

TIME TO COMPETE

LIVE DEFENSE

Live Defense is designed to be a 20-30 minute drill that allows the defense to execute several facets of the game.

- This is a defensive drill.
- The offense's job is to execute a ground ball (hit & run) to give the defense the opportunity to turn double plays or make reads on the speed of the ball and make plays at the plate.
- If the ball is hit into the outfield then it is played live, allowing the defense to throw to the proper base on balls hit to the outfield, and to work on double relays on balls in the gap or down the lines.
- If the ball is hit off the L-Screen, the pitcher will have a ball placed on the ground in front of the mound and pick it up and start the double play turn.
- As an offense, hitters are executing a hit & run on all pitches, with two pitch max per hitter.
- If the hitter takes a pitch or swings and misses all players move up.
- The runner at first base starts his secondary on front foot strike by the BP thrower, and plays the ball live off the bat.
- The runner at third base is green going in looking, watching the ground ball the whole way and if the fielders turn a double play, go in to the plate hard.
- But if the infielders throw the ball to home, stay in the rundown with the chance to move up the other runners.
- Live Defense is a competitive drill with scoring based on each team's priorities. A simple scoring system is as follows:
 - Defense Scoring
 - +5 Any Double Play
 - -5 Any Error
 - -10 Throw to the wrong base in the outfield
 - Offense Scoring
 - +1 One Point for Each Base Gained by the Base Runner
 - +1 Hard Hit Ground Ball
 - -10 Fly Ball
 - -10 Swing & Miss
 - Both Teams Scoring
 - -20 Any Bonehead Play (Doubled up on line drive, take a pitch on hit & run, etc)

PROCESSED BASE SCRIMMAGE – Process Based Scrimmage uses an alternate scoring system to reward teams for playing the game the right way instead of simply keeping track of the score. The point system is as follows:

- Pace of Game
 - Non hustle play by either team (-2)
 - Slow pace by catcher and pitcher (-2)
 - Team energy and involvement (+2)
 - Off the field in 10 seconds (OF) and or 6 seconds (INF) (+2)
 - Ready for first pitch in 75 seconds or less (+5)
- Pitchers
 - 0-1 to 0-2 count (+2)
 - 123 inning (+2)
 - 9 pitches or less in an inning (+2)
 - Inducing double play (+2)
 - Leadoff or 2 out walk (-2)
 - 123 innings in a row by same pitcher (+4)
 - Out in 4 pitches or less (+2)
 - Lead off hitter out (+2)
- Defense
 - Web gem (+2)
 - Error or mental mistake as determined by coach (-2)
 - Incorrect execution of play (-2)
 - 2.10 by catcher in between innings on throw to second base (stopwatch) (+2)
 - Throw out lead runner with tag (+3)
 - Mental mistake (-2)
 - Around infield after strikeout or out at first in 5 seconds or less (+2)
- Offense

TIME TO COMPETE

- RBI (+2)
- Bunt base hit (+2)
- Hit by pitch (+2)
- Stolen base (+2)
- Aggressive baserunning
 - 1st to 3rd (+2)
 - Ball in Dirt attempt safe or out (+2)
- Double (+2)
- Triple (+3)
- Home Run (+4)
- 2 out RBI (+4)
- Team Battles
 - Winner of the 3-2 War (+2)
 - Winner of the 8 Pitch at bat (+2)

SMALL BALL SCRIMMAGE – a scrimmage where the players are only allowed to bunt to reach base and score points

- Start every inning with runner at 1b
- First base is 80' away from home
- All other bases, and runner taking lead, are on the 90' bases
- Runners and fielders must start in an area designated
- Machine is located behind the mound
- Defense can't charge until the bunt is shown
- Pitcher is in normal landing area on natural side of mound
- Outfielders can play shallow and back up all plays
- Point System:
 - 2 Foul Balls and You Are Out = +2 (Other Team)
 - Base Hit Bunt, Safe = +2
 - Ball Bunted In Triangle = +1
 - Popped Up Bunt = +2 (Other Team)
 - Move Runner = +1
 - Run Scores = +3
 - Defense Gets Lead Runner = +3
 - Error on Defense = +2 (OT)
 - Mental Error = +2 (OT)
 - Non-Hustle = +2 (OT)