

# Competitive drills to make your team mentally tough

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# Benefits of Competition

- ▶ Creates confidence
- ▶ Practice pressure situations
  - ▶ Concentration Routines
  - ▶ Relaxation Routines
- ▶ Mental Imagery
  - ▶ Visualize the situation
- ▶ Practice performance charts
  - ▶ Complaining about playing time



# Conditioning

- ▶ Mini Triathlon
  - ▶ Conditioning Games
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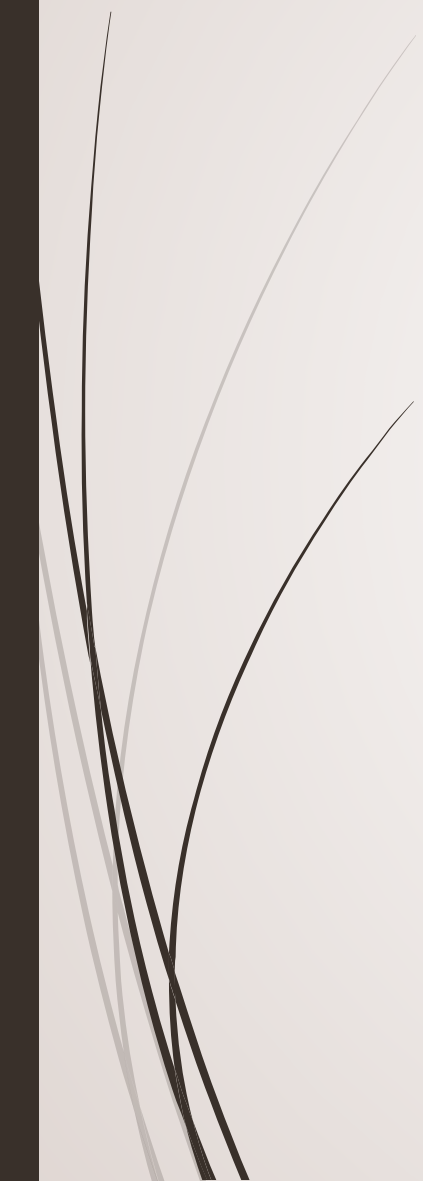


# Mini Triathlon

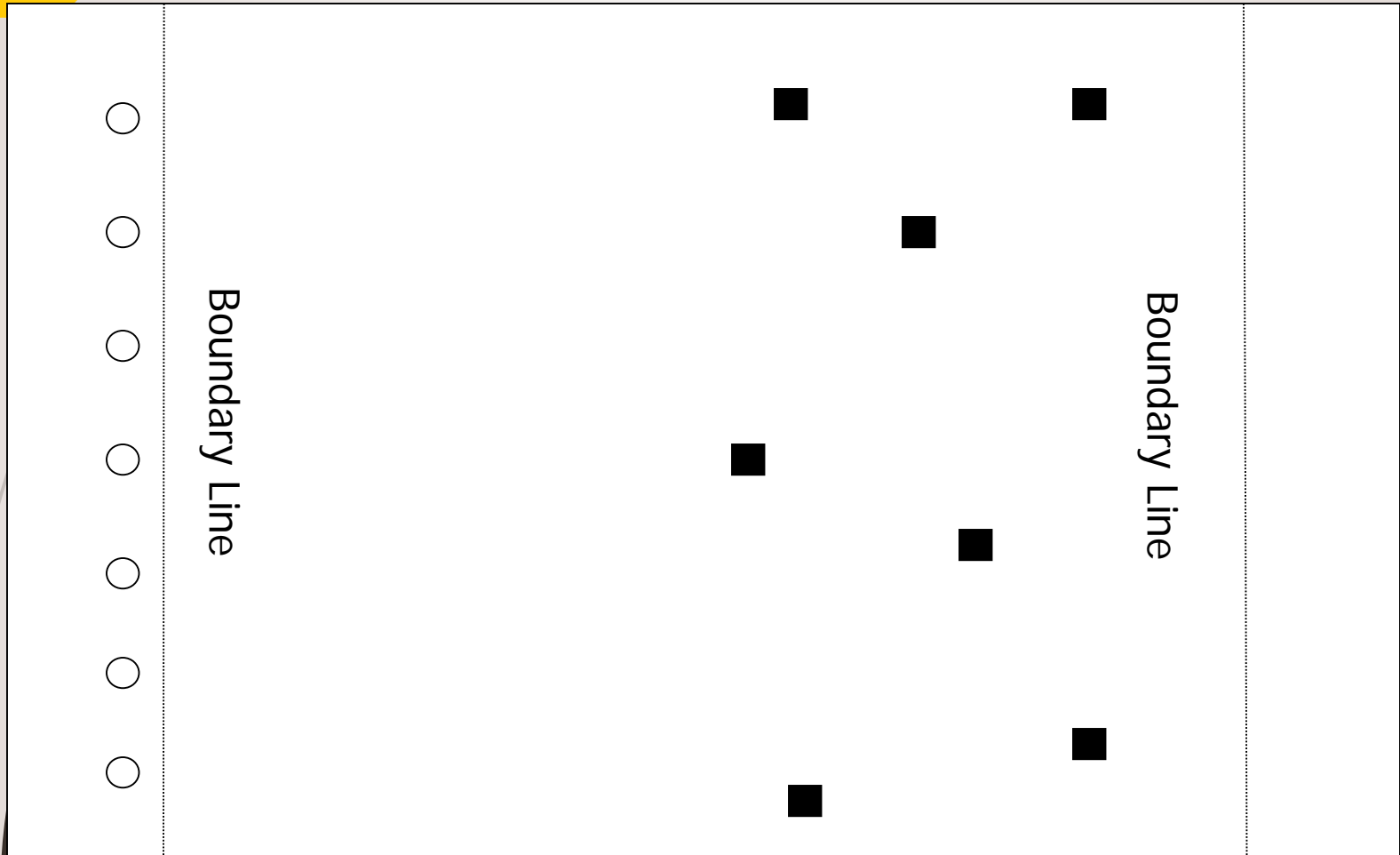
- ▶ Run
  - ▶ 2 miles
- ▶ Swim
  - ▶ 1000 meters
- ▶ Bike
  - ▶ 5 miles
- ▶ Row
  - ▶ 1000 meters



