**Pick your hop variation #1**
Coaches hit a variety of different speeds, trajectories and directions to the infielders. After fielding each ball (throw is optional) they should tell the coach what type of hop they fielded the ball on (short, up, or long). If they fielded it on an up hop, they will verbalize what they should have done to get either a short hop or long hop.

**Pick your hop variation #2**
Players pair up and throw ground balls to one another. Right before they throw the ball, they call out a number of hops. Their partner tries to field the ball after than number of hops. Infielders have to move in, back, side to side, and keep their feet moving and under control to field the ball after the specified number of hops.

This drill requires a certain amount of trust that the "feeder" will give them a reasonable ground ball to be able to field it in the specified number of hops.

As this game is going on, emphasize the importance of fielding the ball in rhythm and not breaking momentum or stopping as they field it and get to throwing position.

**S-T-R-I-K-E-S for pitchers**
There are two versions of this game. The first is for younger players, or players who are not as advanced. The second one is for older players (over 15) or more advanced younger players.

**Version 1 - Younger Players** - Pitchers compete against one another during a bullpen session. Players take turns throwing pitches. If the first pitcher throws a strike, the second pitcher must throw a strike or he gets a letter (very similar to P-I-G or H-O-R-S-E in basketball). If player one doesn’t throw a strike, then player two gets an opportunity to throw a strike and force player two to throw one or he gets a letter. The player spells S-T-R-I-K-E-S first loses. Feel free to change S-T-R-I-K-E-S to your mascot, or some other meaningful word or phrase.

In version one, all pitches should be fastballs, and you are only measuring strikes.
Version 2 - Older players (15U+) - The game is played the same as version one, with two major differences. The first difference is the distinction between a “strike” and a “quality strike.” A quality strike is one that is on the corners of the plate, or over the middle of the plate but at the knees (see “Quality Strike Chart” in Silver-Library for visual). If player one throw a strike, player two can match him with a strike or steal the letter with a “quality strike.” If player one throws a quality strike, then the only way player two can match and not get a letter is by throwing a quality strike (the quality strike chart is found in the Cornerstone Elite Library).

The other change in version two is that the second pitcher must also throw the same pitch as the first pitcher did. So if pitcher one threw a breaking ball for a quality strike. Then pitcher two must also throw a breaking ball for a quality strike to match.

Win this pitch
Each player gets a maximum of five pitches... if they win each one. If they "lose" a pitch, they are done. Seems simple, but it places consequences on making the correct decision, adds competitiveness, and game-like consequences to your hitting session.

Winning a Pitch
To me this is mostly based on pitch selection. Give the hitter a count, and if he swings at a an appropriate pitch with an appropriate swing, it is a win.

For example, today, we used a 1-0 count, but it would be just as easy to mix the count up each pitch. If they took a fastball on the outside or inside corner, or one at the knees, even if it was a strike, it was a win. They took a pitch that was a pitcher's pitch in a hitter's count, and that is a win. They get another pitch.

If they take a breaking ball for a strike, even if it is a hanging breaking ball, that is a win. There is no sense in swinging at a breaking ball in a fastball count, and I can't tell if a hanging breaking ball fooled them the slightest bit.

If they hit a ball hard, it is a win. The ultimate goal of an at bat is to get a free base, or to hit the ball hard. Any hard hit ball is a win.

Aside from a hard hit ball, I tried to only base "winning" on pitch selection.

Losing a pitch
If the hitter swings at an inappropriate pitch for the count, or swings and misses, it is a loss.

For example they swing at a 1-0 curveball, or 2-0 fastball on the outside corner.
While we talk a lot about taking quality at bats, we often don’t show players that quality at bats are made up of winning individual pitches. This game allows players to work on winning pitches in a competitive, game like setting.

**Random blocking for catchers**
This one is as simple as it sounds, once your catchers get a solid base for blocking technique, simply don’t tell them when the pitch will be thrown in the air to them, and when they will need to block the ball. Make them make a decision about blocking.