Competitive Team Drills

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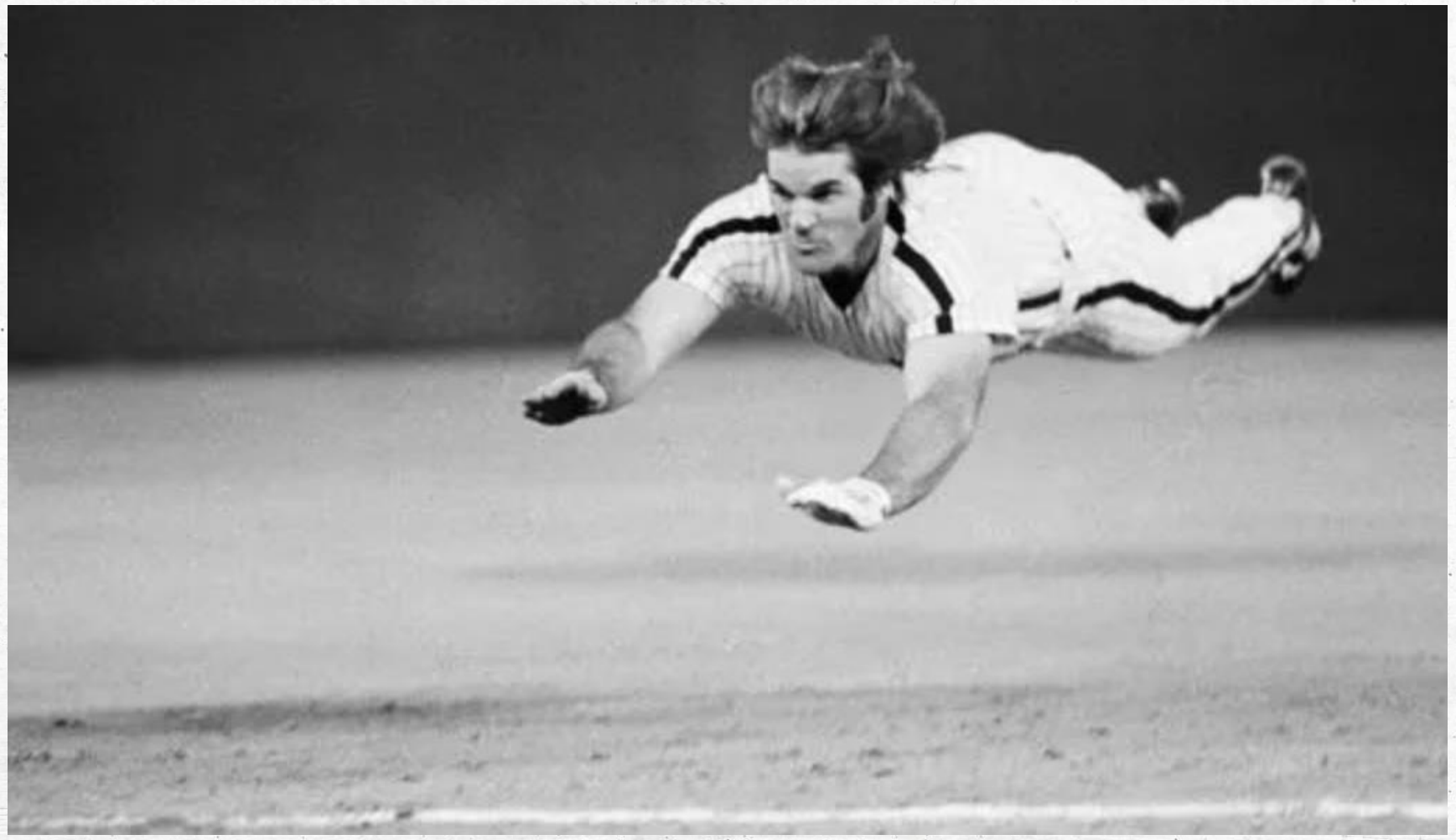
Lewis & Clark College

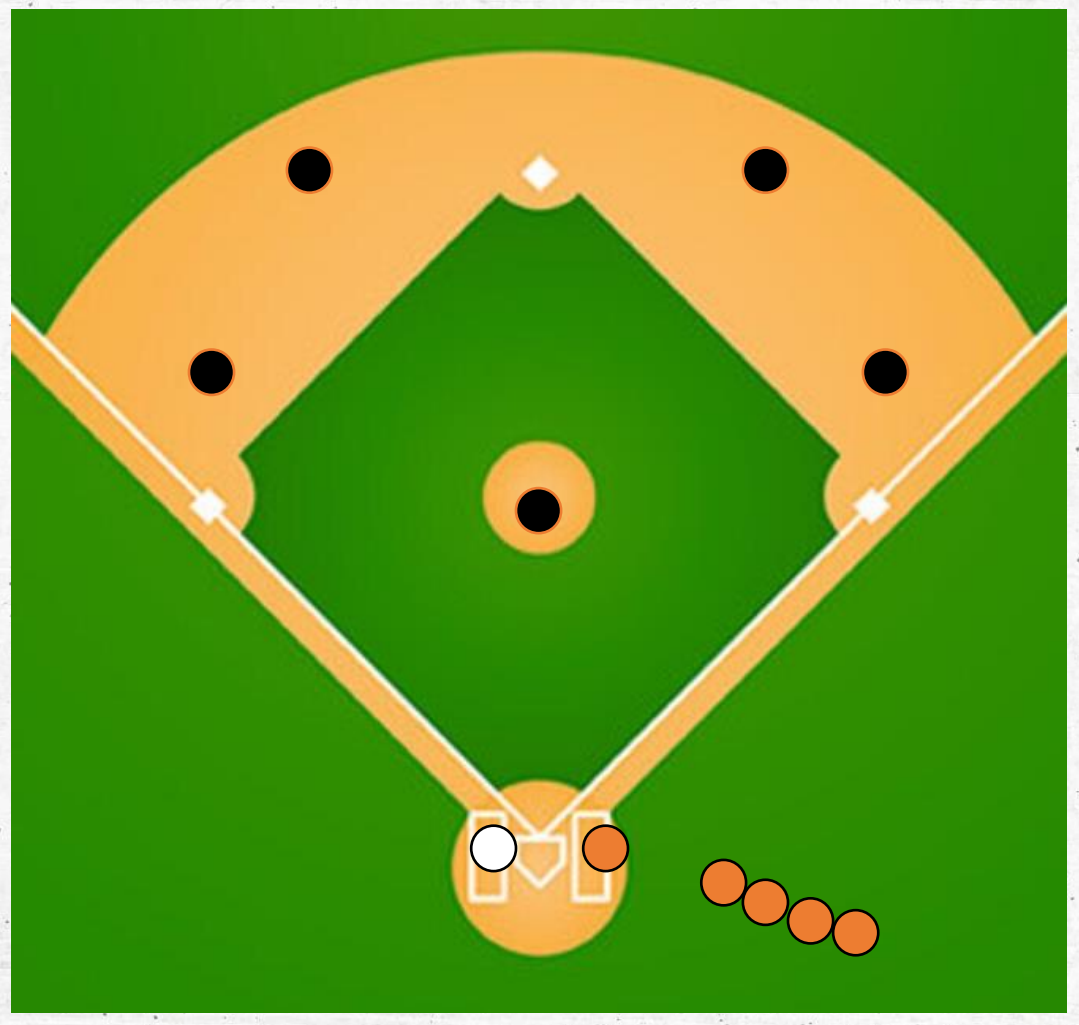
THE LEGENDARY
JERRY GATTO
I BELIEVE
I BELIEVE IN MYSELF
I BELIEVE IN MY TEAMMATES
I BELIEVE THAT SOMETHING GOOD IS GOING TO HAPPEN
I BELIEVE THAT THROUGH HARD WORK, I WILL ACHIEVE SUCCESS

KIDS
THESE
DAYS!



INF vs OF

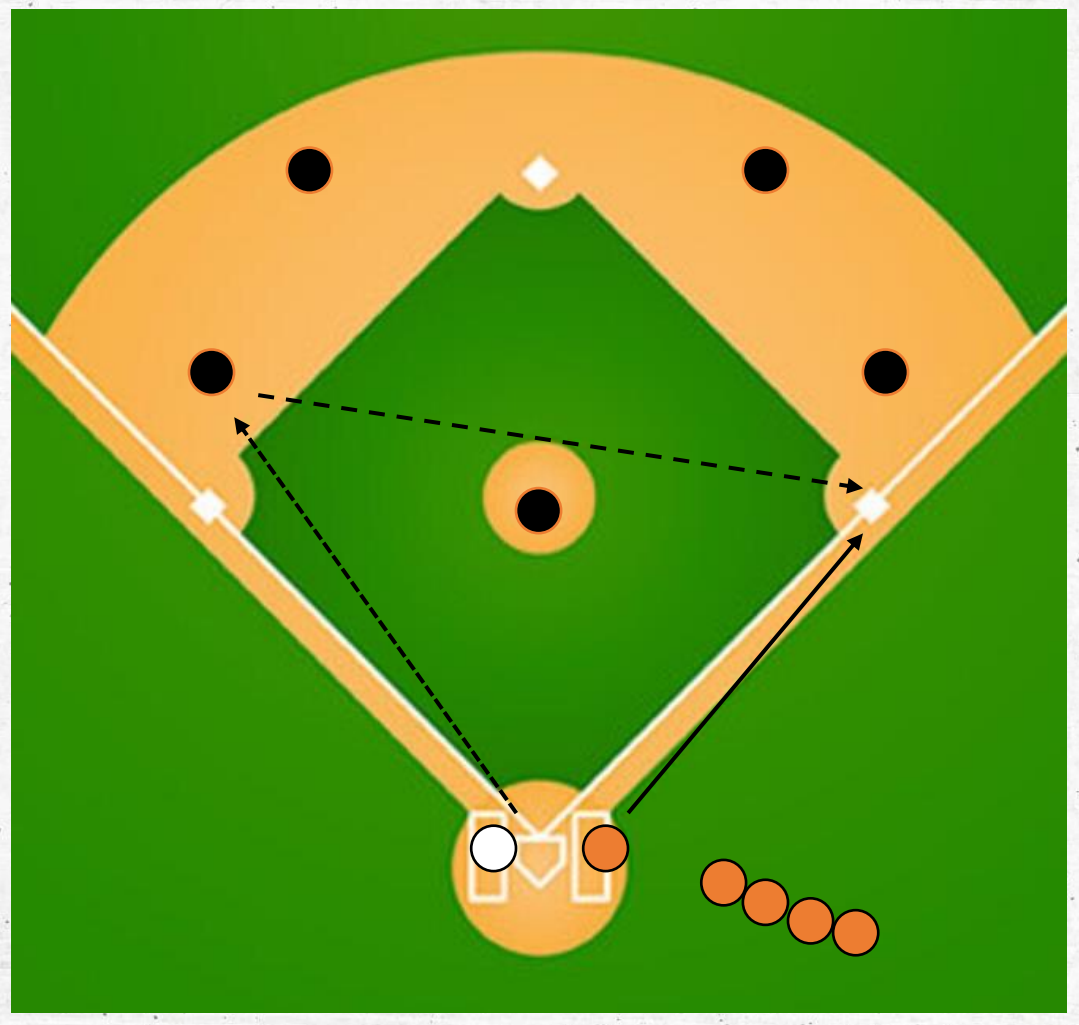
- Set-Up
  - Infielders at their positions
  - Catchers and Outfielders at Home Plate with helmets
  - Fungo hitter in RH batter's box



