placed in the bucket

