

BIG SWING WIFFLE BALL GAMES

1. Ground Ball Eliminator

Equipment Needed: Bat, Ball, Cones

Set Up: Set up playing field. There should be one stack (line) at shortstop and one stack (line) at second. Instructors will be hitting (or rolling) ground balls alternating turns between each line.

How to Play:

1. Divide players into 2 teams, have each team line up behind one of the cones in the field.
2. First player in line steps forward.
3. Instructor hits or rolls grounders to players for them to field.

Tips:

- At first, players may stay in line if they just keep the ball in front of them.
- During later rounds players can be eliminated if they bobble the ball.
- Instructors may incorporate throwing to a player or Instructor after fielding the ball.

2. Race Track

Equipment Needed: Cones

Set Up: Set up playing field with cones

How to Play:

1. One player stands at each base.
2. The rest of the players stand in a line at home plate.
3. First player at home throws to the player at first.
4. Once you have thrown to a base, you replace the player you threw to by running to that base.
5. This continues all the way from first to home.
6. After throwing the ball from third to home, the player that was on third goes to the back of the line at home plate.

3. Numbers Game

Equipment Needed: Balls, Cones

Set Up: Create a rectangular boundary with cones.

How to Play:

1. Divide the class into 2 teams and give each team its own set of number's i.e. – 1,2,3
2. Assign names to each team – ALWAYS ASSIGN NAMES!! i.e. - the Dragons vs. the Tigers.
3. Each player will have a same number as one other player on the other team.
4. Call a number and throw out two balls.
5. The players from the different teams with the same number must run out and get a ball, and make a throw to the designated spot or player.
6. Each player gets one throw.
7. Whether they make it or miss it, they have to collect the ball, and return it to the Instructor as fast as possible, then return to their team.

Tips:

- Award points for a player who runs back to his/her team faster than the other player and for cheering loud.

4. Down Down Down

Equipment Needed: Balls

Set Up: No set up needed.

How to Play:

1. Divide the class into pairs – create two lines facing each other
2. Have the pairs start throwing the ball continuously back and forth until somebody drops the ball.
3. If someone drops a ball.
 - a. 1st time they drop the ball say “DOWN ON ONE KNEE”
 - b. 2nd time they drop the ball say “DOWN ON TWO KNEES”
 - c. 3rd time they drop the ball say “DOWN ON BUTT” (sitting position)
4. Remember, player has to stay in whatever position they are in to catch and throw the ball.

5. 500

Equipment Needed: Bat, ball, possibly a batting tee, and gloves (if they have them)

Set Up: No set up needed.

How to Play:

1. Players are to spread out in the outfield.
2. Instructor hits or throws pop-up balls toward the outfield.

Tips:

- Fly ball is worth 100 points. Ground ball is worth 50 points.
- When a player gets to 500 points they play come in to hit balls.
- You may use the batting tee, if players have difficulty throwing the ball in the air and hitting it.

6. Cut Off

Equipment Needed: Balls

Set Up: Set up cones every 10 yards apart, 3 or 4 cones (create multiple lines of cones).

How to Play:

1. Divide the class into groups of 3 or 4 (depending on the amount of cones you set up).
2. Have one player at each cone.
3. Object of game is to relayed ball from one end to the other end by throwing to each player at a cone.

Tips:

- Emphasis should be placed on catching the ball with two hands, making the exchange sideways, throwing to the next player's chest, and doing it quickly.
- If a ball is overthrown or dropped, it has to go back to the beginning.

7. Go Long

Equipment Needed: Balls

Set Up: One stack of players for each coach

How to Play:

1. First player in line starts with ball
2. With a quick toss to the Instructor the player takes off and runs in a line for an over the shoulder catch.

Tips:

- Compare this to a receiver in football scoring a touchdown pass.

8. Squeeze Play

Equipment Needed: Cones, Bat, Balls

Set Up: Create a playing field with home plate
Place 2 cones on the 1st base side and 2 cones on the 3rd base side.
Each Instructor should have their own group

How to Play:

1. Teach players fundamentals of bunting (square up, hold bat with two hands, one hand half way up).
2. Cones set up as targets on first base and third base lines serve as targets to bunt the ball.
3. Player will bat and gets certain number of tries (pitches).
4. Each bunt that makes it between the cones is a point.
5. After turn the players rotate.

Tips:

- If player pops ball up and it's caught, they lose their turn

9. Home Run Derby

Equipment Needed: Cones, Balls, Bat

Set Up: Create a “homerun area” boundary with the cones.
Each Instructor should have their own group.

How to Play:

1. Players get 5 swings to hit a home run.

Tips

- Players waiting to hit should be in the field.
- Players may not cross into the “homerun area” to stop a ball from being a homerun.

10. Infield/Outfield

Equipment Needed: Bat, Ball, Cones

Set Up: Set up playing field with cones

How to Play:

1. Players are placed into positions.
2. Instructor is to hit to each position calling out where the ball should be thrown.
3. Players should be rotated to all positions.

Tips

- This is an opportunity to work on double plays.
- You may have multiple players at each position that can rotate after each play.
- This is an opportunity to stress being in the ready stance before the ball is hit.

11. Around the Corner & Headed For Home

Equipment Needed: Balls, Bats

Set Up: Create a base path from second to home.

How to Play:

1. A line of players should be at 2nd to be runners.
2. Place catcher next to home plate area (not on) to be target for throw home.
3. There should be a line of outfielders.
4. Instructors hit (or throw) balls into the outfield area while runners try to score from 2nd.
5. Fielders should collect ball and throw to target before runner scores.