# Conditioning Games

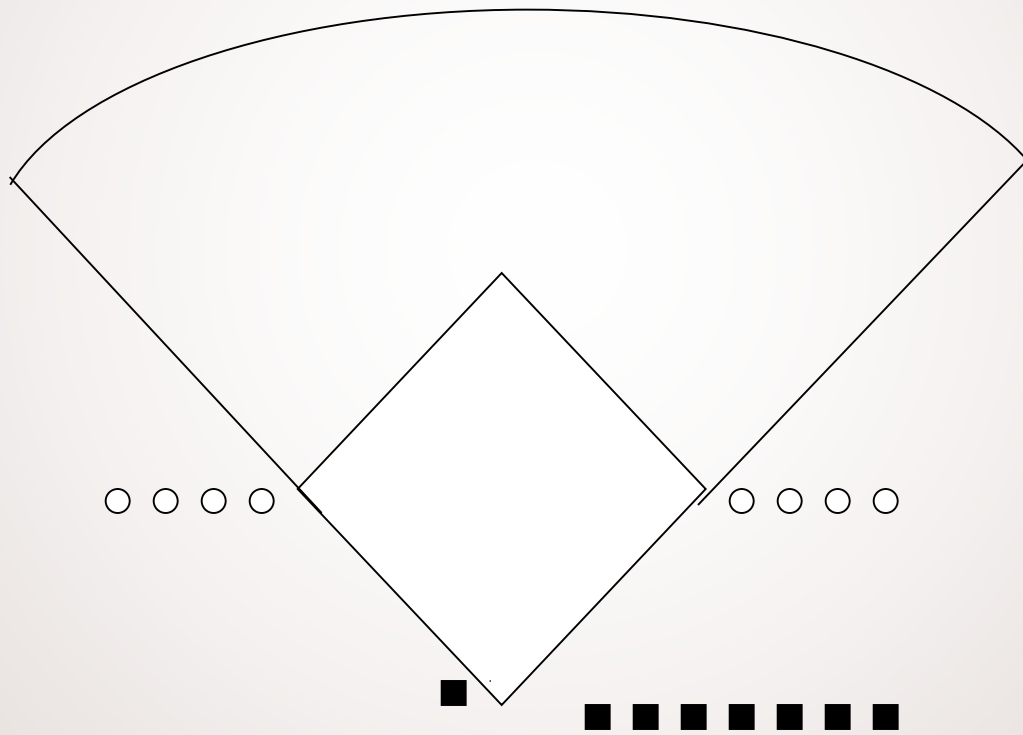
- ▶ Boundary Ball
  - ▶ Tee Game
  - ▶ Team Handball
  - ▶ Gladiator
  - ▶ Base Race
  - ▶ Relay
- 

# Boundary Ball



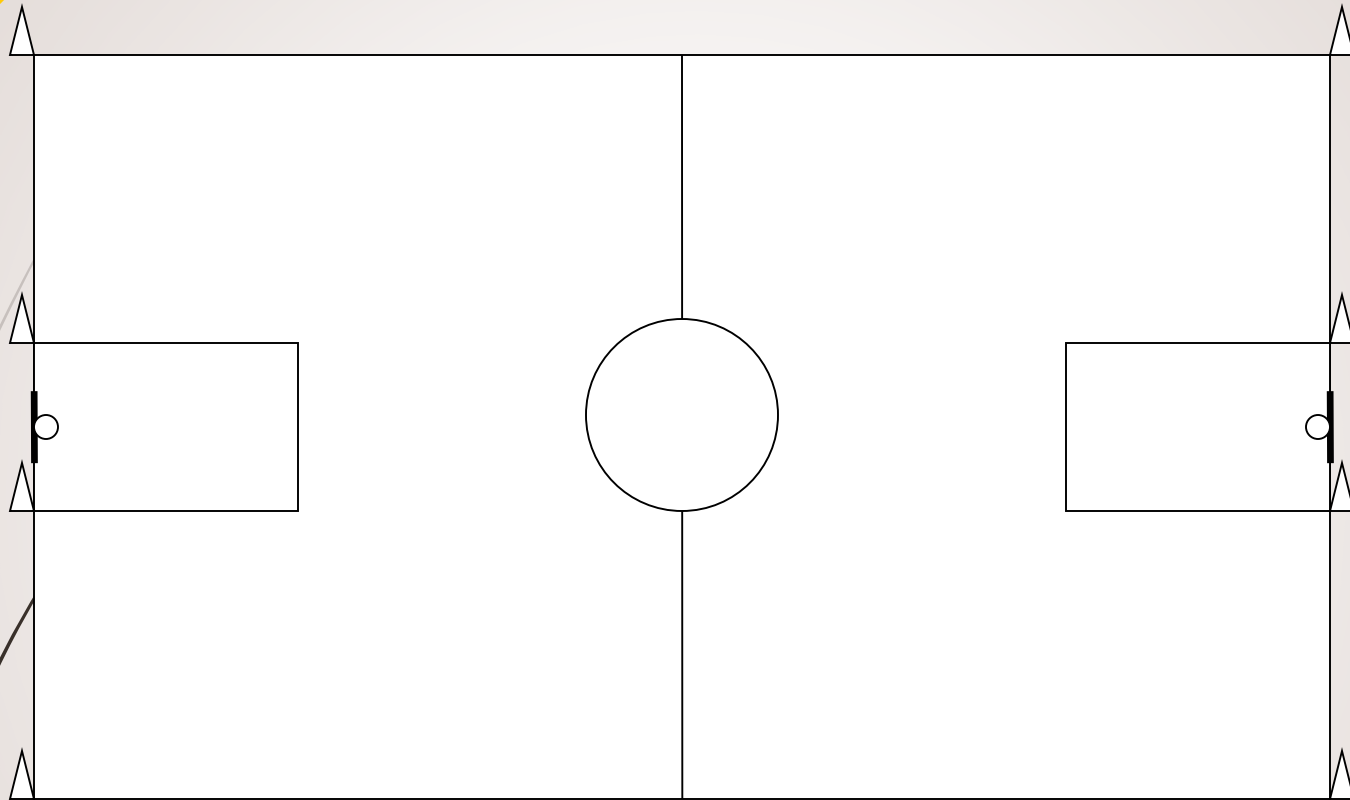
Equipment Needed: Bat, Ball, Gloves,  
Chalk or Spray Paint

