

Three Team Scrimmage

Dividing teams

Make sure each of the three teams has roughly the same number of pitchers, catchers, middle infielders, corner infielders and outfielders.

The set up

Inning	Hitting	Field	Pitching	Catching
1A	A	B and C	B	B
2A	A	B and C	C	C
1B	B	A and C	A	A
2B	B	A and C	C	C
1C	C	A and B	A	A
2C	C	A and B	B	B

- ⚡ Run through as many times as you have time for/pitching for, but make sure each team gets the same number of at bats.
- ⚡ Clear the bases after each 1/2 inning. So after 3 outs in inning 1A, clear the bases and proceed with inning 2A.
- ⚡ The fielders will be a mixture of the two teams. Have all defensive players NOT on the field off to the side in foul territory. Either rotate them on after every 1/2 inning, OR rotate them on after each batter (players must sprint to on and off the field)
- ⚡ Be sure to have pitching set up and pitchers ready to go between each inning.