

# ONE-PITCH BOOM BAT

## PURPOSE

A fun game to reward players and involve coaches and parents

## EQUIPMENT

Cones; a large plastic bat; a wiffle ball or other large, plastic, easy-to-hit ball; gloves

## TIME

5 to 10 minutes

## PROCEDURE

1. Divide the players into two teams.
2. Create a large makeshift baseball diamond marked with cones.
3. The coach can pitch the ball overhand or underhand. The batter must swing at every pitch.
4. If the ball goes outside the diamond, the team gets one run.
5. If the ball is caught, goes foul, is misplayed, or does not reach the outside of the diamond, the batter is out. Therefore, every player can produce only a run or an out.
6. The fielders are not allowed to field a ball beyond the boundaries of the diamond.
7. Because the batters must swing at every pitch, each team gets five outs.

## KEY POINTS

This is an easy skill game that players, coaches, and parents will enjoy.

1. Encourage players to swing for the fences, but point out that sometimes the ball travels farther if the hitter does not swing too hard.
2. Coaches should point out that teamwork and peer encouragement are important in this game. Usually this encouragement transfers to baseball games.

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3. One of the best things about this game, much like home-run derby, is that players with weaker skills can be just as successful as the stronger players. When a weaker player hits a home run, make a big deal out of it to boost his confidence.

## Variations

1. A variation especially appropriate for younger players is to use a beach ball and a tee.
2. Players can also run the bases.
3. Shorten the field and play the game like a home-run derby.