# Tee Game



Equipment Needed: Bat, Ball, Tee, Bases

# Team Handball

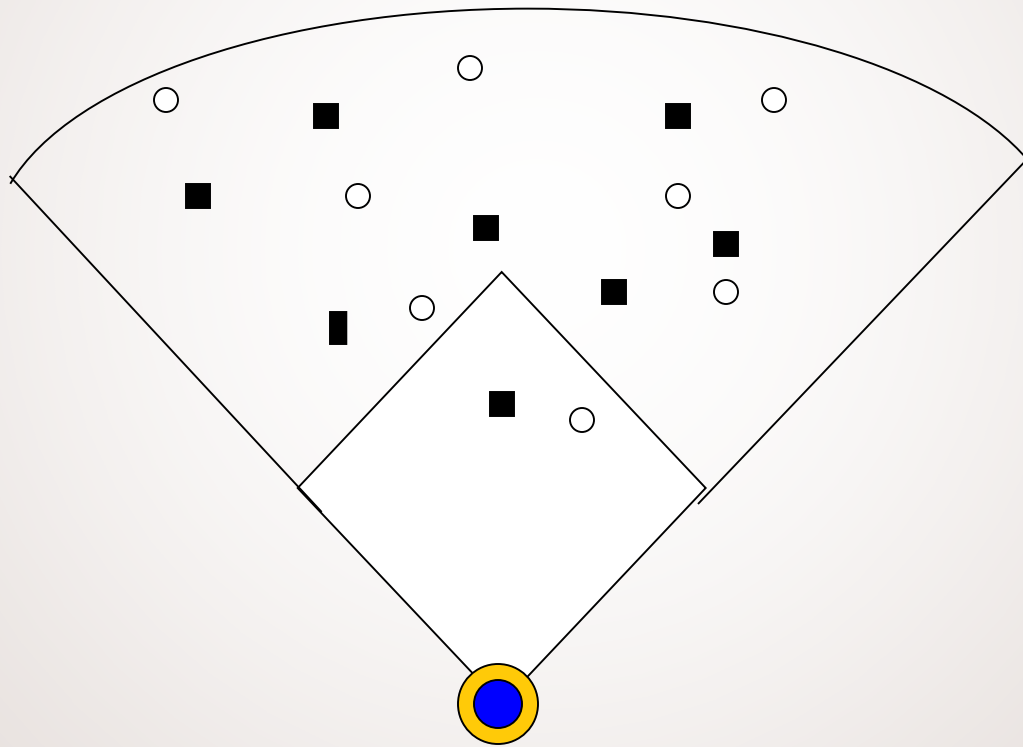


Points: 1pt – Touchdown 2pt – Basket 3pt - Goal

Equipment Needed: Small Soccer Ball,  
Cones, Pennies

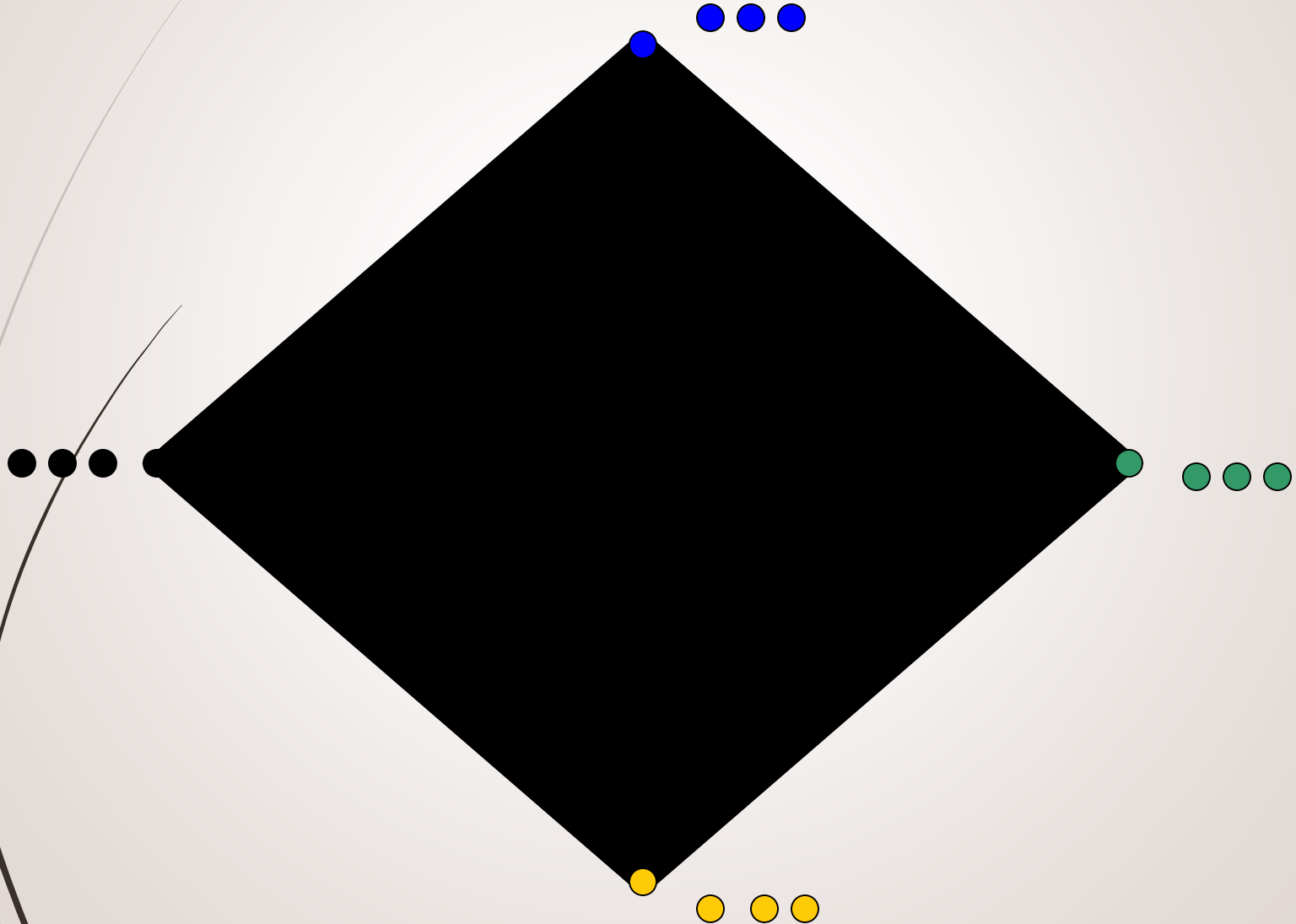


# Gladiator



Equipment Needed: Bat, Ball, Gloves,  
Trash Can

# Base Race

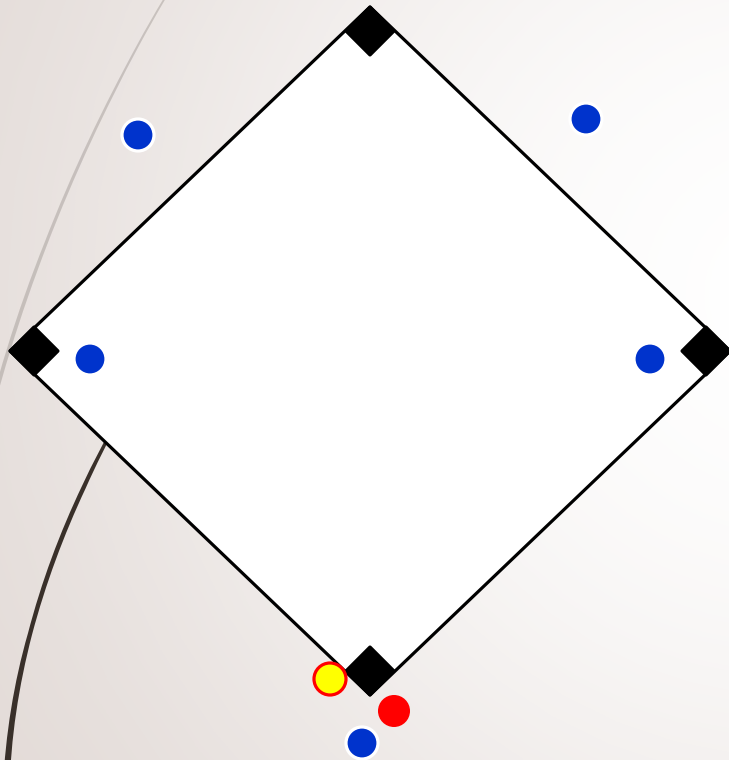




