



Cup Ball Game

Skill Set: Hitting

Difficulty Level: Easy

Number of Athletes and Coaches: All athletes, split into two groups, offense and defense

Average Time to Complete: 35 minutes

Equipment Required: Paper cup, balled up into a “ball”

Goal: Focus on having fun and implementing the hips into the swing properly.

Description of the Drill:

- Split team into two teams, one starts on defense the other starts on offense.
- Take a paper cup and ball it up into a ball (it may help to dampen the cup).
- Coaches will toss the cup to the hitters, hitters will hit by using their back hand in their swing.
 - For example, a right-handed hitter will hit by using their right hand to strike the cup in a normal baseball swing motion.
- The goal is for hitters to incorporate their hips into their swings while having fun playing a modified game of baseball.
- The teams switch to offense or defense after 3 outs.