COACH INFIELDER RUNNER

INF vs OF

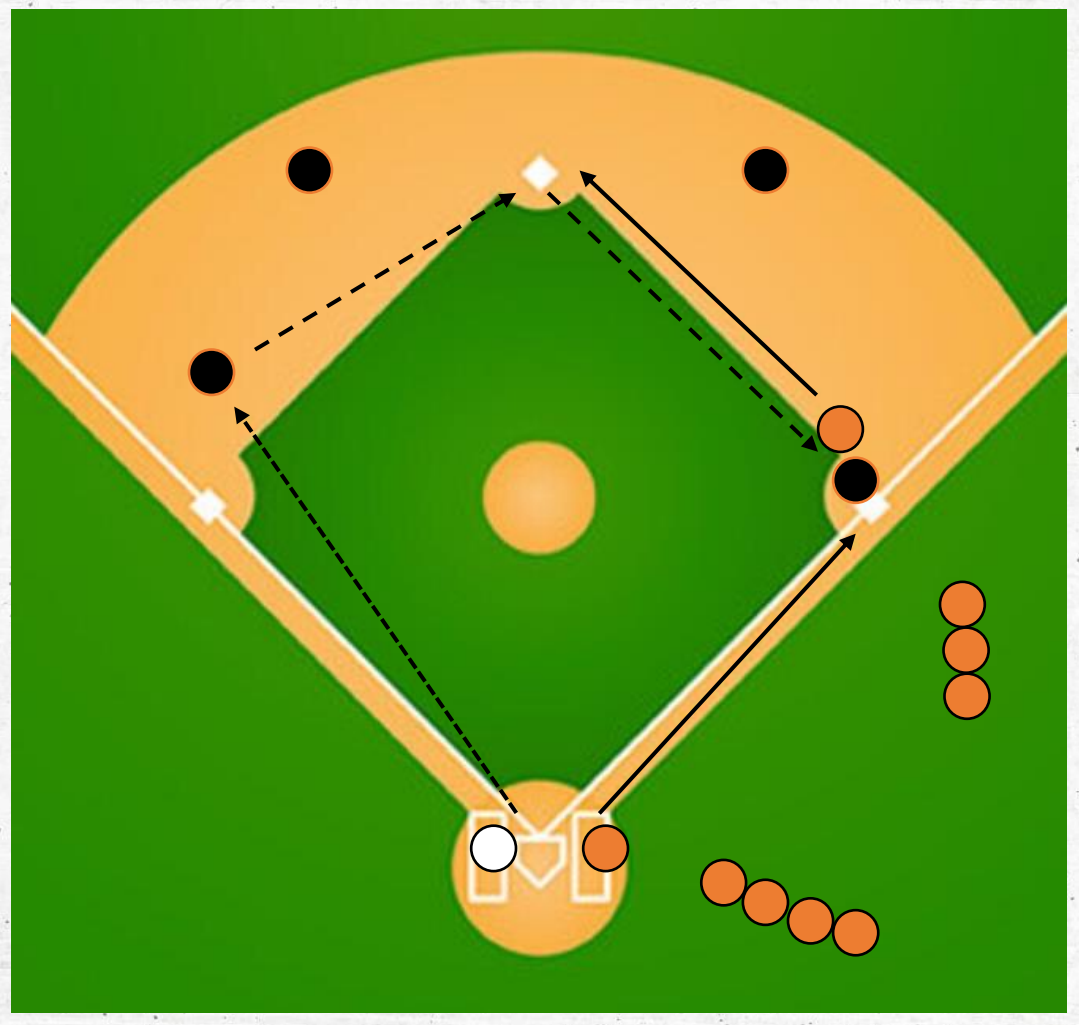
- Phase 1 – Nobody On
  - Ground ball hit to Infielder
  - At contact, runner heads to 1B
  - GBs to 3B, SS, 2B and then 1B
  - Goal = throw out runner at 1B



COACH INFIELDER RUNNER

INF vs OF

- Phase 2 – Runner On 1B
  - Ground ball hit to Infielder
  - At contact, runners advance
  - Goal = turn double play



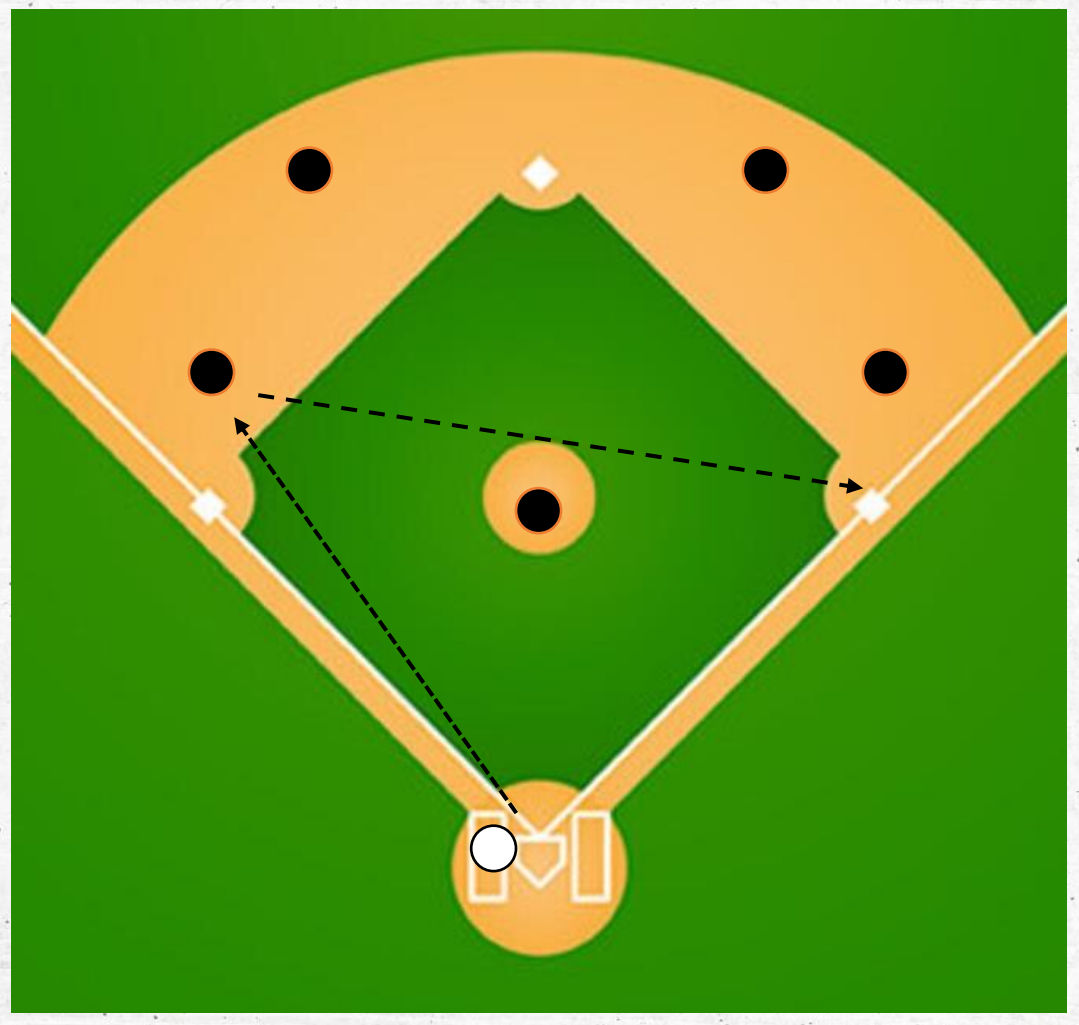
COACH INFIELDER RUNNER

INF vs OF

- Phase 3 – On A Clock
  - Ground ball hit to Infielder
  - Stopwatch to track time from contact with bat to contact with glove at 1B
  - Call Out Times
  - Goal = 4.3 to 1B, 4.5 for DP

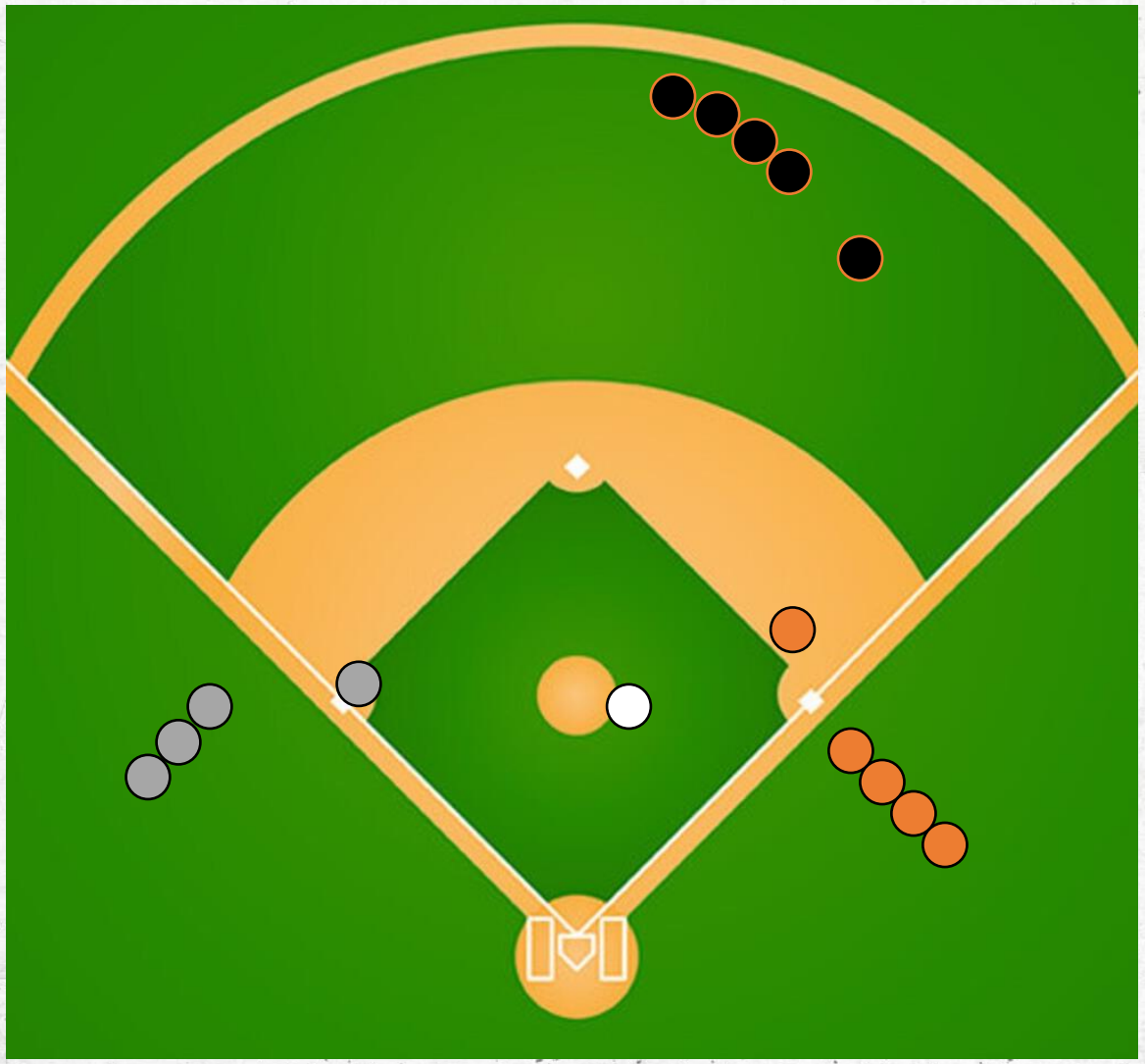
  - Catchers gearing up & Outfielders rewarm arms