# Defensive Drills

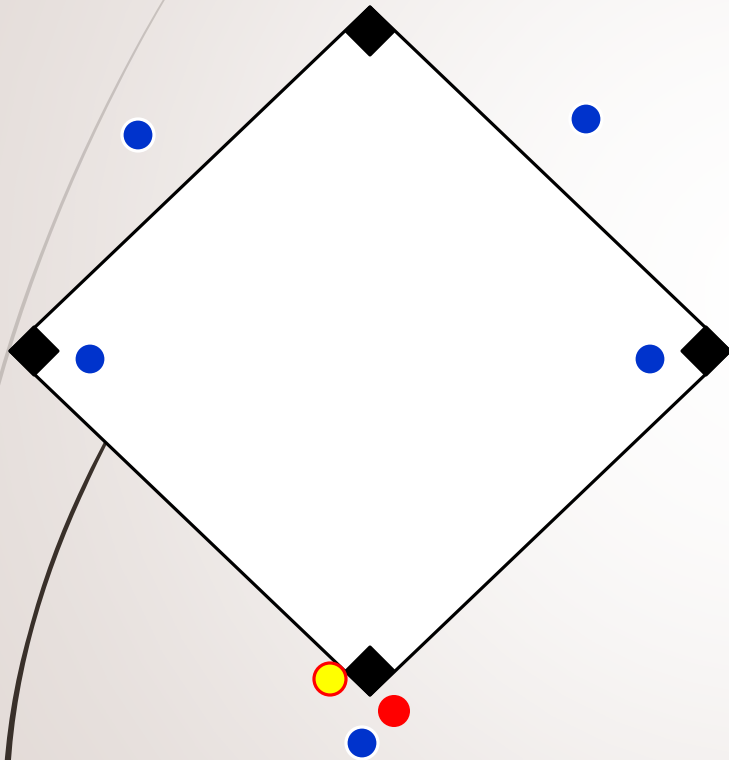
- ▶ DePaul Drill
- ▶ 21 Outs
- ▶ Around the World
- ▶ Infield Cone Drill/Hot Box
- ▶ Outfield Target Toss
- ▶ Countdown
- ▶ Infield Star Drill

# DePaul Drill



- ▶ Groundball to 3<sup>rd</sup>
  - ▶ 3B Fields throws to 1B
  - ▶ 1B throw back to 3b
  - ▶ 3B throws to Catcher
  - ▶ Catcher throws to 3B
  - ▶ 3B throws to 2B
  - ▶ 2B throws to 1B
  - ▶ 1B throws to Catcher

