

68. STAY ALIVE

Objective

This game is for training girls fast-pitch softball players, or boys baseball players to approach pressure-packed hitting situations with a relaxed and adventurous attitude.

Set Up

All players count off consecutively in a batting order that includes the full team. 5 batters are in the hitting area at all times (1 in the batter's box, and 4 preparing to hit).

Directions

The game starts with batter #1 getting into the batter's box. Each batter has one swing available to them. The batter must swing if the pitch is a strike. If the batter hits the ball fair they will be able to get up to the plate again when their # comes up. After hitting the ball fair, the hitter goes out in the field to field the other batters' hits. If the batter misses on their one swing, or takes a called strike, then they go out to the field, and they are eliminated from the batting order. Pitches can be delivered by a pitching machine, or a pitcher who throws strikes. For consistency, it is advisable that the pitcher throw the same pitch and same speed throughout the game.

The players in the field who have been eliminated, can get back in the batting order if they catch a ball in the air before it hits the ground. This keeps the fielders engaged even if they have been eliminated from the batting order. Players should take positions in the field that are spread out in order to avoid contact with each other when fielding balls in the air. If a fielder makes any physical contact or interferes with another player fielding a ball in the air, the player initiating contact would be eliminated permanently for the rest of that game. The eliminated player would sit on the bench until the next game starts.

Players have 10 seconds to get into the batter's box after the previous player leaves the box. If the batter is late, it is considered a missed ball and they are eliminated from the batting order. It is up to the players to keep track of the batting order and to be ready to hit when it is their turn. This keeps the game moving very fast with everyone focused. It creates high energy similar to a pressure situation in a game. If a batter gets in the box and hits out-of-order, they are eliminated from the batting order.

If the players in the field are not chasing the ground balls, the coach can call a time out. The players in the field are told that the game will resume when all the balls have been retrieved and brought into the pitching area. The last hitter "staying alive" wins the game.

Discussion

Often a hitter will have two strikes in the count. It is important that the hitter at least make contact and hit the ball fair with the one remaining strike. If there are runners on base, contact is important to move the runners. The perceived pressure by a hitter in a

game can increase with two strikes. If a player can learn to become excited and expectant with two strikes, rather than feel increased tension, then they have a better chance of success. Players really enjoyed this game. It is very exciting and fast paced. It duplicates pressure hitting situations.

Contributed by:

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