○ **COACH** ● **INFIELDER**



INF vs OF

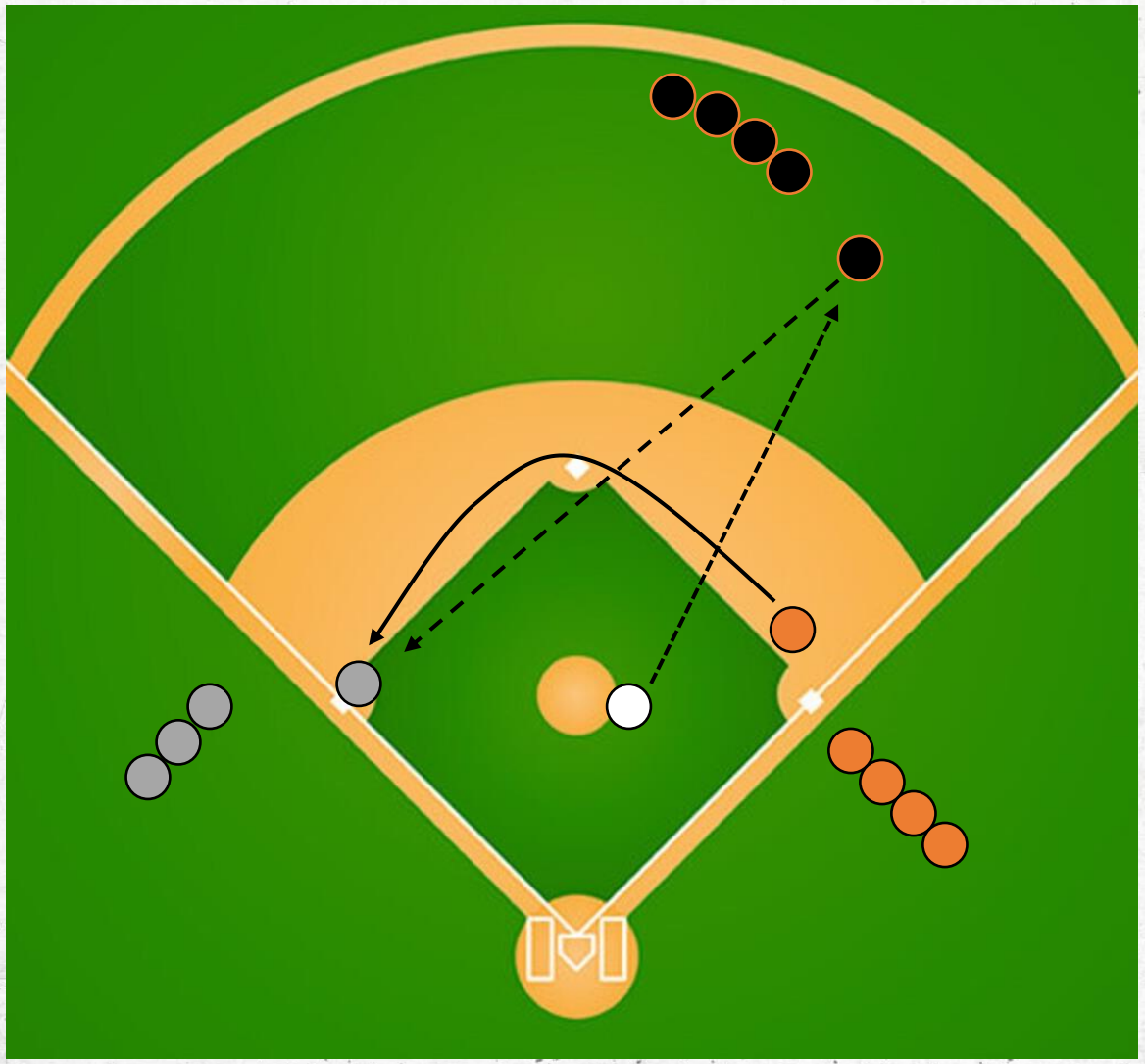
- Set-Up
  - Outfielders in Right Center
  - Catchers geared up at 3B
  - Infielders at 1B with helmets



COACH OUTFIELDER CATCHER RUNNER

INF vs OF

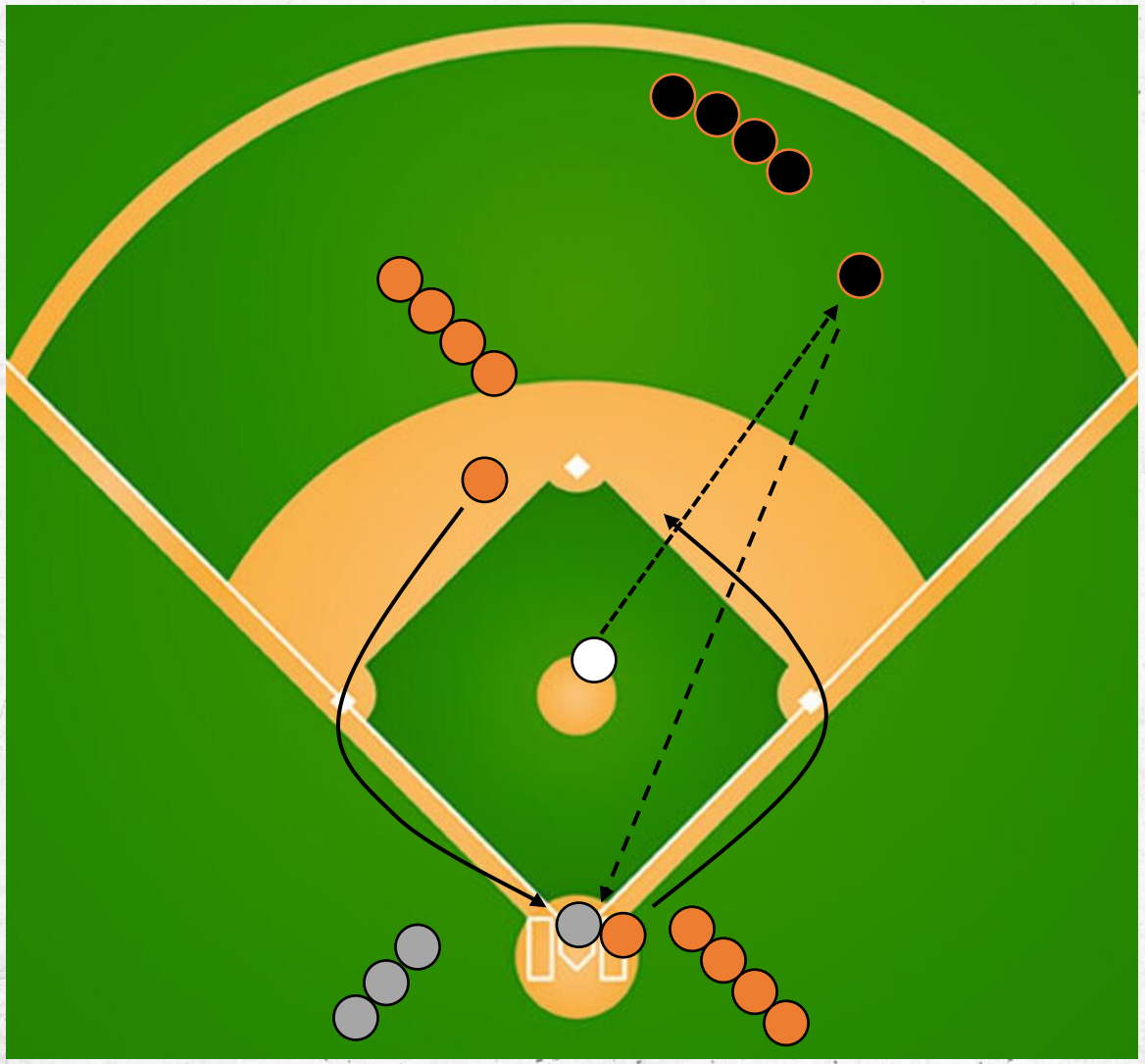
- Phase 4
  - Ground ball hit to Outfielder who then throws to 3B
  - At contact, runner at 1B attempts to go 1st to 3rd
  - Catchers receive throw and practice tags
  - Goal = Long hop throw online to 3B in time to tag out runner



COACH OUTFIELDER CATCHER RUNNER

INF vs OF

- Phase 5
  - Ground ball hit to Outfielder who then throws to Home Plate
  - At contact, runner at 2B attempts to score and runner advancing to 1B reads throw to determine if they can advance to 2B
  - Catchers receive throw and practice tags
  - Goal = Long hop throw online to Home Plate in time to tag out runner



