# Bingo Baseball Descriptions

**Alligator Drill**
Players open up their arms like an alligator in front of their body before the ground ball is rolled to them. Once the ball reaches their glove, have them clamp down with their other arm like an alligator chomping down on the ball.

**Dot Drill**
Take a baseball and draw a red dot on it, about the size of a quarter. Stack the ball on a tee and have your player swing at the baseball while staring at the red dot on it.

**Tee counter**
Have your player go to the tee and get into their batter stance. You should help them set up properly so they can increase the chance of good contact. Say '**hit**' and the player swings. If the ball is hit the first time, you yell '**one**'. For each hit, say the corresponding number.

**Kiss and swing**
Help your batter assume the correct stance in the batter's box. The rest of the drill is up to the batter. Sometimes, taking a swing in slow motion so a player can visualize where they want to hit the ball is valuable in building memory. Before the batter takes a swing, they need to slowly go through the batting motion and stop the bat right where they want to hit the ball. This is the 'kiss' the bat will give the ball. The player then brings the bat back up and then takes a normal swing at the ball. Focusing on the spot they want to hit (the kiss) is a fun way for kids to learn what motion they need to hit the ball where they want.

**Parent Says**
This is a batter's version of 'Simon Says' where the players must do what you say in order to demonstrate their understanding of a skill. You will focus on three key areas: grip, stance and swing. When you say any one of those three words, the player must show you their best grip, stance or swing (after instruction, of course).

**Don't Miss**
With a batter at the plate have them attempt to put the ball in play by hitting it. If they miss the ball or if they hit the tee without knocking the ball forward, then it will be considered a strike. This is a perfect opportunity to teach them about how three strikes equals an out. This will be one of the player's first introductions to an 'out'. The player needs to understand the importance of making contact with the ball in order to get to first base and to advance other runners. Each time the player hits the ball, they must drop the bat and run to first base.

**Show the Ball**
Each player has the ball, and they must grasp the ball with the thumb on the underside, and the two top finger spread slightly apart over the top. The ring finger and the pinky should be touching the side of the ball slightly on the outside. If they are unable to grip with two fingers try with 3$^{rd}$ and 4$^{th}$ across the seams and not holding the whole ball in their hands then you say 'show me', each of the players gets into the proper throwing stance: legs apart (one in front of the other), foot on the throwing side is behind the body, and the arm is up, with the elbow raised to shoulder height and the forearm and bicep at a 90 degree angle (L-shape).

**One Knee Throwing**
Have your place start on one knee and after a few attempts, swing knees. The player starts with the body facing the target and the ball raised. The player can throw at a target or you. The proper throwing

mechanics should be watched for as the player throws the ball toward the target. A good follow through toward the target is important.

**Bounce to the bucket**
Set up a bucket or box at the first base. You can set up more than one station for this drill. Line up your kid at each station about 10 feet away to start. Have your player try to get the ball into the box or bucket – and they get 10 points. If they hit the side of the bucket, they will get 5 points. The closest ball to the bucket will get 2 points.

**Field and Bounce to the Bucket**
This puts the original drill of bouncing to the bucket together with fielding the ball. Roll a grounder to the player and they pick it up and throw it to try to get it in the box. The emphasis is for the player to knock down the ball, gain the proper grip, throwing motion and then aim it to the bucket. Players will get the same points as they would get in the bounce to the bucket drill. Adding the extra element of fielding the ball may be difficult for some players, but it is an essential skill to master at this level.

**Slo Mo Throw**
Set up a target (or a series of targets for several stations), that is about 10 to 15 feet away. It shouldn't be too far, otherwise they feel like they have to throw the ball hard. In order to get the player to throw the ball normally, you need to help them understand that the ball will go as far as they want with a slow-motion throw. This drill works as a method to reinforce the basic throwing skills, but also to learn control. Teach your player to learn control by asking them to throw in slow motion with just enough force to get the ball to the target. Once they can get the ball to the target with the slow-motion throw, ask them to do the same thing with their normal throw.

**Count the catches**
Pair up with your player and underhand toss the baseball back and forth. You both yell out, "one" then another toss and "two" until the ball drops and hits the ground then start at one again!