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| **Outfield Derby** |

**Purpose**

A fun, homerun derby-like drill that practices hitting and fielding. On the offensive side, the drill promotes aggressive swings at the plate. On the defensive side, this drill promotes aggressive infield play to keep the ball in front of the player and aggressive outfield play to catch a fly ball.

**Suggested Age Level(s)**

Rookie, Kid Pitch, Farm, Majors, Babe Ruth

**Drill Setup**

* Split the players into 3 even teams of roughly 3-4 players each.
* Two teams fill out the defensive positions on the field while the third team is on offense.

**How It Works**

* The first offensive player steps to the plate and receives pitches from the pitcher.
* The offensive player earns 1 point for their team if a hit ball…
  + Proceeds into fair territory in the outfall without being caught on the fly (e.g. a fly ball to the outfield that is not caught and lands on the ground, a ground ball through the infield that makes its way into the outfield, etc…), or
  + Is a home run.
* The following scenarios will result in an out for the offensive player:
  + A ball hit in fair territory that does not reach the outfield grass.
  + A swing and miss at a pitch.
  + A fly ball into the outfield that is caught.
  + A called strike by an “umpire” (optional)
* If an offensive player hits a foul ball, neither an out nor a point is awarded to the team.
* Continue playing until every offensive player on a team has made 10 outs. Then rotate a new offensive team in and repeat.
* The goal of the game is for each team to score as many points as possible.

**Coaching Tips**

* For younger levels, it might be best to either have the batters hit off of a tee or have a coach pitch to the batters. For older levels, players can pitch to batters.
* If one team has fewer players than the others, one player can be given two plate appearances.