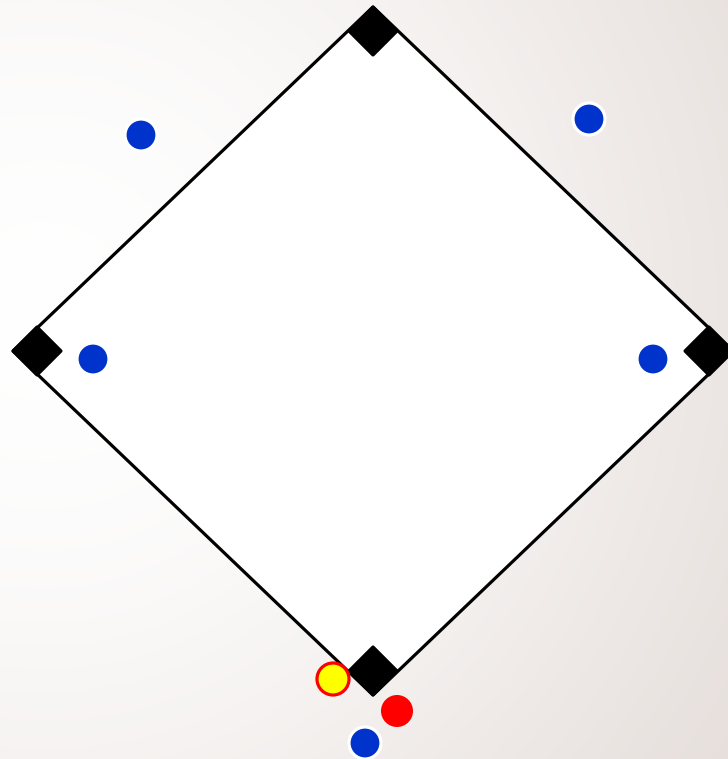
# DePaul Drill



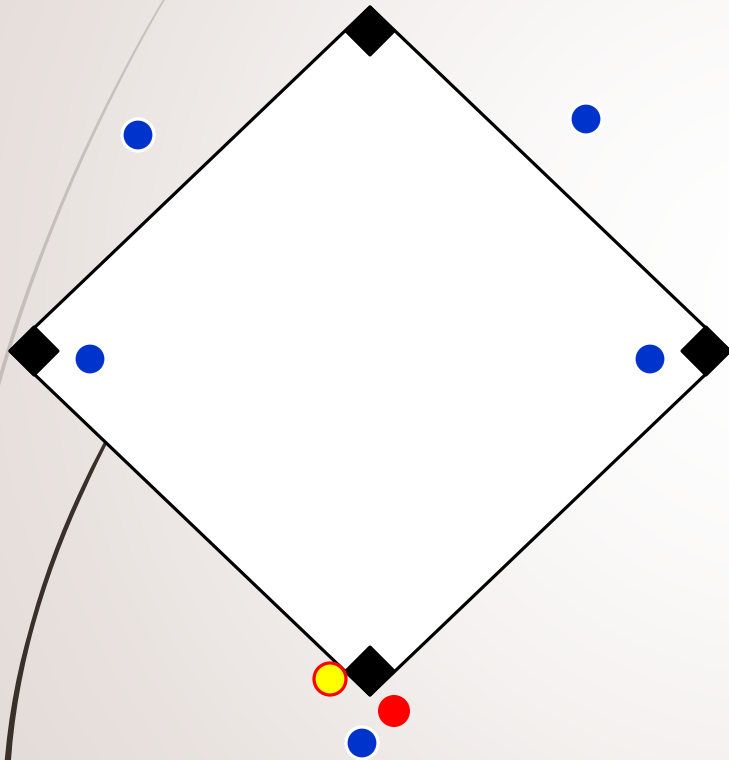
- ▶ Groundball to SS
  - ▶ SS Fields throws to 1B
  - ▶ 1B throws back to 2B
  - ▶ 2B throws to Catcher
  - ▶ Catcher throws to 3B
  - ▶ 3B throws to SS
  - ▶ SS throws to 1B
  - ▶ 1B throws to Catcher

# DePaul Drill

- ▶ Groundball to 2nd
  - ▶ 2B Fields throws to 1B
  - ▶ 1B throws to SS
  - ▶ SS throws to Catcher
  - ▶ Catcher throws to 3B
  - ▶ 3B throws to 2B
  - ▶ 2B throws to 1B
  - ▶ 1B throws to Catcher



# DePaul Drill



- ▶ Groundball to 1st
  - ▶ 1B Fields throws to 3B
  - ▶ 3B throws back to 1B
  - ▶ 1B throws to Catcher
  - ▶ Catcher throws to 3B
  - ▶ 3B throws to 2B
  - ▶ 2B throws to 1B
  - ▶ 1B throws to Catcher



# 21 Outs

- ▶ Full field defense
- ▶ Object is to get 21 outs in a row with different defensive situations
- ▶ Situations should vary, but get tougher as they get closer
- ▶ Must make good throws, catch the ball and communicate to get the out
- ▶ Start over at 0 outs if they make a mistake



# Around the World

- ▶ Full Field Defense
- ▶ Start in Right field
- ▶ Player must field 3 balls cleanly and make good throws
- ▶ Start over in right if there is a mistake
- ▶ Outfield
  - ▶ Groundball throw to 2B
  - ▶ Fly ball throw to 3B
  - ▶ Fly ball throw Home
- ▶ Infield
  - ▶ Groundball throw to 1B
  - ▶ Groundball turn 2
  - ▶ Groundball tag play at Home
- ▶ Pitcher
  - ▶ Groundball throw to 1B
  - ▶ Groundball turn 2
  - ▶ Squeeze play at Home
- ▶ Catcher
  - ▶ Bunt throw to 1B (2B covers)
  - ▶ Bunt throw to 2B (SS covers)
  - ▶ Pop-up



# 7 inning challenge

- ▶ Full Field Defense
- ▶ Meet outside the dugout
- ▶ Sprint to positions
- ▶ 3 outs on random situations
- ▶ Sprint back to dugout
- ▶ Must get 3 perfectly executed outs, 7 times
- ▶ Start over from the beginning if you fail

# Infield Cone Drill/Hot Box

Concept:

See how many groundballs can be fielded in a row with good throw to the catcher

Guidelines:

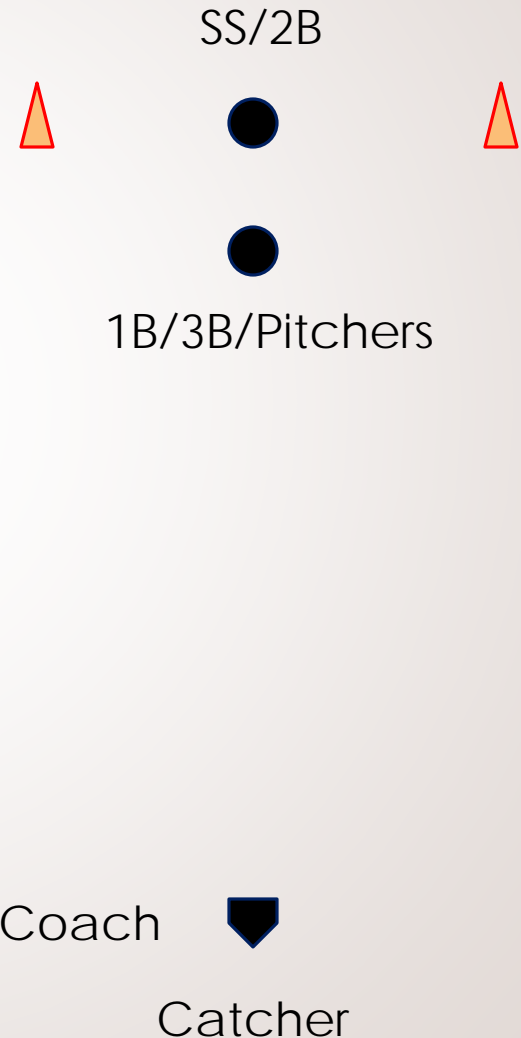
Groundballs have to stay within the cones

