

## **DRILLS COMPETITION**

### **Catching**

#### Competition Drill 1:

- Catcher wearing full gear would be thrown a ball.
- A timer would start a stopwatch when the ball is received by the participant and stop it when the ball is successfully thrown from behind the plate to 2<sup>nd</sup> base.
- Fastest time would be 1<sup>st</sup> place and so forth.
- Five throws from this position/skill.
- A blue batting statue would be placed at 2<sup>nd</sup> and first. Statue has to be struck by the ball for time to qualify.

#### 2<sup>nd</sup> Competition drill:

- Ball is set on a marked spot 6 feet in front of the catcher.
- Catcher is in position behind home plate.
- Timer signals go and starts the clock.
- Catcher moves from behind home retrieves ball and throws to 1<sup>st</sup> base.
- Fastest time would be 1<sup>st</sup> place and so forth.
- Five throws from this position/skill.
- A blue batting statue would be placed at 2<sup>nd</sup> and first. Statue has to be struck by the ball for time to qualify.

### **Hitting**

#### Competition Drill #1:

- Players will bat against 10 Balls from a machine.
- Pitched from age-appropriate distance and rate of speed for each age group.
- Batter can select pitches.
- Score is kept for 10 balls pitched.
  - 0 Points for foul tips and foul balls
  - 1 Point for balls that land in the infield prior to hitting grass
  - 2 Points for balls into the grass
  - 5 Points for home runs

**BONUS BALL:** A target will be set in center field. It will be moved back as age groups get older. One ball will be hit. The distance the ball ends up from the target will be measured. This will be used as the tie breaker.

## **Pitching**

### Competition Drill #1:

- A volleyball on a batting tee.
- Pitcher will throw 5 balls at the volleyball.
- If the volleyball is knocked off the target the pitcher gets a point.
- The tee/volleyball will be moved as follows:
  - Tee set on right side of plate - 5 balls pitched.
    - 1 point for ball being knocked off tee
  - Tee set on the middle of the plate – 5 balls pitched.
    - 1 point for ball being knocked off tee
  - Tee set on the left side of the plate – 5 balls pitched.
    - 1 point for ball being knocked off tee
  - Tee set on the middle of the plate volleyball is REMOVED and replaced with a softball– 5 balls pitched.
    - 1 point for ball being knocked off tee
- The participant will be timed. Time will only be used for tie breakers. Fastest time wins.

## **Running**

### Competition Drill #1:

- The timer will start the clock and yell go.
- This competition has 3 parts:
  - Participants will be timed running to first.
  - Participants will be timed running all four bases.
  - Participants will be timed running a pickle drill.
    - The pickle drill will consist of two cones placed between 1<sup>st</sup> and 2<sup>nd</sup> base. The runner will start on 1<sup>st</sup> base, run to a cone placed at 20 LF from 2<sup>nd</sup> base. The contestant will touch the cone then run back to a cone placed 10 feet from 1<sup>st</sup> base. The contestant will touch the cone and run to 2<sup>nd</sup> base.
- All three times (run to 1<sup>st</sup>, running the bases and pickle drill) will be added together to determine placement.