

Team Offensive Drills

These are drills in which players work on offensive skills in a team situation.

If you have enough players (16 players, with coach pitching) can have two full teams. Otherwise, these can be done with 3 teams of 4 players each.

- **Runner on 1st base, 0 outs** – Full defense. Offensive team starts with a runner on 1st and no outs. Offensive team works on scoring that run. For example, can steal 2nd, sacrifice runner to 3rd, then drive him in. Or can sacrifice runner to 2nd and have two chances to hit runner home, etc. Also good way to practice bunt defense and steal defense.
- **Runner on 3b, 1 out** – Full defense. Offensive team starts with a runner on 3rd and one out. Hitters focus on getting a good pitch that they can hit hard to drive in the run. Can also have hitters sacrifice bunt to score the runner. Also good practice for defense trying to prevent run from scoring.
- **Runner on 2b, 2 outs** – Full defense. Offensive team starts with a runner on 2nd base and two outs. Hitter focuses on getting a good pitch and great swing to get runner home.
- **2-Inning Scrimmage** – Can be live pitching or overhand toss. Play full game situation with full defense and each team getting two at bats. Keep score. Playing just two innings gives emphasis to making every inning and at bat important.
- **Score a run, stay up** – This works best with coach and overhand toss. Offensive team gets 3 outs; if they score a run or more, they stay up until the 3rd out and then get to bat for another inning. Keep going until they do not score. This can boost confidence for offense, as they "stay up" and keep scoring. Defense will learn that if they want to hit, they have to make plays!
- **Overhand toss scrimmage: fly ball = 3 outs** – Offensive team gets to hit until they make 3 outs, but if they hit a weak pop up or soft fly ball, then side out! This makes hitters focus on hard line drives, hard ground balls, and productive at bats.
- **One Pitch Scrimmage** – This is good to train your hitters to be more aggressive and swing! Must have coach overhand toss for consistent strikes (or live pitch if coach can do it!). Hitter gets one pitch – if s/he hits it, run it out and defense plays the ball. If s/he fouls it off, s/he gets one more pitch (a 2nd foul is an out). If s/he takes a called strike, that is an out. If hitter takes a ball, then at bat is over (but does not count as an out nor a walk).
- **Quality At Bat Scrimmage** – Using Bellmawr Baseball's Quality At Bat Chart, have a scrimmage where you assign points for Quality At Bats (and not runs). Reward the QAB and not the result (players will come to realize that hitters with more QAB are the ones that will get more positive results).
- **Total Bases Scrimmage** – Award a point for every base that hitters and runners amass. For example, a leadoff double would count as +2 points. If the next batter hits a ground ball and runner goes from 2nd to 3rd, that would be +1 point (even though the batter is out). Another example: runner on 2nd, batter singles and runner scores – that would be +3 points as runner advanced two bases and batter/runner one base.