COACH OUTFIELDER CATCHER RUNNER

Point Game

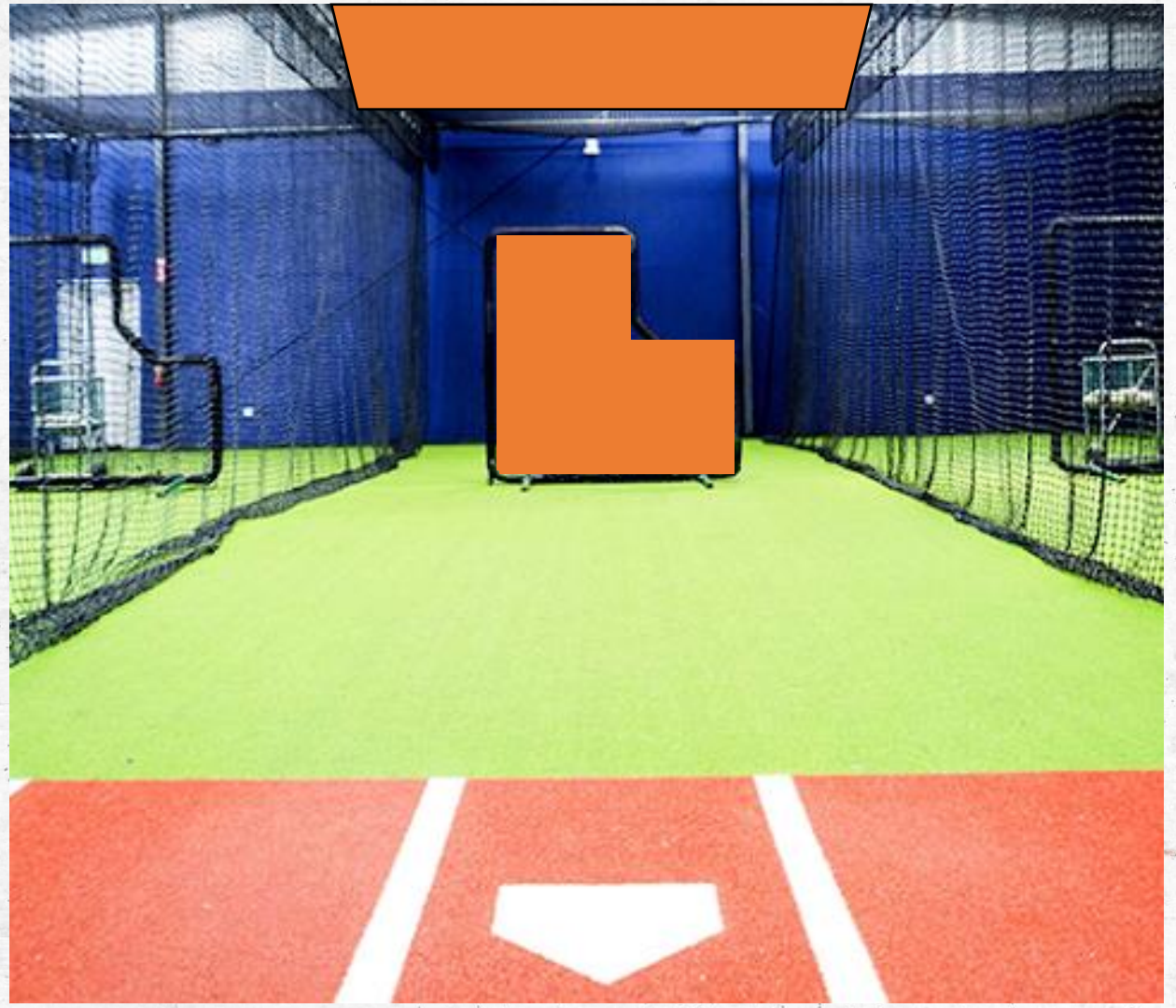
- Set-Up
  - Two even teams
  - Played like a regular game with three outs per ½ inning
  - Designate a foul line on side of cages
  - One swing per hitter
  - Taking a strike is an automatic out
  - 7 or 9 inning games
  - Team with most runs wins

Point Game

- Scoring
  - 1B – off side of nets past designated foul line, but in front of L-Screen

Point Game

- Scoring
  - 1B – off side of nets past designated foul line, but in front of L-Screen
  - 2B – off of L-Screen in the air or the top of the cage past the designated foul line, but in front of L-Screen



Point Game

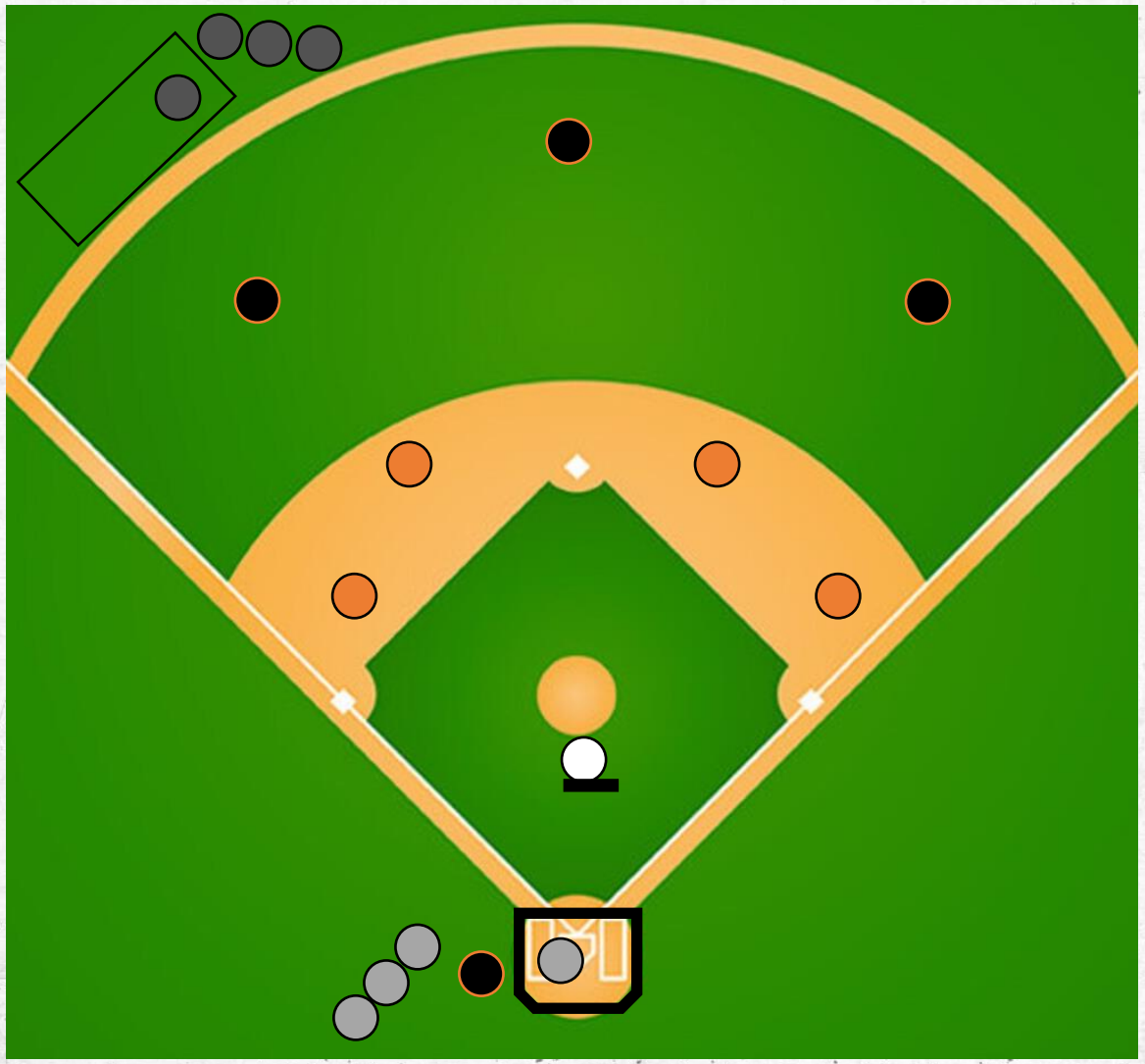
- Scoring
  - 1B – off side of nets past designated foul line, but in front of L-Screen
  - 2B – off of L-Screen in the air or the top of the cage past the designated foul line, but in front of L-Screen
  - 3B – off side or top of the net, past the L-Screen

Point Game

- Scoring
  - 1B – off side of nets past designated foul line, but in front of L-Screen
  - 2B – off of L-Screen in the air or the top of the cage past the designated foul line, but in front of L-Screen
  - 3B – off side or top of the net, past the L-Screen
  - Home Run – in the air off the back of the cage
  - Everything else is an out

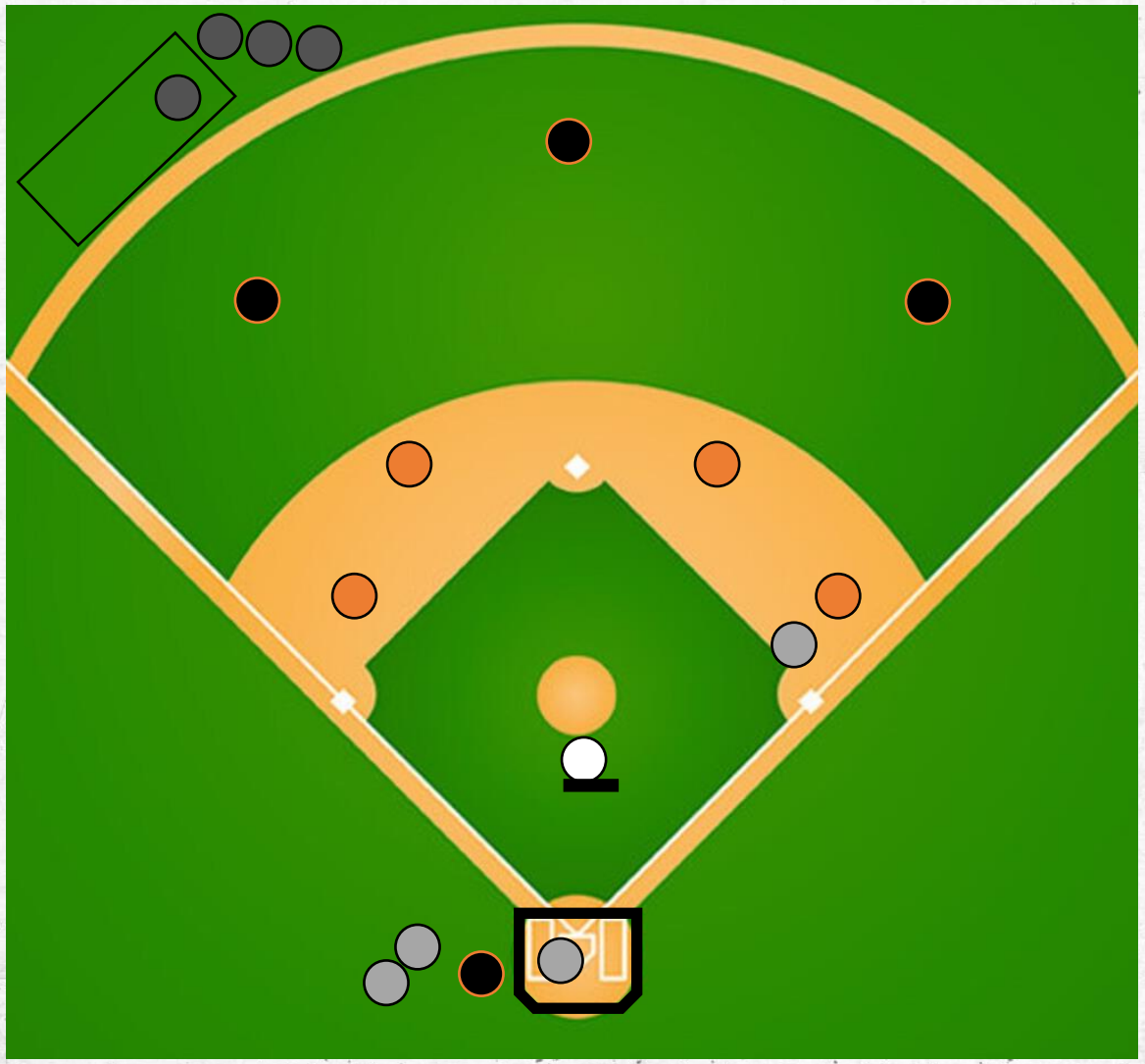
Live BP

- Set-Up
  - 4 groups
    - Two OF groups, two INF groups and plug Catchers in to even out group numbers
  - Group 1 – hitting live on field
  - Group 2 – hitting in cages
  - Group 3 – on defense
  - Group 4 – on defense



