



BASES LOADED™

Turning a game of failure into a game of success!



*Baseball for the Young Athlete
(Pee Wees & Rookies 4-6 year olds)*

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More Action! More Fun!

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DRILL GAMES

BASERUNNING

GAME #1: DROP BAT AND RUN – EMPTY BASES

GAME #2: DROP BAT AND RUN – BASES LOADED

TEACHES

Dropping the bat after hitting the ball

Running the bases in the right direction

When to run and when to stop

How to read coach's base running signs

Playing as a squad

FIELDING

GAME #3: DIRECT THROWS

GAME #4: GROUND BALLS

GAME #5: FLY BALLS

GAME #6: THROW HOME – ROLLED BALL

GAME #7: THROW HOME – BATTED BALL

TEACHES

Position Location

Catching

Throwing

Throwing to a Target

Maintaining Focus during Excitement



BASERUNNING

GAME #1: DROP BAT AND RUN – EMPTY BASES

SETUP

Home Plate:

- Batter with bat wearing batting helmet
- Coach 1 in catcher's position behind home plate

Outfield Side of Baseline between 1st and 2nd base:

- Coach 2

3rd Base:

- Coach 3 on the foul side of 3rd base

1st, 2nd & 3rd Bases – No Runners

THE ACTION

1. Batter takes one swing at an imaginary pitch
2. Batter runs toward 1st base
3. Batter drops the bat in the marked area a few steps from home plate on the foul side.
4. Batter runs all the way to 3rd (with guidance by the outfield Coach 2 to make sure the Batter is running in the right direction and is touching each base).
5. Batter is taught to glance at the 3rd base coach as the Batter is coming towards 3rd base.
6. Depending on the sign from the 3rd base Coach 3, the Batter stops at 3rd or runs home. The signs are “stay at 3rd”- both arms extended out, palms facing the runner and “keeping going/go home” - right arm making big circles.
7. When the next Batter swings and starts to run to 1st base, the Runner on 3rd base goes home (Coach 1 at home makes sure the Runner touches home plate). There is no sliding.

Important: The 3rd base Coach 3 can vary the sign to the running Batter to either have the Runner stop at 3rd or go directly home. Not knowing what the sign will be makes the game fun for the Batter and the teammates. A point can be awarded each time the sign is followed properly. Each squad's points can be added at the end of the game to choose a winning squad.



BASERUNNING

GAME #2: DROP BAT AND RUN –BASES LOADED

SETUP – Same as Game #1 except **bases always start loaded**

THE ACTION

1. Bases are loaded with runners wearing their batting helmets
2. The first Batter takes one swing at an imaginary pitch
3. That Batter runs toward 1st base, dropping the bat in the marked area a few steps from home plate on the foul side
4. All Runners (the Batter becomes a runner) run to the next base (with guidance by the outfield coach to make sure they are running in the right direction and are touching each base)
5. All Runners are taught to look at the 3rd base coach
6. Depending on the sign from the 3rd base coach (stay at 3rd or keep going home), the Runners stop at the base to which they are going or continue to the next base. If the 3rd base coach gives the “keep going” sign, then he or she should give the “stop at the base” hands sign as the next indication. The signs are “stay at 3rd”- both arms extended out, palms facing the runner and “keeping going/go home” - right arm making big circles.
7. When the next Batter swings and starts to run to 1st base, the process repeats.

Important: The 3rd base coach can vary the sign to the runners, including allowing Runners to continue beyond the initial base to which they are running. Not knowing what the sign will be makes the game fun for the Batter and the teammates. If the team is broken into squads, then a point can be awarded each time the sign is followed properly. Each squad’s points can be added at the end of the game to choose a winning squad.



FIELDING

GAMES #3-5: THROWING & CATCHING

SETUP

All players wear their mitts.

For Games #3 & #4 (direct throws and ground ball throws): Players form two lines facing each other so that players are paired to have a catch. The lines should start out about 10' from each other (i.e. the distance the balls should be thrown). The players on each line should be spread out on the line by at least 8' so that the players on the same line are not too close to each other.

For Game #5 (fly balls): The team forms two squads. Each squad forms a line that is about 15' from a coach who will be throwing an underhand fly ball to each player on that line, one after the other. Separate the lines so that the players won't run into each other. Separate each line using cones or other markers so that the players awaiting to step up to catch the fly ball are at least 10' behind the player first in line.