Cones are 12 feet apart

SS/2B 50 feet away

1B/3B/Pitcher 40 feet away

Bobbles or errors ends the round





# Outfield Target Toss

Concept:

Field ball and throw to the target

Outfielders call position and target

Caller must hit field and hit target

Next in line must do the same and so on

Just like HORSE

▶ Outside

▶ Position Targets (Sock Nets) at each base and home

▶ Mix throwing from each position

▶ Inside

▶ Targets on the corners of gym on the walls




▶ Mix throwing spots



# Countdown

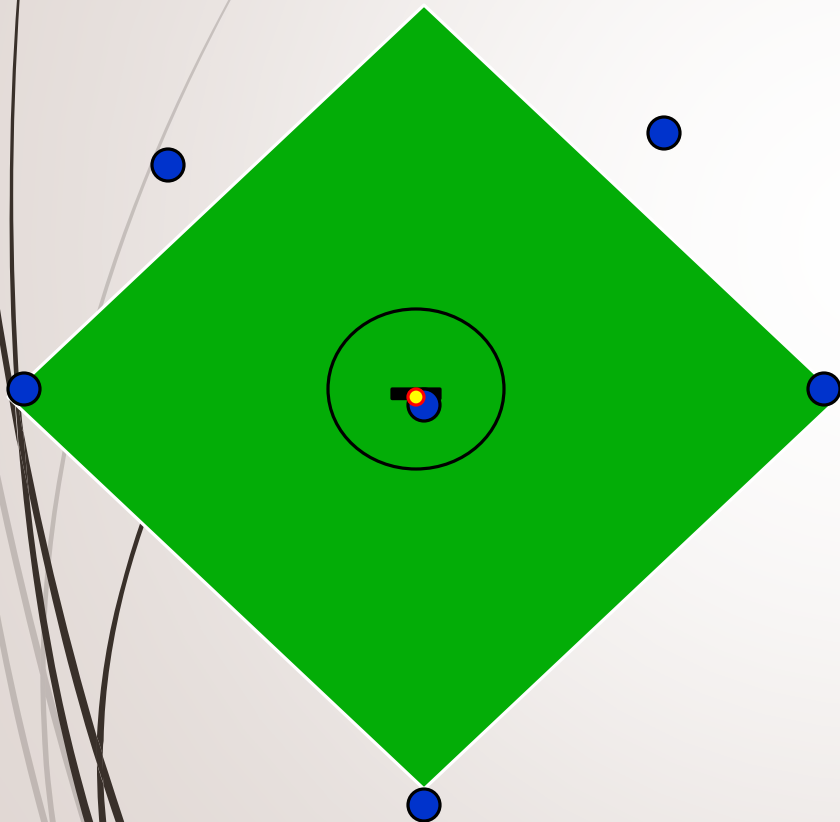


## Full Field Defense

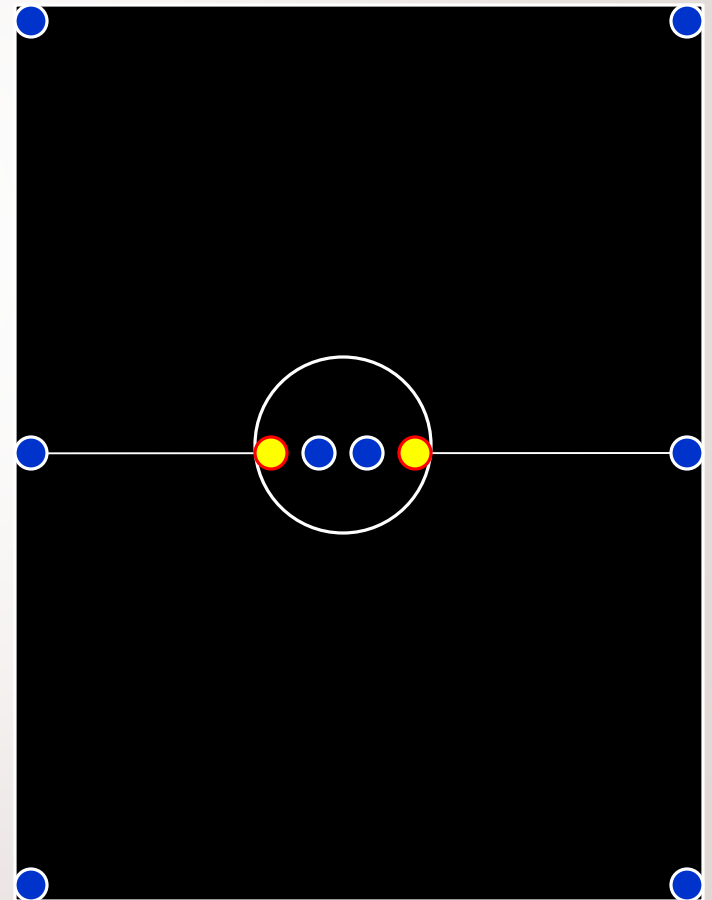
-  Figure out the average time it takes for each player to field a fly ball or groundball, throw and hit the glove of the receiver.
-  Start with either the OF, INF, or Pitcher
-  Each player has to make their time or you go back to the starting spot

