

Competition and Fun Drills

Players need to practice competing **in order** to learn how to win, lose, battle, **respond** to adversity. In addition, players naturally like to compete, so these drills are fun for players. Can be done at beginning, end, or middle of practice.

- **Hitting Games** – Various ways to do this. For example, one team on defense, one team hitting (no baserunning). Coach tosses. Each player gets five batted balls and scores points for each, depending where ball is hit, if caught, etc.
- **Football Pass** – Coach is "quarterback". Players take turns being receivers and going on pass patterns while coach tries to complete pass.
- **Baseball Obstacle Course** – Set up course where players get to run around cones, hit off a tee, throw to a target, etc.
- **Rock, Paper, Scissors** – Two teams. Each teammate stands shoulder to shoulder, facing other team. Each team decides what to throw (for example, entire team throws rock). On cadence, both teams throw. Losing players turn and run toward a designated "escape line"; while winning players try to tag "losing" players before they run to escape line.
- **Bunting Competition** – Set up targets where players have to land bunts.
- **Head and Shoulders** – Partners playing catch; if throw ball at partner's head, get two points. If at partner's chest, get one point. Otherwise, no points.
- **Long Toss – Hit the Hat** – During long toss, each player puts his hat on ground about 15 feet away. Partner throws long, low throw to try to hit the hat (simulates good relay throw).
- **Team Pushups** – Five players line up shoulder to shoulder in pushup position. Except player on left end, all players take their left hand and put it on back of player to their left (so now players have just right hand on ground). On command, entire group does a push up together.
- **Team Toss** – Two lines of players shoulder to shoulder, facing a player on opposite line. Each player has a ball. On command, all players toss to opposite partner, who makes catch. Variation: re-assign partners so they are not directly opposite each other.
- **Throwing Relay Races** – Place two players 120 feet apart with a 3rd player halfway between. Players throw ball from end to middle to end, then back (practices good relay and cutoff techniques).
- **Target Practice** – Two teams, with players taking alternate turns throwing to a target (e.g., ball on top of a tee).
- **Cone Ball** – Requires colored cones. Two teams, each player has a cone. Mark out a field (like a small football field) and essentially play Ultimate Frisbee rules, but throwing a tennis ball and catching ball in cone.
- **Home Run Derby** – Place home plate close enough to a fence (or a designated "home run line") so that most players can hit a homer. Coach soft tosses and players try to hit the ball out. Can give points for line drives/ground balls that reach fence/line so that lesser power hitters can get points. Can put one team on defense, to "rob" hitters, if you wish.