THE ACTION

- 1. Game #3 (Direct Throw Catch):** Each pair is a team. One player of each pair is given a ball. The players have a catch. The team with the most consecutive catches in a five-minute period wins. If a ball is dropped, the count restarts. If teams tie, there is a two-minute catch-off, where the consecutive catches for the tying teams are counted. This is repeated until all but one team is eliminated and that team become the winner.
- 2. Game #4 (Ground Balls):** Each pair is a team. One player of each pair is given a ball. The players on the first line throw a ground ball to their partners on the opposite line; their partners throw the ball directly back (not on the ground) to the partner who threw the ball on the ground. After two minutes, the coach says "switch" and the players reverse roles. The team with the most consecutive catches in a four-minute period wins. When a ground ball is either missed or the dropped on the return throw, the count restarts. If teams tie, there is a two-minute catch-off (one-minute then switch), where the consecutive catches for the tying teams are counted. This is repeated until all but one team is eliminated and that team become the winner.



FIELDING

GAMES #3-5: THROWING & CATCHING

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- 3. Game #5 (Fly Balls): Each line is a team. For five minutes, a coach for each line throws underhand fly balls to each player. To increase repetitions and to speed the games, we suggest that each player have two chances before he/she moves to the back of the line. The team with the most consecutive catches in a five-minute period wins. If teams tie, there is a two-minute catch-off, where the consecutive catches for the tying teams are counted (here we suggest that each player get one chance and then move to the back of the line). This is repeated until all but one team is eliminated and that team become the winner.**

Important: The following should be stressed:

- 1. When receiving a ball, always start in the ready position – head up, knees slightly bent, back straight, weight on the front (balls) of the feet, give a target with the mitt.**
- 2. After catching a ground ball, pop up to throw (thus standing sideways and the throwing elbow is level with that shoulder)**
- 3. Step through after the throw – it should be natural as the weight will transfer forward due to the motion of the throwing arm.**



FIELDING

GAME #6: THROW HOME – ROLLED BALL

SETUP

Home Plate:

- Batter with bat wearing batting helmet
- Coach 1 in catcher's position behind home plate

Outfield Side of Baseline between 1st and 2nd base:

- Coach 2

3rd Base:

- Coach 3 on the foul side of 3rd base

1st, 2nd & 3rd Bases – No Runners

THE ACTION

- 1 Team is divided into two squads: Batters and Fielders.
- 2 Fielders take their positions
- 3 First Batter takes an imaginary swing and the catcher-Coach 1 rolls the ball to a fielder
- 4 Batter runs toward 1st base, dropping the bat in the marked area a few steps from home plate on the foul side
- 5 Fielders must field the ball and throw it to Coach 1 at home plate
- 6 The play stops when the ball is received by Coach 1 at home plate (goes out of bounds)
- 7 The Batter stays on base until all of his/her squad bats or that Batter scores
- 8 The next Batter on that squad bats and all the steps above are repeated until the entire Batting squad has batted once or, if there are less than 5 on a squad, twice.
- 9 The objects of the game are for the coach to control the pace of the game and the movement of the ball so that all players get a chance at fielding, for the fielder to make a throw that is caught by the catcher Coach 1 inside the in-play line, AND for the Runners to score.

Important: The 3rd base coach can vary the sign to the running Batter to either have the Runner stop at 3rd or go directly home. Not knowing what the sign will be makes the game fun for the Batter and the teammates. A point can be awarded for every run scored and for every throw that ends up in the in-play area (on a fly or simply rolls in). Each squad's points can be added at the end of the game to choose a winning squad.



FIELDING

GAME #7: THROW HOME – BATTED BALL

SETUP

Home Plate:

- Batter with bat wearing batting helmet
- Coach 1 in catcher's position behind home plate

Outfield Side of Baseline between 1st and 2nd base:

- Coach 2

3rd Base:

- Coach 3 on the foul side of 3rd base

1st, 2nd & 3rd Bases – No Runners

THE ACTION

- 1 Team is divided into two squads: Batters and Fielders.
- 2 Fielders take their positions
- 3 First Batter swings until a pitch is hit
- 4 Batter runs toward 1st base, dropping the bat in the marked area a few steps from home plate on the foul side
- 5 Fielders must field the ball and throw it to Coach 1 at home plate
- 6 The play stops when the ball is received by Coach 1 at home plate (goes out of bounds)
- 7 The Batter stays on base until all of his/her squad bats or that Batter scores
- 8 The next Batter on that squad bats and all the steps above are repeated until the entire Batting squad has batted once or, if there are less than 5 on a squad, twice.
- 9 The object of the game is for the fielder to make a throw that is caught by the catcher Coach 1 inside the in-play line AND for the Runners to score.

Important: The 3rd base coach can vary the sign to the running Batter to either have the Runner stop at 3rd or go directly home. Not knowing what the sign will be makes the game fun for the Batter and the teammates. A point can be awarded for every run scored and for every throw that ends up in the in-play area (on a fly or simply rolls in). Each squad's points can be added at the end of the game to choose a winning squad.



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FIELD SETUP

