

Baseball Warmup Games

Speed Ball: Put your infielders into their positions. Place a ball on a tee or soft toss it to the hitter. Once they hit the ball, they must run to as many bases as they can before all the fielders touch it. This will make the infielders work on making a quick and accurate throw. Once they get the hang of it, divide the players into two groups. For every base a player reaches before all the fielders touch the ball, give the team a point.

Garbage Can Toss: Place a large garbage can, bin or bucket, on its side at any position in the field. Have players take turns fielding the ball, and throwing the ball in the can/bin/bucket alternating between bases.

Around the Base Challenge: Have players start on home plate with their backs to one another. One of the players will run clockwise, while the other counterclockwise. To avoid collisions on second base, the runner coming from first should touch the outside corner of second, while the runner coming from third touches the inside corner. To get the whole team involved, turn the exercise into a relay by having the runners tag another runner at second base or homeplate when they are done.

Two Strikes: Have each player bat with a two-strike count. This helps the players learn to choke up to shorten their swing and concentrate on putting the ball in play.

Bounce it: Pair off the players and have them stand across from one another. Each player should throw the ball on one bounce to their partner. See who can make the longest bounce. Make sure each player uses the proper form on each throw. If a player's throw veers to the left or right after the bounce, check their grip.

Wild Pitch/Throw: Have the player take their normal position, and roll/toss the ball to the left or right of them. The player should turn and run towards the ball, slide besides it, or pick it up with their bare hands, and throw it back.

Texas Leaguer: Have the players stand in one line facing you. Toss the ball over the head of the first player in the line. As the player reads what shoulder the ball is over, they should step to that side, cross over, and sprint back to make the catch. Encourage players to run on the balls of their feet so the ball doesn't "bob" with each step they take.

Catching Pop Flies: Have players in their position, and throw or hit pop flies to each player. Encourage players to run with the glove down, in a sprinting position to catch the ball. Once caught, the coach can instruct them on where to throw accordingly (first base, cutoff person, homeplate, etc.)