# Infield Star Drills

Solo Star Drill

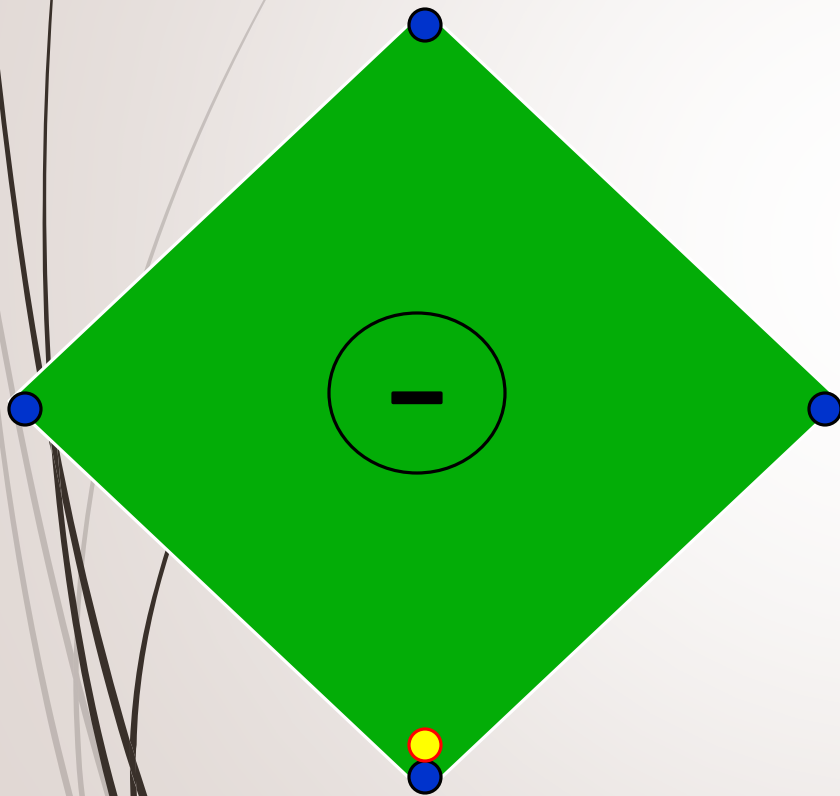


Indoor Star Drill Dual



# Infield Drills

## Throw & Run



Basic concept:

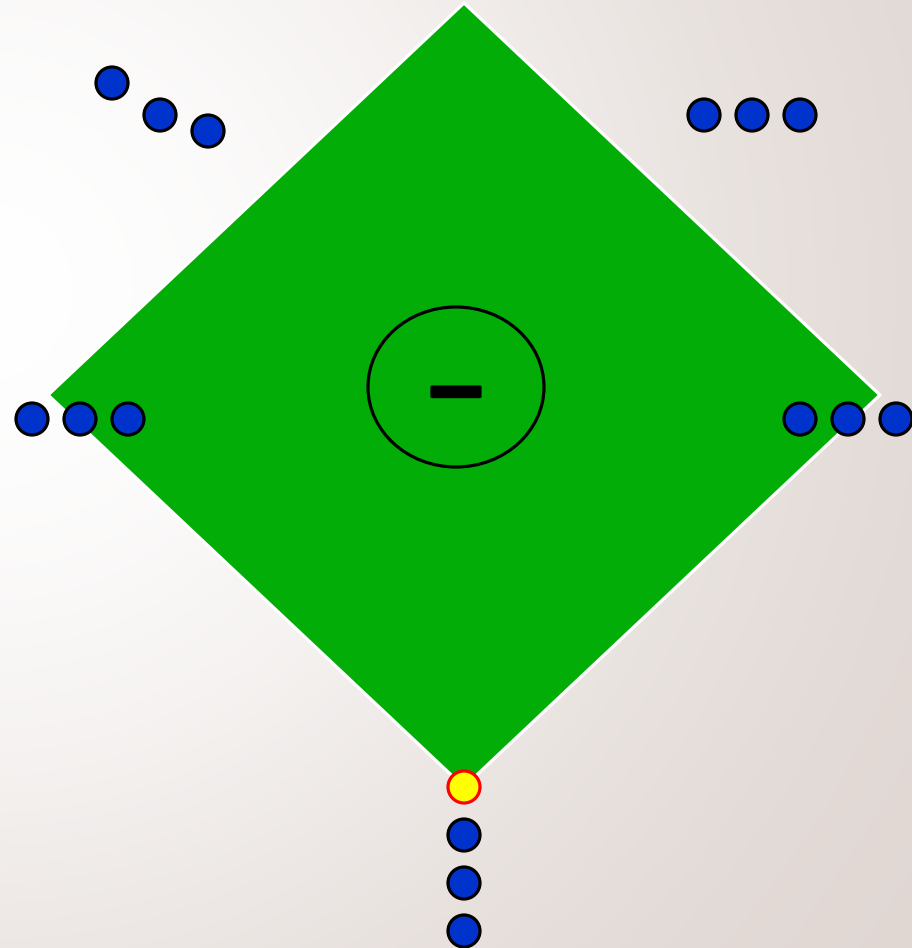
- Throw and sprint to the next base
- Runners must slide at 2B, 3B, and Home
- Work on quick tags at bases

### Throwing Pattern

1. Catcher throws to 2B
2. Sprints to 1B
3. 2B throws to 1b for force out
4. 2B sprint to 3B
5. 1B throws to 3B tag play
6. 1B sprint to 2B
7. 3B throws to 2B tag play
8. 3B sprints Home
9. 2B throws to Home tag play