Tips:

- Target should not be on home plate for safety reasons.
- If playing in a gym, players should field ball off wall.

12. Tag-Ball

Equipment Needed: Cones, Balls

Set Up: Create a rectangular boundary with cones.

How to Play:

1. Half of the players have a ball, half do not.
2. One player is "it."
3. Only players without a ball can be tagged.
4. With cooperation and communication the players can protect each other by passing the balls to each other.
5. You may increase the number of players who are "it."

Tips:

- If players drops ball being passed to them, they are out.
- If Instructor determines that a bad throw was made, that player is out.

13. Big Play

Equipment Needed: Bat, Balls, Cones

Set Up: Set up playing field with cones

How to Play:

1. Instructor sets up scenarios for players to make tough plays.
2. Situational plays.

Tips:

- Diving grounders, backhands, sliding catches, diving catches, bare hand grounders, glove flips.
- Players should be encouraged to try new things and be creative... but make the play.
- Should start with just fielding plays, then work into making throws.

14. Mine-Mine

Equipment Needed: Cones, Ball

Set Up: Create a triangle space with cones

How to Play:

1. One player should be positioned at each cone
2. Instructor will throw pop ups and call out player who should catch it.
3. Ball should be thrown in order to land in the middle of the triangle.
4. Once player gets a turn, rotate new players into triangle

Tips:

- Be sure to emphasize safety for this game.

15. Rounder's Race

Equipment Needed: No equipment needed.

Set Up: Set up playing field with cones

How to Play:

1. Divide the class into 2 teams.
2. Have one team start on home and one team start on 2nd.
3. 1st players from each team should have a ball in their hand.
4. On a signal each team will start running around the bases.
5. After each player runs around the bases, he/she will hand the ball to the next player.
6. 1st team to get all players completely around the bases wins.

16. BP (Batting Practice)

Equipment Needed: Cones, Balls, Bat

Set Up: Create playing field with cones

How to Play:

1. Designate players into fielding positions.
2. Instructor then pitches batting practice to the hitter.

Tips

- After a fair amount of swings, hitter goes into field and fielder comes into hit.
- Points should only be given for making contact with the ball, no matter how it is hit.

17. Situation Baseball

Equipment Needed Balls, Cones, Bats

Set Up Set up playing field with cones.

How to Play

1. Only one player should be at each position.
2. The rest of the players should run the bases.
3. Instructor hits balls and base runners and fielders act as though they are in a live game situation. (Instructor should be sure to remind players of the situation.)

18. Merry Go Round

Equipment Needed: Balls

Set Up: Set up playing field with cones.

How to Play:

1. This takes 2 lines of players, 2 Instructors, and 3 balls.
2. Instructors are positioned on opposite sides of the "Merry-Go-Round," each with 3 balls.
3. Players form 2 lines, first player in line moves into fielding position.
4. Each player takes a turn fielding a grounder, line drive, and pop-up.
5. After each turn, the player circles round, drops his/her fielded balls back to coach and joins the end of the opposite line.

Tips:

- Instructors should emphasize hustle.
- Instructors should emphasize staying with the play even if you make a mistake.

19. Around the Wheel

Equipment Needed: Balls

Set Up: No set up needed.

How to Play:

1. Players should form large circle.
2. Start with 1 ball.
3. All players should be in the proper fielding position.
4. Players may roll ball to any player in the circle.
5. Once the ball is fielded it should be rolled again and again.

Tips:

- Players may not bounce ball.
- Instructors may add more and more balls to circle to increase difficulty.

20. Long Run

Equipment Needed: Cones

Set Up: Create a playing field with cones.

How to Play:

1. Divide the class into 2 teams.
2. Each team should be in a straight line in an area on either side of home plate.
3. 2 players step up to the plate and begin a race.
4. One player begins running down first baseline, one player runs down third baseline.
5. The winner is the player to reach home first.
6. Each player should get a turn.

21. Cricket

Equipment Needed: Cones, Ball, Bat (Batting Tee)

Set Up: Set up a batting tee with one base 15 yards in front of it.

How to Play:

1. Players hits ball off batting tee and runs between the tee and base as many times as he/she can before fielders get the ball back to the base.
2. When the batter gets out, they rotate with fielders.

22. Race to First Base

Equipment Needed: Cones, Ball, Bat

Set Up: Create a playing field with cones

How to Play:

1. Place a player at 1st base and a player at 2nd base.
2. One player is at home plate (this is the “runner”).
3. The Instructor hits the ball to 2nd base.
4. At the same time, the “runner” sprints to 1st base.
5. Object is to see if the 2nd baseman can throw the ball to 1st baseman before the “runner” gets there. (1st baseman must catch the ball to count as an out.)

Tips:

- There must be 1 base for the 1st base player and a different base next to it for the “runner” to avoid collisions.
- Instructor should vary where they hit the ball (a little to the left, a little to the right).
- Have 3 lines of players off to the side (1 for 1st base, 2nd base, and “runner”). After each play, switch players

23. Game Play and Scrimmage

Equipment Needed: Cones, Ball, Bat

Set Up: Create a playing field with cones.

How to Play:

1. The basic rules of baseball except:
 - a. Only 2 out per inning for each team.
 - b. Only 2 strikes for a strike out.
 - c. Instructor is all time pitcher.
 - d. No walks.
 - e. If a ball gets to the pitcher before any player has made it to the next base, that player is out.
 - f. No leading.
 - g. No steals.