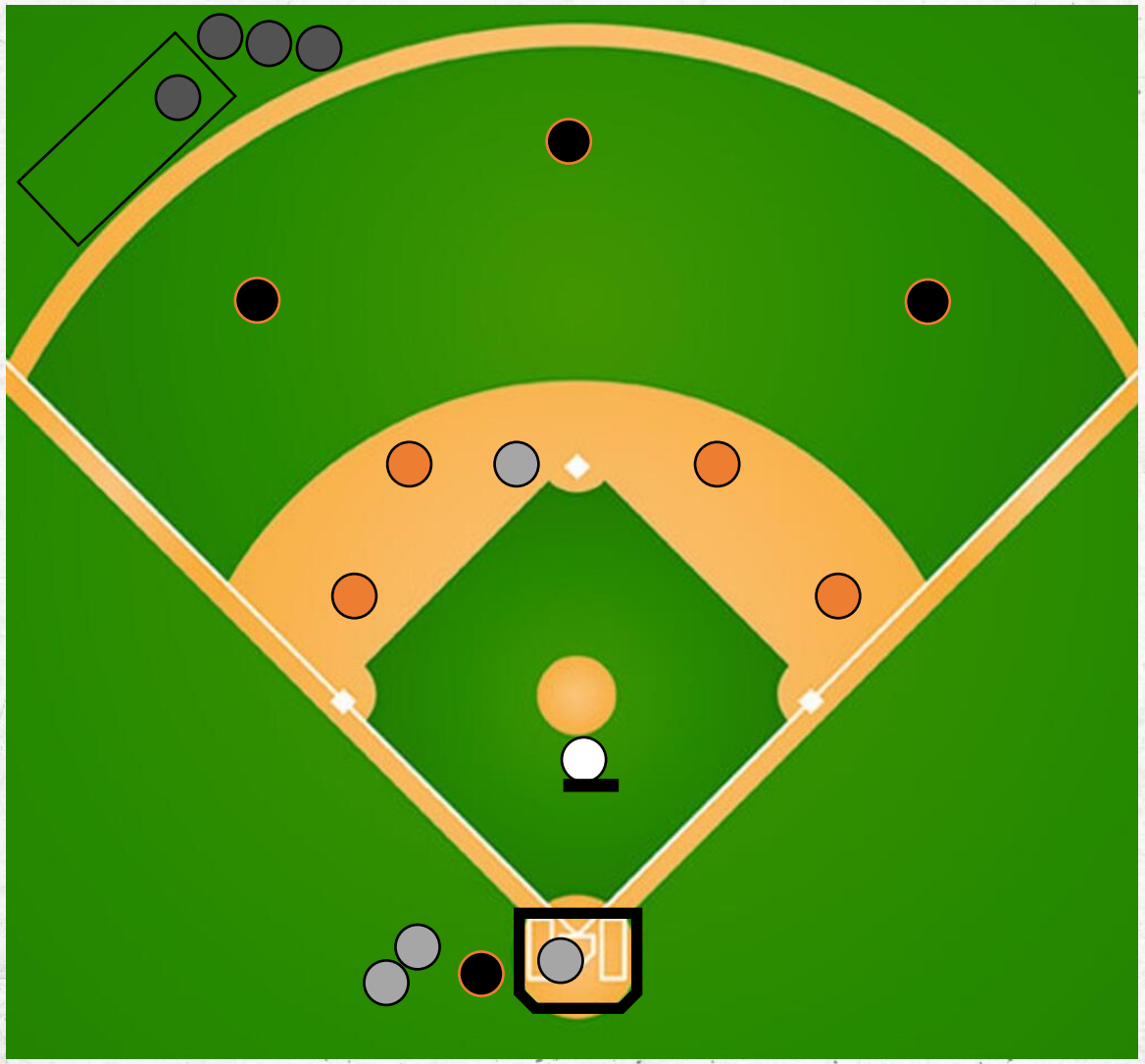
Live BP

- Round 1 – Runner on 1B, less than 2 Outs
  - Live Group
    - 4 Swings (FB middle-out)
    - Tally how many hard hit balls for each hitter
    - Runner getting live reps at 1B
  - Cage Group
    - Rounds of 5 CB or SL
  - Defensive Groups
    - Reps on swings 1 & 2, take swing 3 off
  - All On-Field Groups
    - 4th swing is a live game situation
    - Tally how many runs each team scores



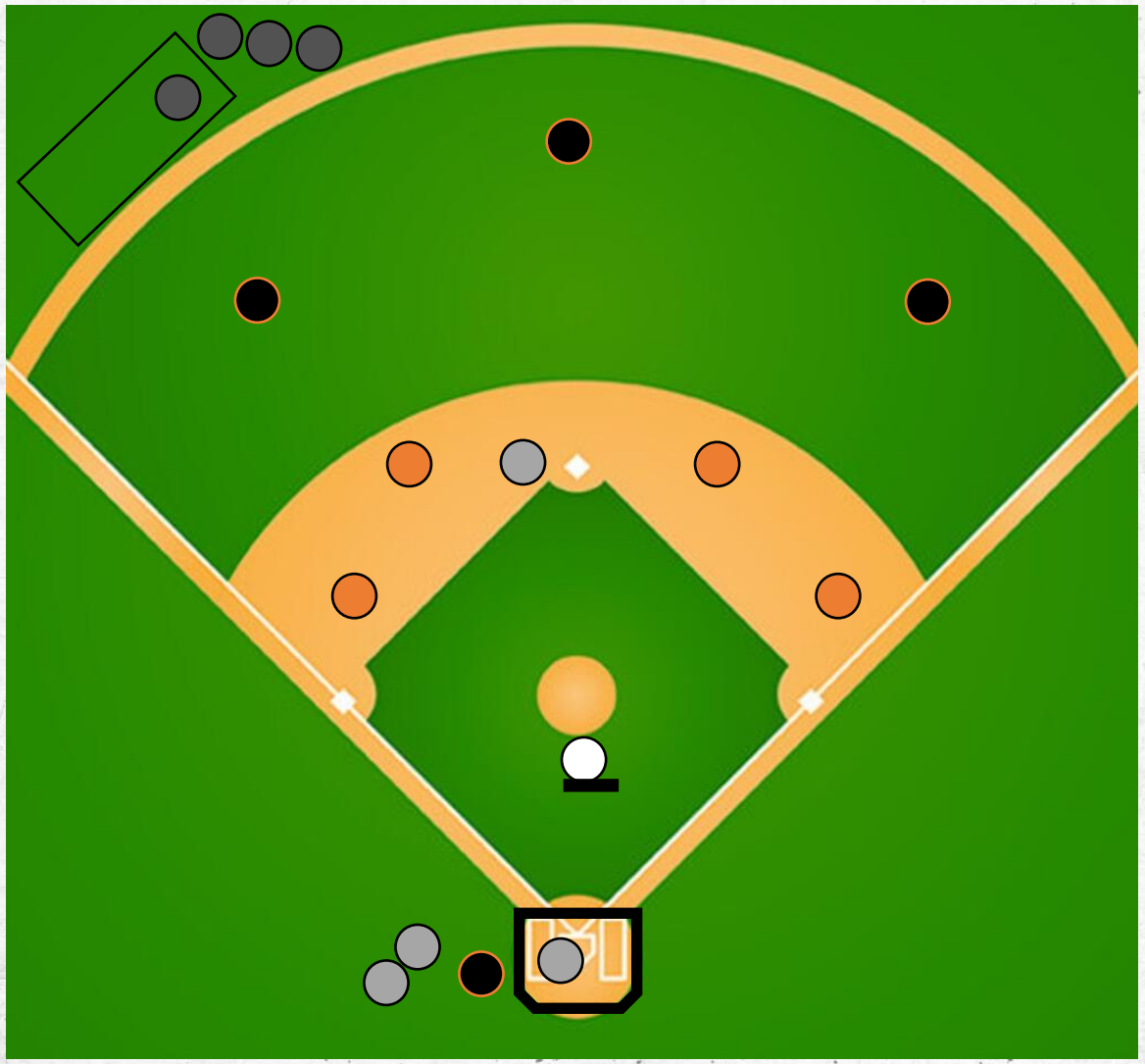
Live BP

- Round 2 – Runner on 2B, No Outs
  - Live Group
    - 4 Swings (FB middle-in)
    - Tally how many hard hit balls for each hitter
    - Runner getting live reps at 2B
  - Cage Group
    - Rounds of 5 CB or SL
  - Defensive Groups
    - Reps on swings 1 & 2, take swing 3 off
  - All On-Field Groups
    - 4th swing is a live game situation
    - Tally how many runs each team scores



