



# BASEBALL VICTORIA PIPELINE

## 2 BALL

There are many variations of 2 Ball that can be modified to suit your program

The coach can simply can any aspect depending on the goal, level, space etc

To see 2 Ball in action follow this link

<https://youtu.be/yINgtFMqqgo?si=VDNVCVHsxz5AYBZ40>

### **Focus**

Balls in play

Create fast-paced fun

Many opportunities for teaching moments in all aspects of the team game

### **Equipment**

L screen

2 square screens behind home plate

Baseballs

### **Time**

30 min- 1 hour. Add extra time if desired. Traditionally our games are under 1 hour if delivered efficiently

## **Basic Game Description and Rules:**

2 Strikes to put ball in play

Number of foul balls allowed are at the discretion of coach

Usually no Walks or Hit by Pitch (we want players to swing the bat).

In the case of a walk you can elect to use a *Ghost Runner* or Coach Pitch (see below)

Inning length can be any of the following:

3 Outs (usually a bit too short and too many change overs)

6 out - 0 to 3 play like none, 4 like 1 out, and 5 like 2 outs

Bat for time (5 minutes works well)

Bat through the line up

## **Game Types**

### **Player Pitch**

Regular player Pitch with any modifications at the discretion of coach

### **Player / Coach Pitch Combo**

Regular player Pitch with the coach coming in the throw if the batter walks. You can choose to use a *Ghost Runner* from the offensive team which still rewards the walk. Count resets.

### **Coach Pitch**

Full coach pitch. Use an L Screen at the discretion of the coach and the age group. If an L screen is used any ball hit off the screen is *live* and played out. We have found this is a great way to get the catcher making plays

## **Coach Pitch / Coach Catch**

Very fast alternative with a lot of balls in play and very quick change overs. Works well if you have a very young group or no catchers

## **Machine Pitch**

Use a Machine. Setting and pitch type at the discretion of coach

## **Team Makeup**

The team rosters and configuration can be modified to suit your group size.

Choose either traditional 2 Team or 3 Team make up.

### **3 Team Make Up**

Work really well with small groups of 8 – 10 players (up to 15 players)

Team can rotate either from Outfield to Infield to Hit or simply play 2 innings on defence then hit.

### **2 Team Make Up**

For larger groups 14 +

If you have too many player on defence player can alternate at positions either each out or inning. If you choose to alternate each out have them swap at the corners works best for the flow of the game (1<sup>st</sup> and 3<sup>rd</sup> base).

## **Scoring**

Modify as required using :

Regular scoring

Points are bases e.g., single = 1 point double = 2 point (runners don't stay on bases)

Bonus points for hard turns (runner has to get past a cone in order to gain bonus point)

## **Modifications**

### **Baserunning**

Start each inning with baserunners (gets more players involved)

Ball in the outfield runners have to advance 2 bases (create tag opportunities, rundowns and aggressive baserunning)

Ghost Runner – Use instead of the hitter walking. This allows the hitter to still swing the bat, rewards the walk and also gets another player involved. Use optional safety home plate off to the side to avoid collisions

### **Field Set Up**

Ideally have a home run fence. For underage Little League / Junior League move home plate into the outfield so balls stay in play can be played off the fence and reward home runs

Modify infield size or outfield dimensions to suit. Smaller infield is fun and speeds up the defence

### **Positional Considerations**

To encourage the development of athletic versatile players have players rotate to different positions each inning or again at coach discretion

### **Time Saver and other Hints**

Have someone on the sidelines feeding balls to the coach umpire or pitcher

Avoid players chasing foul balls during play

Have a coach as catcher. If players are catching have the opposition catcher stay in position until the other team catcher is ready. Both these strategies speed up the changes overs significantly (Well below 60 seconds)

Place a screen behind the catcher to reduce the pass ball distance

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