

Practice Plan Guide – Fun Games – Soft Toss Scrimmage

<https://cdn3.sportngin.com/attachments/document/0153/1490/Baseball Practice Plan Guide.pdf>

Towards the bottom is the “Fun Games” category, #2 is Soft Toss Scrimmage. This is a great way to spend the last 30 min – 45 min of practice.

Soft Toss Scrimmage is basically your team scrimmaging itself using soft toss instead of pitching. It starts by separating your team into 3 equal teams. 1 team has 12 players, they would have 3 teams of 4, teams with 13 will have 2 teams of 4, and 1 team of 5. Name the teams (let the boys name their own teams if you wish) for this example we will call them teams A, B, & C.

Team A will take the outfield first, those four players will go play the outfield positions. If the team has five players, the fifth player can alternate playing 1st Base with the other first basemen.

Team B will take the infield positions, 1B, 2B, 3B and SS. If there are 5 players on team B two players can alternate at 1st Base. They can really alternate at any position you choose, 1st base is good because it's quick to switch players in and out and it's a fairly active position. Try to avoid having players play the pitchers position for this activity.

Team C will hit. The 4/5 players will hit in an order.

The coach can sit on the bucket and soft toss balls to the hitter. Be sure to sit in a position where you are not blocking the base path. When the hitter hits the ball Team A and Team B play the ball like they would in a game and the hitter runs to 1st, 2nd, 3rd or Home depending on the outcome of the play. If Team C scores 1 or more runs during their turn hitting Team C accrues as many runs\points as they score. Team C's turn hitting is done when Team A & Team B combine to get 3 outs against them (you can use 4 outs if you want to make sure everyone gets to hit, that's up to you).

Once Team A & B record the necessary outs the teams rotate, Team A can come in and play the infield positions, Team B can hit and Team C can take the outfield positions. Team B hits until they are out, and can accumulate points\runs. Which ever team gets the most points\runs wins.

Key point: If you plan to do a Soft Toss Scrimmage make sure you have enough time to get everyone chance to hit. Maybe try and get each team to hit twice. Typically the last 45min-30min of practice should be enough time.

The kids will love this, it will help boost their confidence hitting and hopefully get them excited to play and learn baseball. This can be done with one coach, but never hurts to have a couple extra hands on board to help.

It's a great tool for you to use to teach them the game of baseball, how to run the bases, picking up their base coaches, what bases to throw it to, and great for situational instruction.

If you don't have much experience with soft toss, below are a couple of links to short videos on how to do soft toss. You can disregard the information about the front toss on the 2nd video, just watch the first 1:40 of that video. You don't really need to be concerned with tossing the ball inside and/or outside, that's not the idea of this activity, it's not necessarily a hitting drill, or a fielding drill. Just give nice toss's

they can hit, it can help to build their confidence and you can use it as a vehicle to help teach them the basics of the game, all disguised as a game!

https://www.youtube.com/watch?v=cEz3U36Rdts&list=PLyoEIJ1CtHjX1Bhb1ptfo4lgKD_nImJu7&index=65

<https://www.youtube.com/watch?v=OqdXA9bNkMA>