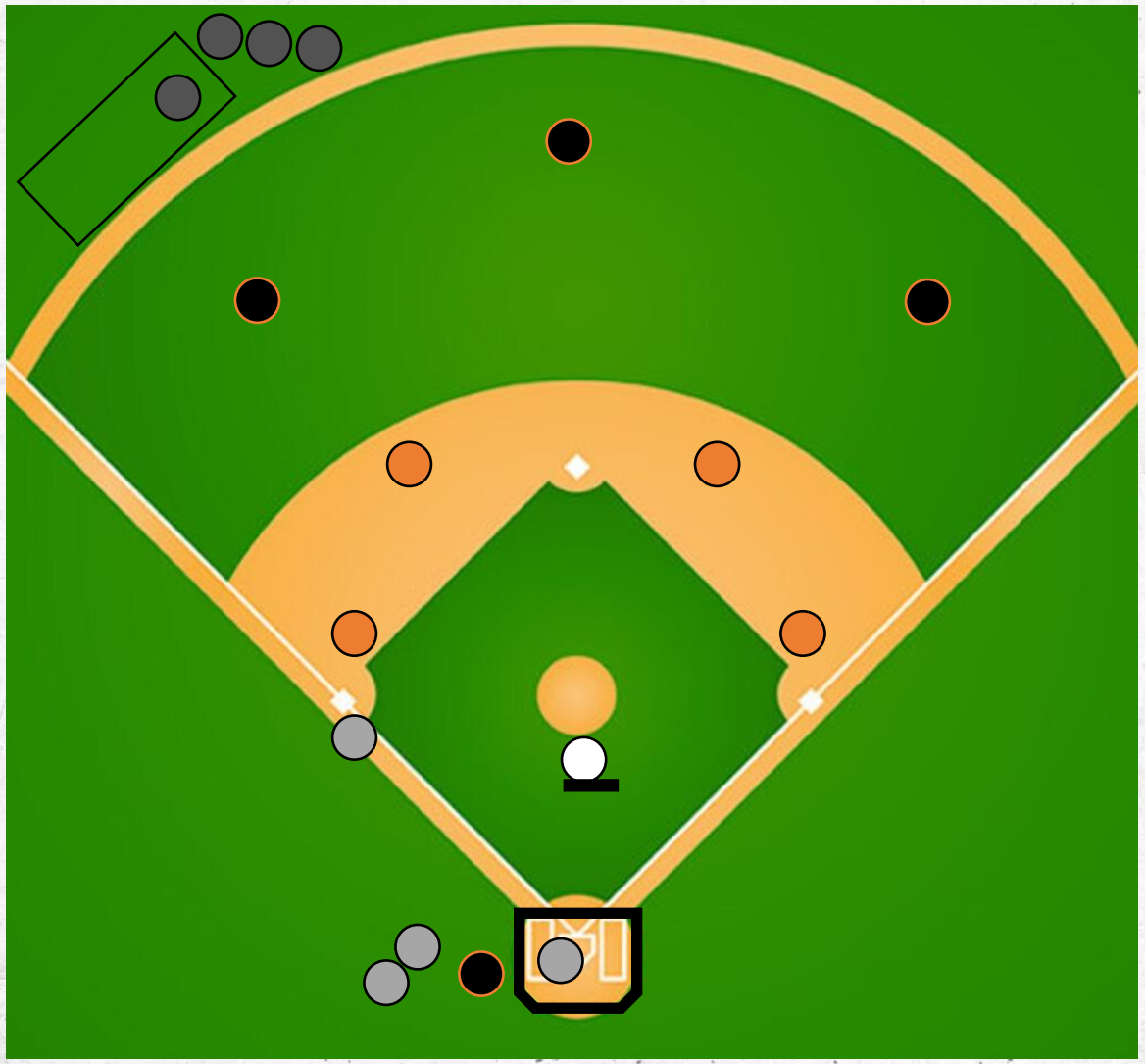
Live BP

- Round 3 – Runner on 2B, One Out
  - Live Group
    - 4 Swings (CB or SL)
    - Tally how many hard hit balls for each hitter
    - Runner getting live reps at 2B
  - Cage Group
    - Rounds of 5 CB or SL
  - Defensive Groups
    - Reps on swings 1 & 2, take swing 3 off
  - All On-Field Groups
    - 4th swing is a live game situation
    - Tally how many runs each team scores



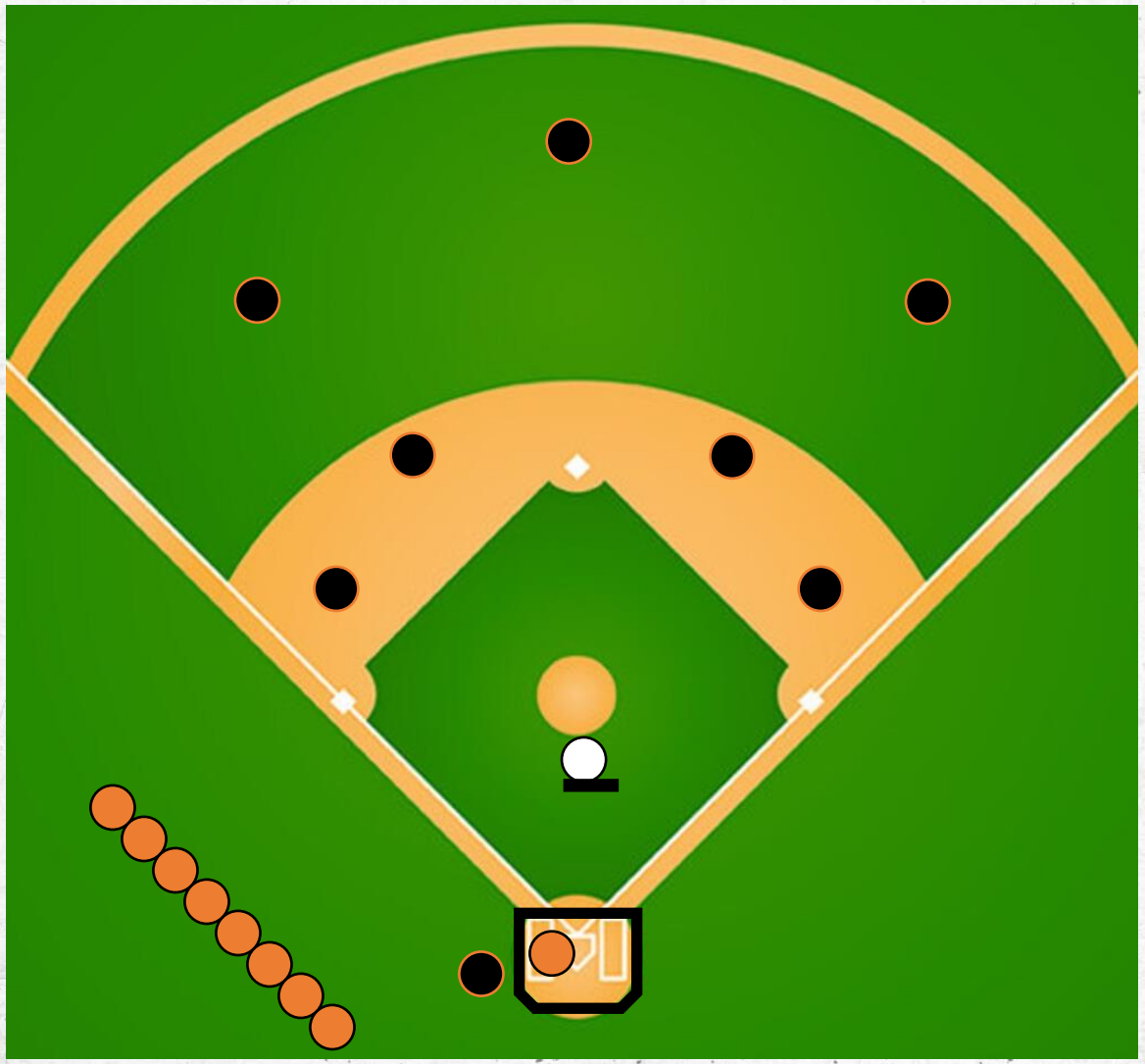
Live BP

- Round 4 – Runner on 3B, No Outs, Corners In
  - Live Group
    - 4 Swings (FB middle-10)
    - Tally how many hard hit balls for each hitter
    - Runner getting live reps at 3B
  - Cage Group
    - Rounds of 5 CB or SL
  - Defensive Groups
    - Reps on swings 1 & 2, take swing 3 off
  - All On-Field Groups
    - 4th swing is a live game situation
    - Tally how many runs each team scores



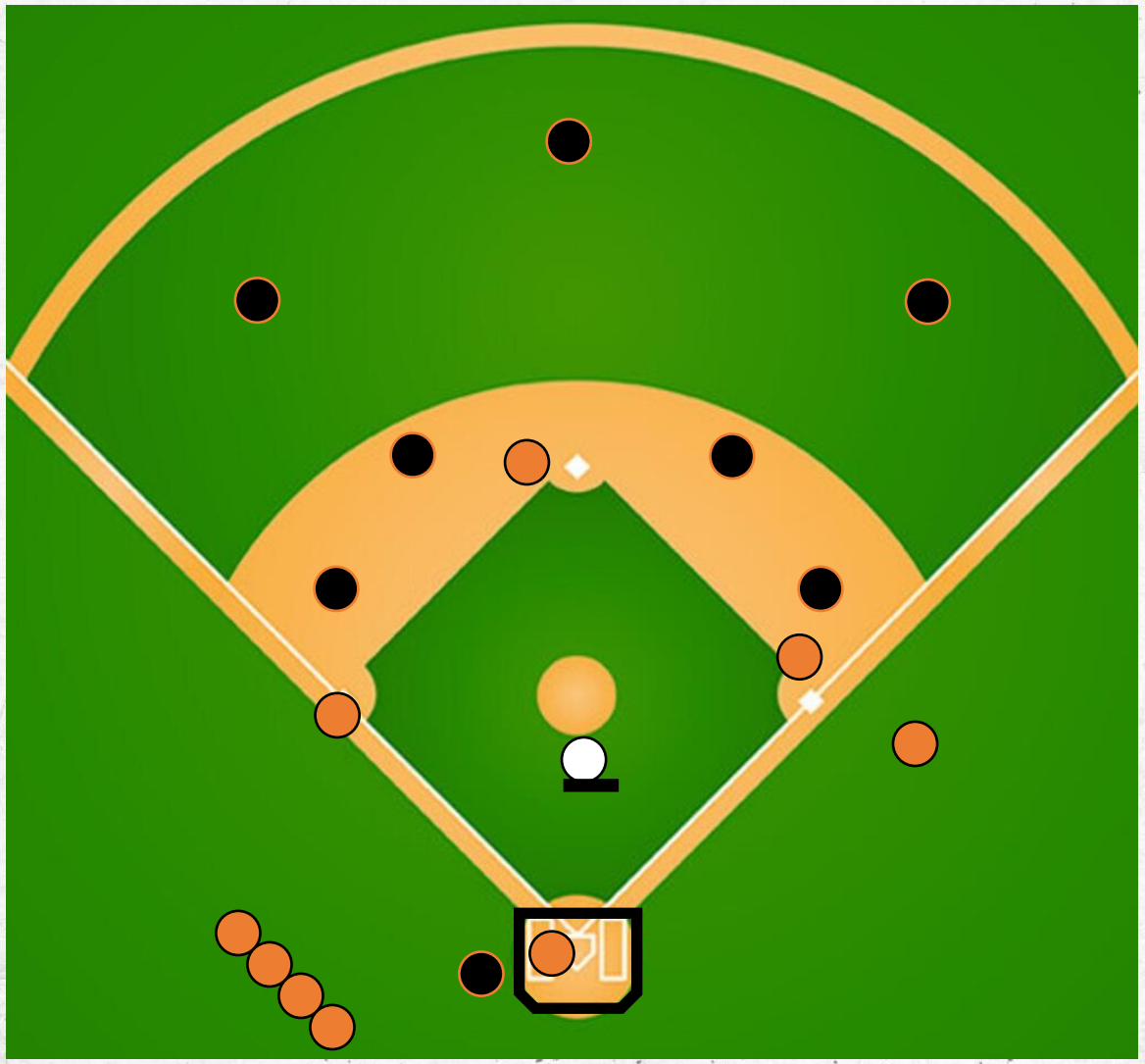
Timed BP

- Set-Up
  - 2 Teams
    - One Team hits for a designated time (5 minutes recommended)
    - Second team defends for the allotted time
- Procedure
  - Two swings to get the ball in play
    - Failure to do so is an out
  - FB (Middle 10)
  - Every ball in play is played live
  - Clear bases after 3 outs
  - Team with most runs wins



