

Wiffle Ball/Baseball Camp – KEY NOTES

Skills Station Work Section

To locate all games, skills, drills, and instructions use our online resources.

www.otathletics.com > Instructor Login Portal > Curriculum Resources > Wiffleball > Skills and Drills

- All skill stations are designed for one purpose only, teaching campers the fundamentals.
- OTA Coaches are leading and demonstrating the techniques, movements, footwork, etc.
- Divide campers into small groups with an OTA Coach on a designated area of field.
- Stations can be assigned by skill (ex. Station 1 is Throwing, 2 is Catching, etc.) OR each camp group can practice all the skills with their assigned coach.
- Rotate skills every 20min.

Team Practice & Coaches Practice Plan Section

Team practice should be used to give smaller group fundamental coaching/instruction to campers.

Team practice time is for OTA Coaches to prepare campers for scrimmage play and tournament play.

Team Practice plans should start with the following:

- 1.) Positions and spacing of players (1st base, 2nd base, 3rd base, Catcher, Pitcher's Mound, Outfield, etc.)
- 2.) Teach rules of baseball
 - a. How to make an out
 - b. How to run the bases
 - c. Foul balls & Foul Lines
- 3.) Offensive Drills
 - a. Hitting
 - b. Running
 - c. Sliding
- 4.) Defensive Drills
 - a. Fielding Ground Balls
 - b. Fielding Fly Balls
 - c. Throwing to Bases (Force throws)
 - d. Throwing/Catching

OTA Coaches are encouraged to add anything to the above in their practices that builds on basic football fundamentals.

Demonstrations / "Blowout Games & Segments" Section

These camp segments are a chance to showcase your camp to participants and parents. Use these segments to excite campers, teach campers and demonstrate to parents the value they are getting from this camp. Examples:

- Guest speakers – bring in a former or current player or coach to talk

- Anything labeled “Blowout” signals that game/activity should be high energy, lots of participation, and showcases the “fun” campers are having at camp. Use this at the end of a camp day while parents are showing up to watch/pick up.

Game Play & Rules Section

Camp scrimmage play can be as rule oriented as you want. Use whatever game play rules you want for your own camp. The below are basic scrimmage/game play rules every game should use at a minimum.

General Rules

- Decide scrimmage # based on group size – 9v9 or 7v7
- Players must wear pennies or different colors to identify teams
- No jewelry allowed
- No metal cleats

Game Play

- 9 inning game or 6 inning game
- Score is by runs
- Play 3 Outs or 2 Outs Innings
- Run rule innings – if a team scores the entire lineup during 1 at bat, switch at bats.
- Defensive out rules
 - Catch outs
 - Force Outs – Ball thrown to correct base player was running to by force
 - Pitcher Outs – Ball thrown to pitcher(coach) before runner gets to base
 *Great option for wiffleball to keep game moving and fast pace games

Game Scheduling & Tournament Play Section

Each camp will vary based on the number of teams you have. The idea of games and tournament play should be centered on creating evenly talented teams to allow for competitive games. You don’t want blow-out games or “loaded” teams at camp. Below are the basic rules of thumb for organizing games.

- For game schedules during the week, simply rotate matchups with those teams. Ex. Game 1: Yankees vs Red Sox, Game 2: Giants vs Rangers, etc.
- Make sure teams are not sitting out for more than 1 game in a row.
- Playoffs should be done on the last day of camp. Several options:
 - Round robin style – every team plays each other once, best record wins
 - Bracket style – put teams into a win or go home bracket by seeds