

FIELDING: GUTS GAME

The girls have created their own names for this drill - guts, kill your teammate, the grounder game. Simply divide the girls into two teams. Have the teams form two lines about 40 to 60 feet apart, with players shoulder to shoulder three feet apart. Place something two feet from each girl at either end of both lines. These are the goal posts. The goal posts can be buckets, cones, balls, or the parents. Hand a ball to one of the players. To play the game, the girls take turns trying to throw grounders through the opposing line. They can throw as hard as they want (make sure they're spaced far enough apart).

The rules are fairly simple: The player who fails to prevent the ball from going past the imaginary line between goal post is out of the game. The team who loses all its players first loses. The ball must bounce in front of the players to count. If a player's ball is caught on the fly without bouncing she is out - if it is dropped, she stays in. If a ball goes through the line without bouncing, it has no effect. Any throw outside the goal posts has no effect.

As players are eliminated move the goal posts in until the last player has a goal roughly six feet wide. Hint: if the girls learn to charge the ball, it gives one of their teammates an opportunity to back them up. If there is a question as to which girl allowed the ball to get through the line, the opposing team decides.

FIELDING: STAR DRILL GAME

You get your infielder's at their position (except the pitcher). The ball starts at the catcher, she throws to the second baseman, she throws to the third baseman, she throws to the first baseman, she throws to the shortstop, and she throws back to the catcher. The whole time this is going on you have a runner run the bases. They leave at the same time as the catcher starts the cycle.

It starts out easy for the fielders because they tend to start in kinda close and creep in. I let them do that for a while, till it get to easy, then I make them start backing up. After they get a few steps in the grass the faster runners start making it close. (the runners like to see a dropped or missed ball)

This really helps on the infielder's learning to get rid of the ball quickly.

FIELDING: KNOCK OUT GAME

When my team is stuck in the gym for a couple of days it's hard to keep up their interest. I do an X-out drill where the team is divided into two teams and stands on the corner of gym on opposing corners.

Each coach stands on the opposite end at the corners and hit/throws grounders or fly balls to their team cross court. Each coach has a catcher who feeds the ball to the coach and also must catch all balls if possible. To complete the play the player must catch the ball successfully and make a catchable throw to their catcher for a point.

This goes on for about 3 minutes with the winner watching the others run or getting a treat.

FIELDING: GROUNDER FLYBALL GROUNDER GAME

Line all of your players up at third base. Hit a hard grounder to the first person in line. As soon as they throw it in to the coach throw a high fly to first. Make the player hustle to get it. as soon as they throw it in hit another grounder to third, thus making them run back across to get it.

This drill is good for foot speed, fielding and personal effort. Speed it up as players advance.

FIELDING: GLOVES OFF GAME

We use this drill to teach aggressive base running, hitting, and fielding. The drill uses a whiffle ball and a plastic bat. First set the bases at about 40 feet apart. Divide your team in two. One half fields and the other bats. Fielders do not use their gloves. We want to teach them that the hands are the real tools in catching the ball.

The ball is pitched from about 20 feet away. The batter has only three chances to hit the ball. (There are no balls or walks in this drill.) Once the ball is hit, the batter must run the bases until she reaches home plate or is tagged out. The fielders must always try to tag the runner out at first. You bat the entire line up. Then you change sides. We usually do this drill twice a week for about 20 minutes at a very fast pace.

FIELDING: PEPPER GAME

The name of this game is Pepper. A coach gathers a small group of players which are only a few feet from him/her. The coach then hits or bunts the ball to the players in any random order, then the players must use quick reactions to retrieve the ball and accuracy to pitch, this pitch is only a toss, for the coach to hit again.

You do this drill to improve the players reaction time. You have to do this drill as quickly as possible and the pace will increase as time goes on, and the players improve. This can also be used to help players with bunting by having a player bunt the ball in place of the coach.

FIELDING: BAT AROUND THE HORN GAME

It works on every aspect of the game--Hitting, Fielding, Throwing, Base Running and requires two teams of 5 players. (It can be played with 6 players or more but each player scores for herself.)

One team takes the field at 1b,2b,ss,3b, and c. The other team is at bat. The batter hits a ground ball (from a tee, soft toss, or just toss the ball up and hit it). Fly balls are outs. An infielder catches the ball and throws to 1b. 1b then throws to one of the other infielders. That fielder throws back to 1b. 1b then throws to the other infielder (who hasn't touched the ball) who throws back to 1b. The ball then goes around the horn (1b to ss to 2b to 3b) and then to the catcher.

Each fielder must touch her base before throwing except for around the horn and home. If the batter-runner can run all the way home before the ball gets home, 1 run scores. If the ball gets home first, one putout is made. Fielders rotate one position clockwise and next batter hits. Each Fielder has caught 3 ball and made 3 throws. Every catch and throw must be accurate or a run scores. Bat until 3 outs are made and change sides. Batters need to wear helmets. Play 3-7 innings. With more than 10 players - Fielders can rotate in at 3b.

Here's an example in case my explanation was not clear:

Ball hit to 3rd.

3b catches batted ball, steps on 3rd, throws to 1b

1b catches ball, steps on 1st, throws to ss

ss catches ball, steps on 2nd, throws to 1b

1b catches ball, steps on 1st, throws to 2b

2b throws to 1b (now around the horn)

1b throws to ss then ss throws to 2b then 2b throws to 3b then 3b throws to c and c steps on home plate.