# Infield Star Drill

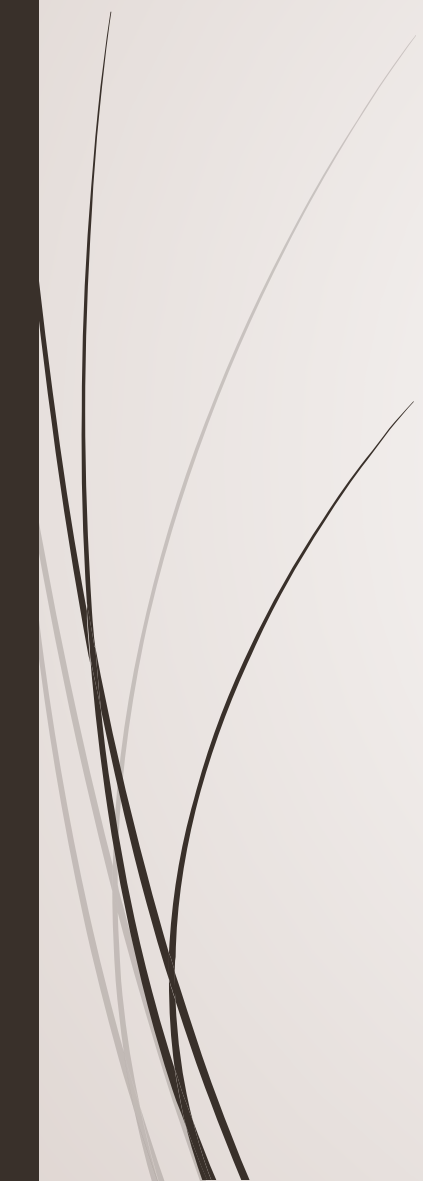
- ▶ Catcher throws to SS
  - ▶ Catcher Sprints to SS line
- ▶ SS throws to 1B
  - ▶ SS sprints to 1B line
- ▶ 1B throws to 3B
  - ▶ 1B sprint to 3B line
- ▶ 3B throws to 2B
  - ▶ 3B sprint to 2B line
- ▶ 2B throws to catcher
  - ▶ 2B sprint to catchers line







# Offensive Drills

- Up the Middle Drill
  - Execution Game
  - Cage Game
  - Bunting Competition
- 



# Up the Middle Drill

- ▶ Line the team up on an outfield foul line
- ▶ Batter get three pitches to hit a line drive or hard shot up the middle
- ▶ No hits---Team does a down and back to 2B
- ▶ 1-2 hits---No running
- ▶ 3 hits in a row---Team gets a freebie




# Execution Game

- ▶ Split team up into 2-3 teams
- ▶ Coach throws BP
- ▶ Set up different situations
- ▶ Batters get one at-bat per situation to score or move the runners on
- ▶ Ex: Runner at 3, 1 out
  - ▶ Execute the squeeze 1 pt
  - ▶ Score a run 1 pt
  - ▶ Defense holds the runner 1 pt



# Situational Scrimmage

- ▶ 2 teams
  - ▶ Team 1 on Defense
  - ▶ Teams 2 Split between baserunners and hitters
  - ▶ Point system for executing situation for hitters and baserunners
  - ▶ Defense plays out every situation
- 



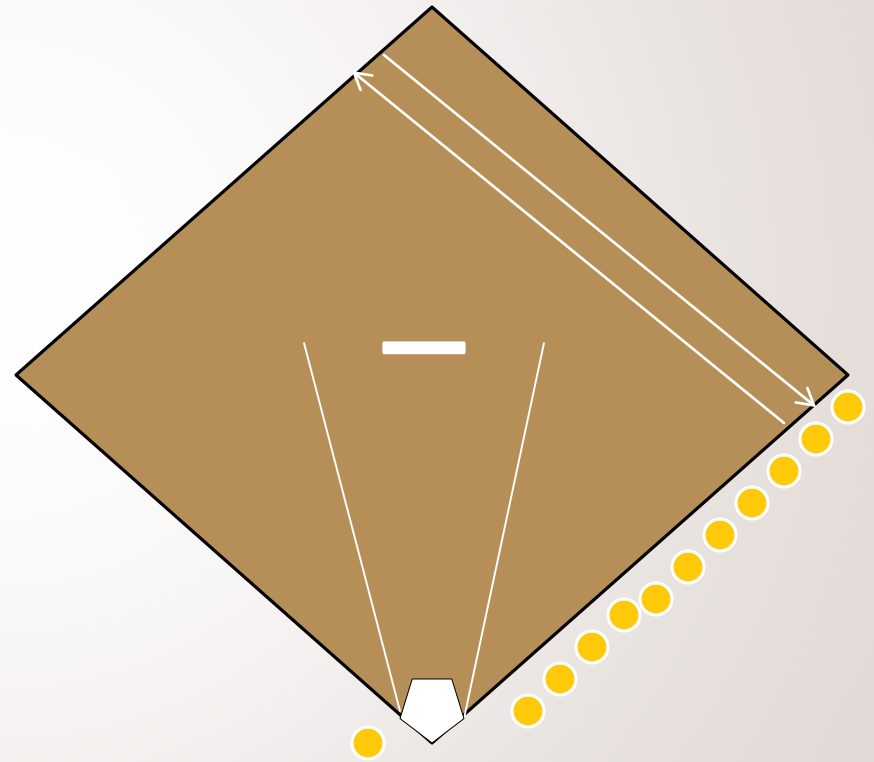


# Cage Game

- ▶ Coach throws batting practice
- ▶ Small hitting groups
- ▶ Focus is to hit line drives up the middle
- ▶ Each team gets 3 outs to get as many hits up the middle
- ▶ Each hit is a point

# Bunting Competition

- ▶ 3 Rounds
- ▶ Rounds 1 & 2 Sacrifice
  - ▶ Only get 1 strike
  - ▶ Bunt has to stay in boundary
  - ▶ No pop-ups
- ▶ Round 3 Squeeze
  - ▶ 1 pitch to get bunt down
  - ▶ No catchable pop-ups





# Pitching Drills



## Bucket Drill

- ▶ Conditioning Drill
- ▶ 1-2 buckets of ball
- ▶ Pitcher throws to catcher
- ▶ Immediately getting tossed another ball
- ▶ Quickly backing up to mound and throws again
- ▶ Continuous until buckets are empty



## T-game

- ▶ Set up a tee on the inside and outside corner of the plate
- ▶ Place a ball on the tee
- ▶ Goal is to knock the ball off a specified # of times
- ▶ Use different pitches





# Pitching Drills

## ▶ 10 Point Game

- ▶ Catcher calls different pitches
- ▶ If the pitcher hits her spot she gets 1 point
- ▶ If the pitcher misses she deducts 1 point
- ▶ If the pitcher pipes in down the middle she deducts 3 points

## ▶ Eliminate a Pitch

- ▶ Pitcher chooses a pitch they are not allowed to throw during any live competition
- ▶ Must understand what to do if that pitch is unavailable

Questions???

Thank you!!

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