

# Baseball Activities

## Team Activities -

### Zig Zag Pop Flies

**EQUIPMENT:** gloves, balls, disinfectant wipes

- **Step 1:** Divide athletes into two lines. Position both lines 10 feet apart. You, the coach, should be standing near the first athletes with a bucket of balls.
- **Step 2:** Instruct the first athlete at the front of each line to run straight across the field. When you yell “switch”, athletes need to switch positions with the other runner.
- **Step 3:** Ensure that athletes stay a safe distance from each other when switching. Call out “switch” a couple of times, and then call out “ball” and throw them a pop fly to catch.
- **Step 4:** You can also call “short” or “long” to let athletes know the distance the ball will be thrown.
- **Step 5:** Have athletes catch the fly ball you throw. Make sure athletes are calling the ball before they try to catch it. Wipe each ball with a disinfectant wipe before each throw.

### Knock It Off

**EQUIPMENT:** 1 ball per athlete, pylons

- **Step 1:** Divide athletes into groups of 4. Each athlete has one ball and one pylon.
  - **Step 2:** Athletes will line up, standing 6 feet apart. Placed next to each athlete is the athlete’s pylon with their ball on top. The pylon must be 6 feet away from the athlete.
  - **Step 3:** The first person in line will run out about 10-15 feet from their spot, quickly turn, aim and throw their ball at the pylon belonging to the next person in line. Then they will run to retrieve their ball and join the back of their team’s line. If they hit the pylon, their team earns one point. The goal is to knock off the ball that is sitting on top of their team mate’s pylon.
  - **Step 4:** Then the next athlete on the team repeats the process, trying to knock the next player’s ball off their pylon.
  - **Step 5:** Time the relay for 3-5 minutes and see which team can earn the most points.
- MODIFICATIONS:** Adjust the directions by instructing athletes to roll the ball instead of throwing to knock the ball off the pylon. To increase success, adjust the distance by increasing/decreasing the space between pylons. To help build connection, instruct athletes to learn one another’s favourite food, colour, movie etc. and yell it out before throwing to each corresponding player. For example: if Sadie’s favourite colour is green, the thrower will shout “Green” before trying to knock her ball off the pylon.

### Race To The Base

**EQUIPMENT:** Per small group: 1 bat, 1 base, 1 ball, 1 pylon or tee

- **Step 1:** Divide athletes into small groups of 3-5. Set up a tee for the batter to hit the ball off of. Place a base in front of the tee at a distance appropriate for their skill level.
- **Step 2:** In each group, one athlete begins as the batter and the other athletes are in the field standing 6 feet apart.
- **Step 3:** The batter hits the ball off the tee and attempts to run to the base and back to the tee as many times as possible. Each time the athlete moves to the base and back = 1 point.

- **Step 4:** Once the ball is hit, the fielders must complete 10 jumping jacks one at a time as quickly as they can. After the fielders have completed their jumping jacks, they must yell “FREEZE” to signal to the batter to stop moving.
- **Step 5:** Every athlete is responsible for keeping note of their points. After their turn, the batter must collect their balls and return them to a “discard pile” to be sanitized  
\*Ensure that athletes sanitize their hands and the handle of the bat before batting\*.

**MODIFICATIONS:** Increase/decrease the challenge by allowing each athlete to have more chances to bat (i.e. 3 turns at bat then rotate). To increase the element of choice, allow athletes to choose what size of ball they would like to hit!

To increase difficulty, add points to the hit/location of the hit (i.e. 1 point for a ground ball, 2 points for a line drive, 3 points if it reaches centre field etc.). In order to help athletes stay 6 feet apart, use pylons or spot markers to identify their spot in the field. Add additional exercises for the fielders to complete

## Individual Activities –

### High, Low

**EQUIPMENT:** balls that bounce

- **Step 1:** Athletes will stand in a line about 10-15 feet apart. Give each athlete 1 ball and instruct them to get into a ready position.
- **Step 2:** When the coach says “HIGH” the athlete must bounce their ball (above their waist) high into the air and receive the ball with their thumbs together and fingers pointed upward (i.e. “fingers to the sky”, fielding a pop-fly).
- **Step 3:** When the coach says “LOW” the athlete must bounce their ball low (below their waist) and receive the ball with their pinky fingers touching and fingers pointed downward (i.e. “alligator to the snow”, fielding a grounder).
- **Step 4:** As athletes get used to the game, increase the difficulty by adding new instructions (i.e. RIGHT = bouncing the ball in front of their right foot; MIDDLE; LEFT) and calling pairs of instructions together (i.e. RIGHT & HIGH).

