



TEAM IN OUTFIELD **PEPPER** (10 min)



SKILLS:

Hand/eye coordination, teamwork, co-operation

EQUIPMENT:

- 1 bat
- 1 whiffle ball
- Home plate for every 4 players

ORGANIZATION:

3 groups of 4 – 1 batter and 3 fielders in each group

ACTIVITY:

- The ball is tossed to the batter by whoever has the ball
- The batter tries to chop it back on the ground
- This is NOT a complete swing, but a hand/eye coordination drill. Batters should start in a very open stance, with feet in pivot position. Hands start back at shoulder and bat is gripped in extreme choke position or with split hands to make it easier to chop the ball down with bat control
- Batter stays at base as long as she hits the ball back on the ground, within reach of fielders
- Batter is out if ball is swung at and missed, or hits it over the fielder's head
- When batter is out fielders rotate

Note: This may have to be adjusted to the skill level of the players. i.e. Batter gets 3-6 tries to hit the ball instead of being out if the ball is missed.

COACHES NOTES: