

Competitive Drills/Games

By Westside Coaching Staff

Goal in every practice is to make everything a competition so players figure out how to handle pressure when trying to win!!

Baseball

- 6 on 6 with 6 innings (6 rotations)
- Serving team is pitching and their goal is to stop the other team 3 times as quickly as possible. Same rotation until those 3 outs are made.
- Receiving team is up to bat and their goal is to score as many points as possible.
 - o If they win the serve receive ball that is a point and they continue to get free balls/down balls until they are stopped.
 - o Every point is a home run.
 - o Once stopped once they go back into the same serve receive
- Once the Receiving team is stopped 3 times they now become the serving team in the same rotation (bottom of the inning).

Hockey

- 6 on 6
- Can initiate with a free ball, down ball, or serve
- Once a player makes an error (can use error correct for first one) they are put in the penalty box. That team is now playing with 5 players.
- The players can be readmitted to the game one at a time once their team scores a point.
- The team that forces all players from the other side to the penalty box wins!

Bingo/Bango/Bongo

- 6 on 6
- Goal is to work team defense and score 3 small points in a row.
 - o Mini points: 1pt is Bingo, 2nd Bango, 3rd Bongo
 - o Once all 3 are earned that is a big point, play to 3.
- Coach initiates as if they were the OH from the other team.
 - o First ball goes to the left back, 2nd to middle, 3rd right or tip
 - o Each ball initiated should get a little harder
- As soon as the other side stops them or they error on defense its is now the opposite sides turn.
- Can modify to where they don't have to earn all 3 mini points in a row.

Bounce

- 6 on 6
- Goal is to work on out of system balls and to teach players to get a swing no matter what.
- Coach initiates by bouncing the ball randomly around the court.
- The bounce is the first contact.
- Play out for the point. The team that receives the bounce and get a bonus point if they get a swing off of the out of system play.
- Play to 15 or 25

Trash Talk Doubles

- 2 on 2, split court in half with antenna
- Goal is work on ball control while adding a little sass to their attitudes
- Players can serve to initiate or simply throw the ball over.
- When they score they have to trash talk (appropriately) to earn the point.
- Play to 7

Burn your Buddy

- Severs vs. Passers
- 3 players out in serve receive, coach is target, remainder of players are the servers
- Serve one at a time.
- Score: Play to 7
 - o Perfect Pass = 1 pt for that passer
 - o A missed serve = 1pt for everyone but the server that missed
 - o An ace = 1pt for the server and they now take the place of the passer they just aced.
- How to burn your buddy?
 - o When two people are switching due to an ace, the next server tries to serve the same spot before the new passer gets there.

Short Court Play and Run

- Great warm-up game and goal is to teach the players to see the court
- 5/6 on each side
- Play full width of court but end line is the 10ft line
- Can use 1, 2, or 3 contacts.
- Once a player makes contact they must run to the end line and back. The other team looks for the open spot while they are running to try and score.
- Play to 7.

Serve and Chase – Competing against a partner

- Can use to work on zones or just in
- Everyone is serving and chasing but they are paired up with someone to compete against.
- The goal is to get your serves into the zone before their partner.
- Its important to have them serve and chase so they get their heart rate up.
- Can use any number you want them to get in. 5-10 is usually a good range.
 - o If they serve in but not in the zone it is a wash (no pts)
 - o For more advanced players have them -1pt for net/misssed serves