**MODIFICATIONS:** Increase success for athletes that have difficulty bouncing the ball on their own by having the coach stand 6 feet away and bounce the ball to the athlete using a scoop, tennis racket, etc.

- Increase difficulty by challenging athletes to do the opposite of each command, for example, if the coach says “HIGH” they would have to do a LOW bounce etc.

### Great Wall

**EQUIPMENT:** gloves, 15 balls, 2 buckets

- **Step 1:** Invite athletes to participate in this challenge one at a time. Ask one athlete to stand in ready position in front of a wall with their back facing the wall. Place an empty bucket 6

feet away from them. The coach stands 15-20 feet away with a bucket filled with 15 disinfected balls.

- **Step 2:** Roll balls quickly to the athlete. Their challenge is to field as many of the 15 balls as possible (not letting any go through their legs) run and drop each ball after catching it into the empty bucket.
- **Step 4:** Once all 15 balls have been tossed, count how many balls have been fielded and how many went through their legs. Sanitize all balls before running the drill with the next athlete. Challenge athletes to break their own personal records each time they work through the drill.

## Round Trip Relay

**EQUIPMENT:** pylons

- **Step 1:** Divide athletes into two equal teams. One team will be up first while the other team waits in a designated waiting/cheer area. Teams must begin at home plate standing in a line 6 feet apart.
  - **Step 2:** When the coach says "GO", the timer will begin and the first athlete in line will move as quick as they can around all four bases.
  - **Step 3:** As athletes approach home, the next athlete in line stands in front of the base and gets into ready position. The runner must cross the line created between 3rd base and home to signal the next athlete to begin.
  - **Step 4:** The coach will stop the timer once the last athlete in line crosses the finish line. The next team will go and follow the same steps.
  - **Step 5:** The coach will determine the winning team by the fastest time.
- MODIFICATIONS:** Increase or decrease the challenge by instructing athletes to walk, speed walk, run, hop, skip, walk backwards etc. In order to help athletes stay 6 feet apart, use pylons or spot markers to identify their spot in line.

## Back-up Ball

**EQUIPMENT:** 1 ball per athlete

- **Step 1:** Athletes originally start 5 steps away from the wall. Athletes must throw their ball against the wall and try to catch it before it hits the ground.
  - **Step 2:** Every time the athlete can catch the ball, they take 1 big step back. If they are unable to catch the ball before it hits the ground at their new position, they must take 1 step forward and try again. If they are able to catch the ball, they can move a step back again.
  - **NOTE:** The goal of this game is to see how far an athlete can catch their ball from the wall.
- MODIFICATIONS:** Challenge athletes to start further or closer to the wall. They can take more or less steps away from the wall every time they catch the ball. They can catch the ball in their lap instead of their hands.

## Up, Down, Side-to-Side

**EQUIPMENT:** 1 ball per athlete

- **Step 1:** Challenge athletes to practice throwing and catching against the wall. Start with pop flies.

- **Step 2:** Once they are comfortable, move to a bounce pass (ball hits the ground before it hits the wall).
- **Step 3:** Next try a throw that hits the right side of the wall.
- **Step 4:** Now try a throw that hits the left side of the wall.
- **Step 5:** Challenge them to put it all together: pop fly, then a bounce pass, right toss, then left. See how quickly they can complete 5 rounds of this sequence.

**MODIFICATION:** Add star jumps, or a twirl or a left handed and then right handed throw to the mix to make it more challenging.