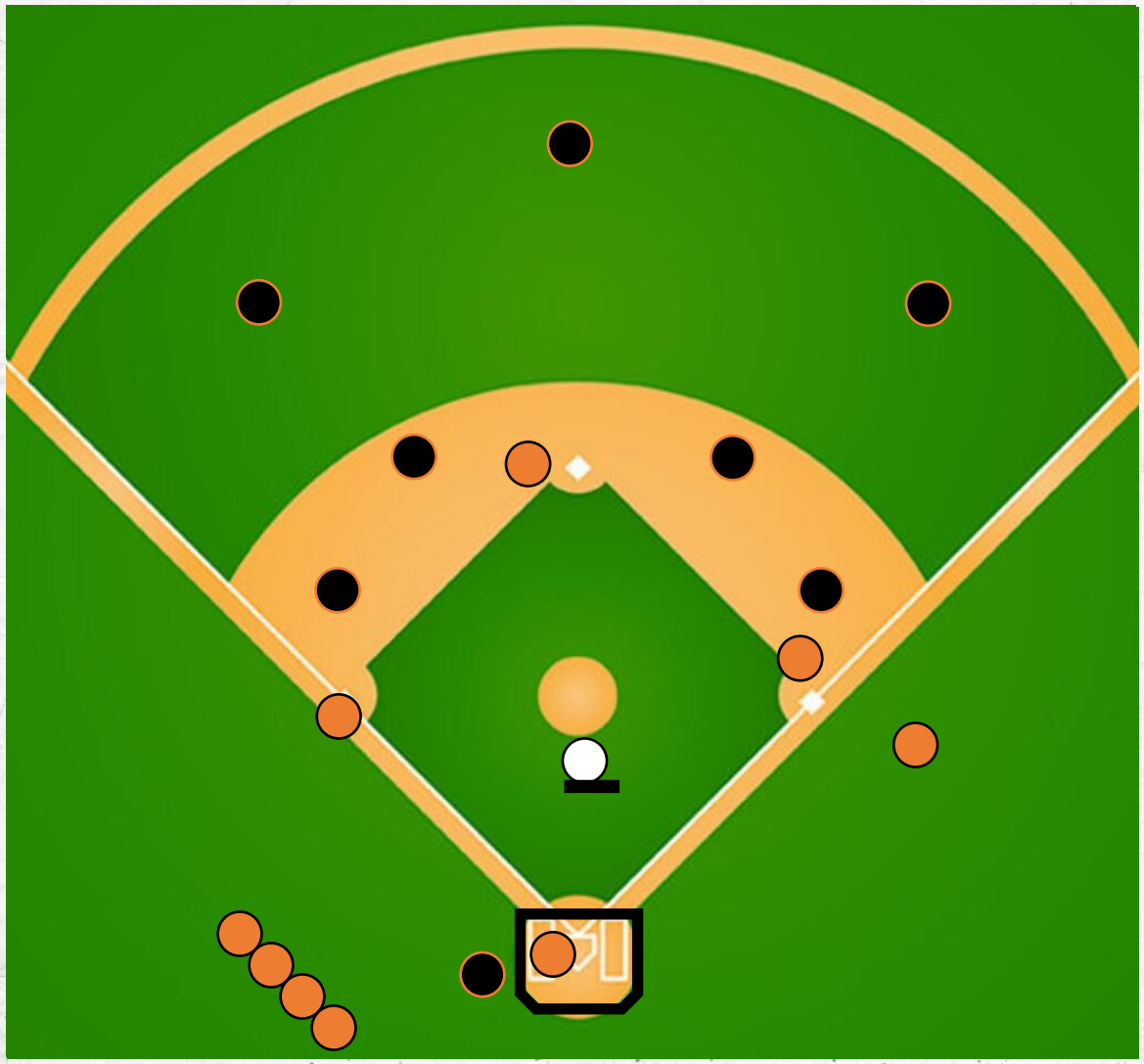
4 Spot Live BP

- Set-Up
  - 2 Teams
    - Each team hits through the line-up twice
    - Runners occupy every base, with an additional runner at 1B
    - Second team defends while the other team hits
- Procedure
  - Two swings to get the ball in play
    - Failure to do so is an out
  - FB (Middle 10)
  - Every ball in play is played live



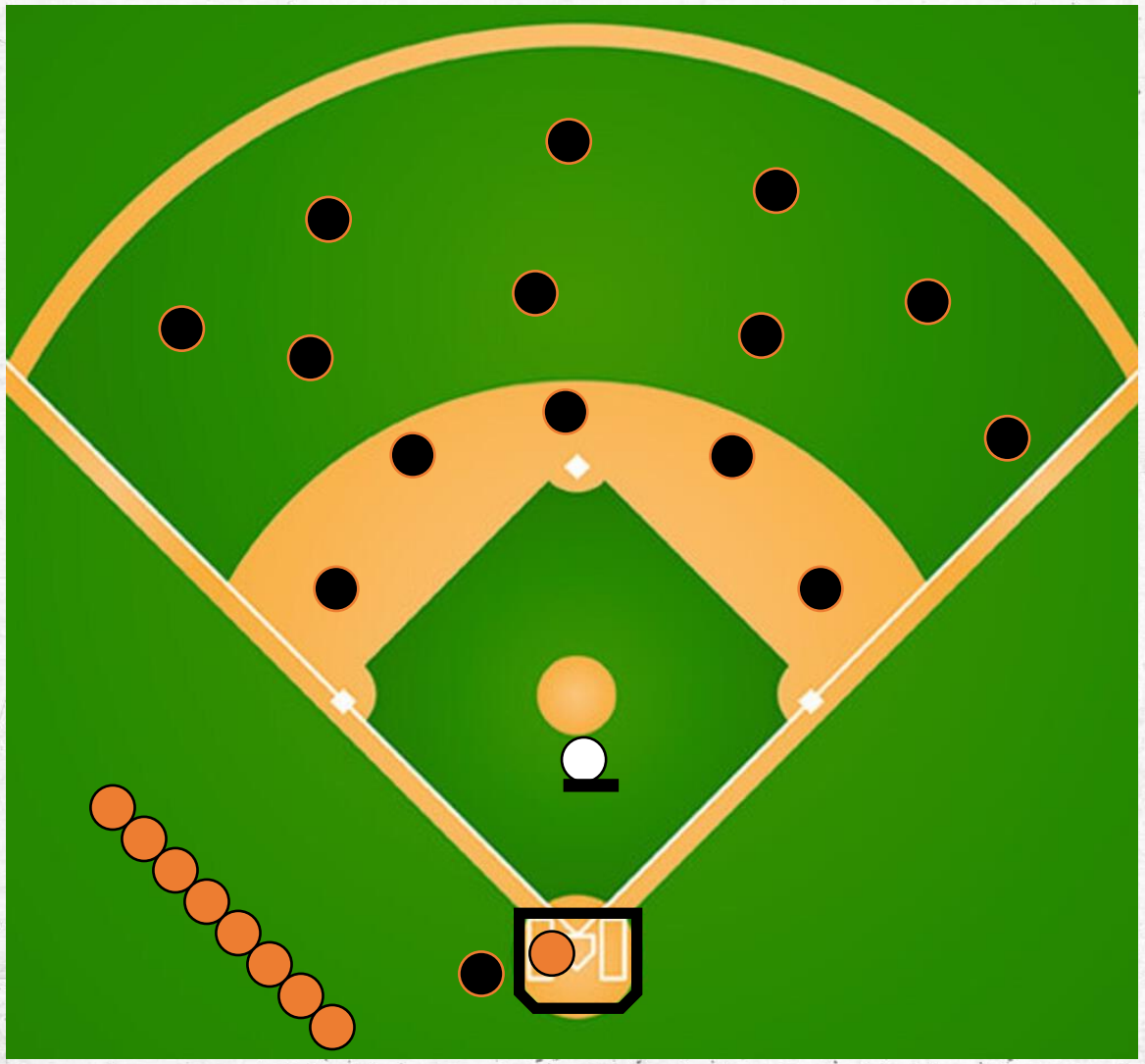
4 Spot Live BP

- Procedure (Continued)
  - Runners assume they are the only one on base and try to advance as far as possible on each ball in play
    - Round 1 – No Outs
    - Round 2 – 1 Out
    - Return to next base regardless of how far they advance, so all bases are always occupied for each hitter
  - Defense plays designated situation
    - Round 1 – Hitter only
    - Round 2 – Runner on 1B
  - Teams switch after two rounds



