



## Drills: Situations

### Goal:

To improve team understanding of offensive and defensive situations that may develop in games

### Description:

Players take places at each position in the field. A pitcher is on mound with a ball in his hand and a catcher is behind the plate in full gear. Extra players become base runners (with helmets) and assemble to the right side of home plate behind a designated line. You stand just outside the batter's box with a ball and a fungo bat. The pitcher throws a pitch to the catcher, and as the ball crosses home plate you hit a fungo somewhere in the field. When you hit the ball, the first extra player, who is positioned behind the designated line, acts as the batter–runner and runs to first base. Players react to the fungoed ball as they would in a real game. After 3 outs are made, the bases are cleared and a new inning begins.

You can simulate every conceivable circumstance in baseball by hitting the ball accordingly to set up defensive or offensive situations. You can vary the difficulty of fungoes to challenge the players. Players should rotate from runners to fielders periodically so that all players participate on offense and defense. You should try players at different positions during this drill to assess their playing ability. You can stop play and critique technical and tactical positives and negatives or have players redo a situation.

### Variation:

To add a gamelike aspect to this drill, rotate players in and out of defensive situations and play as many innings as time permits. Place runners on the bases in various offensive situations—first and third, one out; bases loaded, no outs; first base, one out—at the beginning of an inning or at any time during the inning. The team in the field receives 1 run per inning played (if the game lasts five innings, the defense is spotted 5 runs). The defense wins by not allowing more runs than they have been given. If the game is tied, the score carries over until the next time Situations is played. To make the game more challenging, give the defense 2 runs per inning.