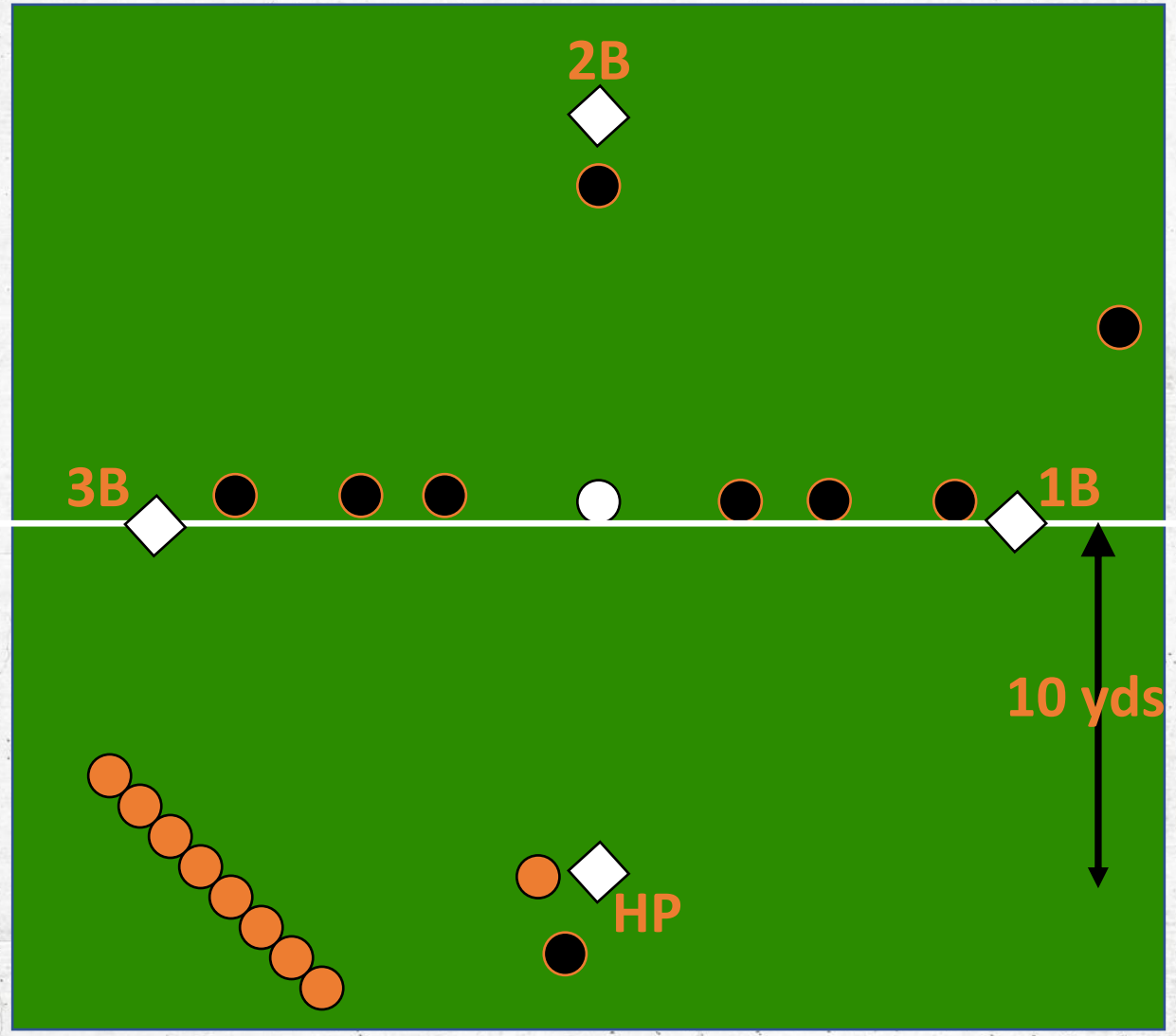
Base Hit Challenge

- Set-Up
  - 2 Equal Teams
    - Hitting team gets 10 outs to score as many points as possible
    - Defense can set-up anywhere they want within the foul lines
- Procedure
  - Two swings to get the ball in play
    - Failure to do so is an out
  - FB (Middle 10)
  - Points
    - GB in fair territory that gets into OF, or is carried into OF by an Infielder
    - Flyball that lands in fair territory in the OF
    - Home run in fair territory



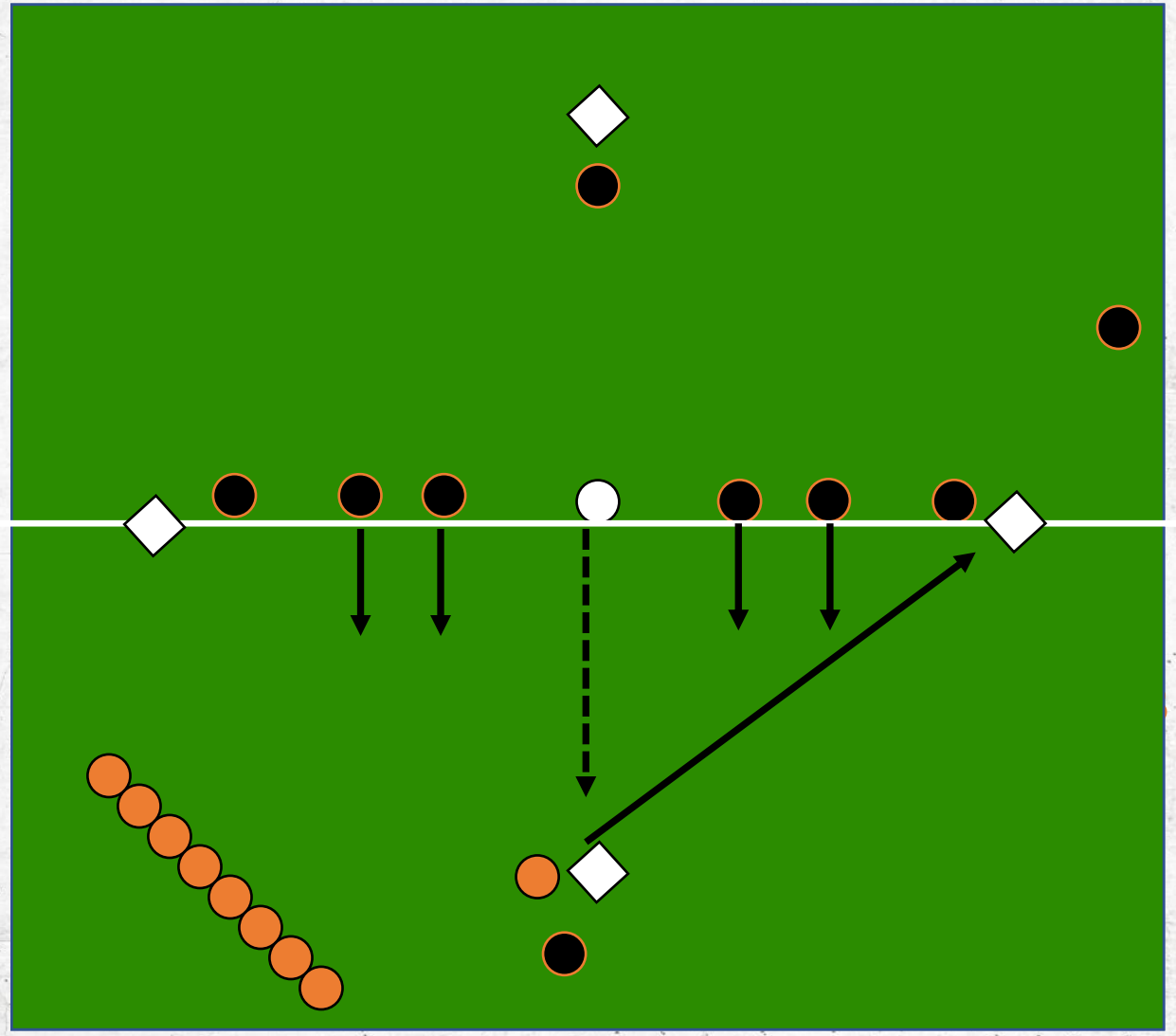
Short Bunt Game

- Set-Up
  - 2 Equal Teams (8-10 players is ideal)
    - Defense sets up with a catcher behind the hitter for safety and the rest of the team behind the white line
    - Offensive team forms a line on 3B side of home plate, with one player bunting at a time

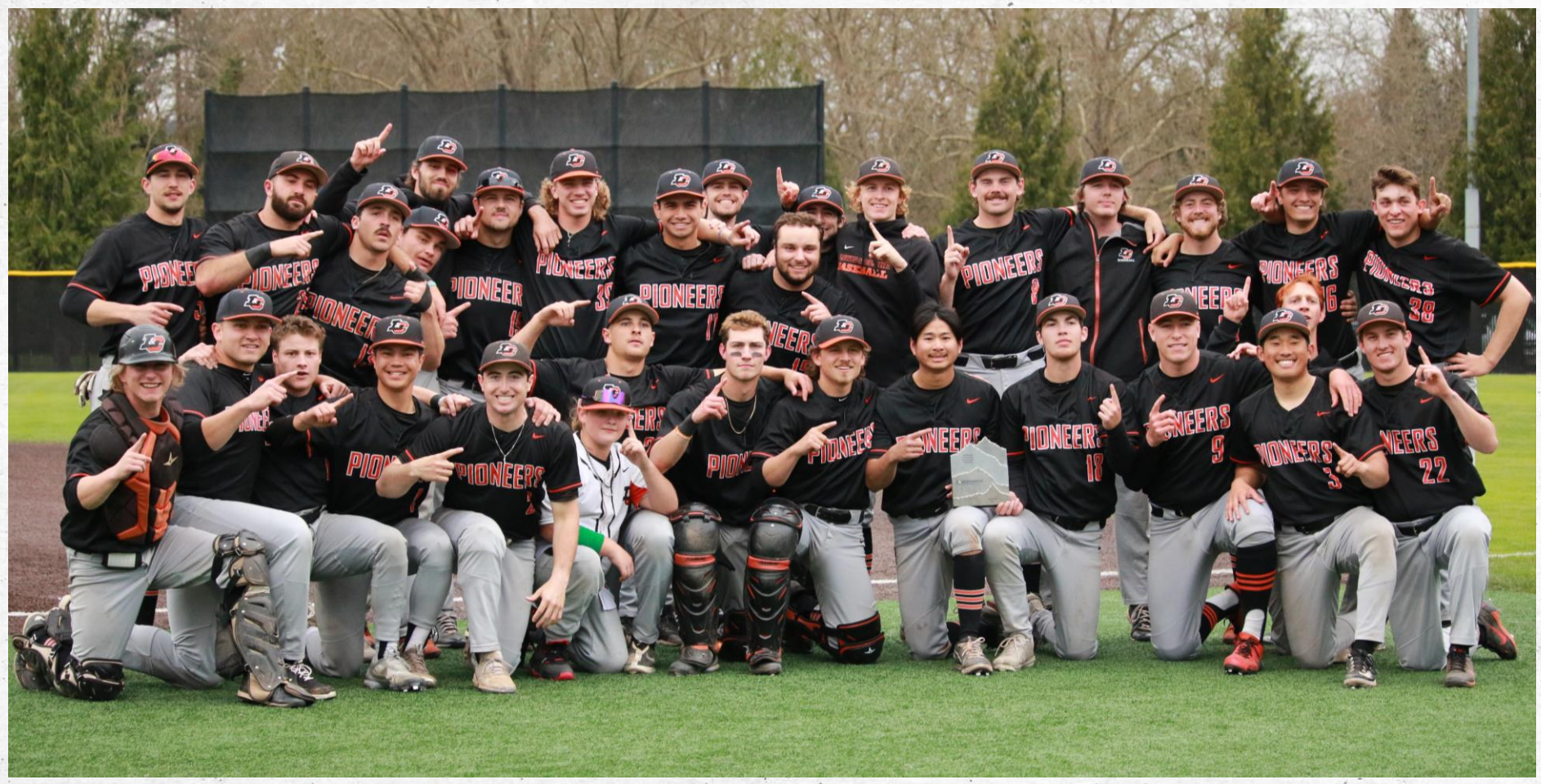


Short Bunt Game

- Procedure
  - Coach throws pitch to hitter from just behind white line (Recommend to be on a knee)
  - Bunter has one attempt to bunt the ball into fair territory
    - Missing the bunt or bunting a ball foul results in an out
    - Must be a bunt and not a swing
  - Defense has to stay behind white line until ball is bunted
    - Crossing early allows the offense to take the result or to redo the play
  - Normal baseball base running rules apply
  - There outs and switch, with no more than 15 seconds between innings
  - 7 or 9 inning games
  - No head first slides
  - Team with most runs wins



Tires LES SCHWAB



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