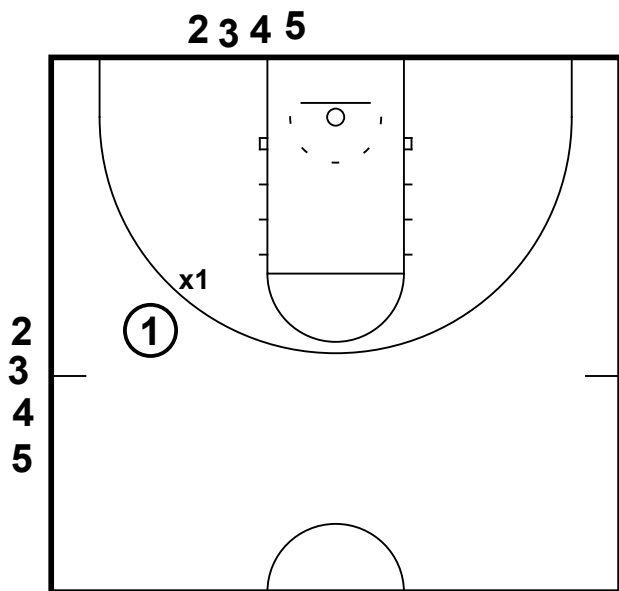
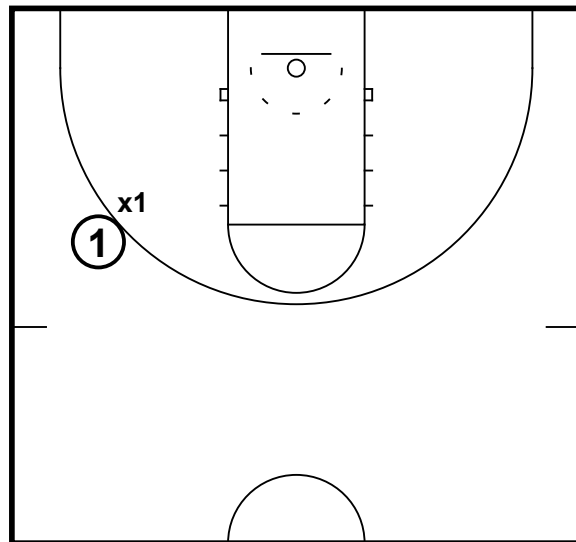


# Osterman University

BASEBALL  
DRILL



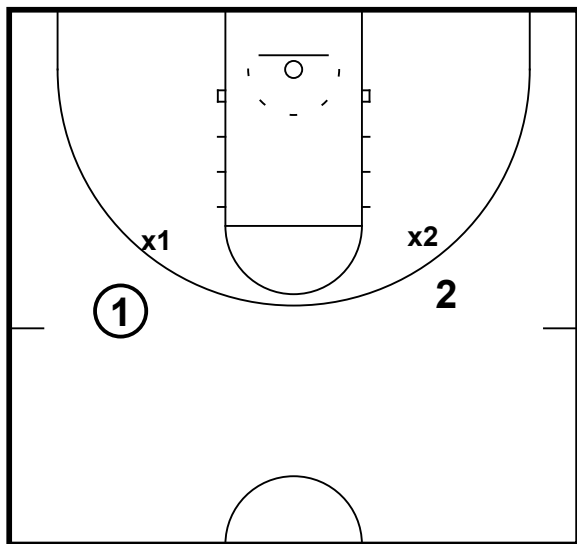
BASEBALL  
DRILL



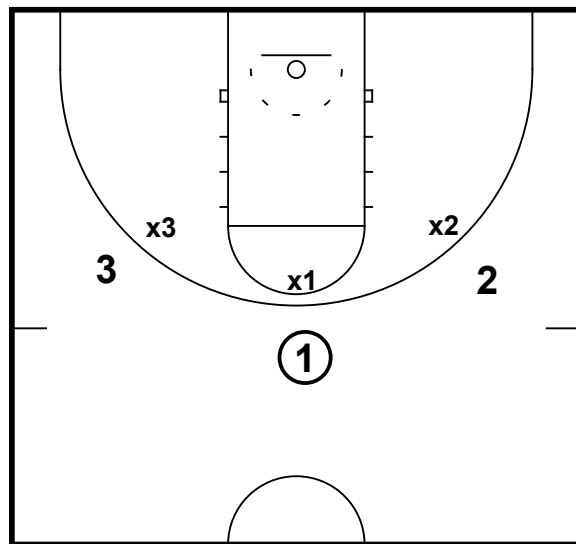
Divide teams into two colors. We sometimes let our players DRAFT teams in keeping with the baseball theme.. Purple team establishes a "batting order" and white matches up accordingly to how they want to defend.

One team stays on offense, scoring as many points as possible until they get 3 OUTS (defensive stops)... Switch to other team on offense. Each team plays until they get 3 outs. End of first inning.

BASEBALL  
DRILL



BASEBALL  
DRILL



For the 4th, 5th and 6th innings we go 2-on-2. For each inning, we vary the initial actions (ball screen, down screen, flare screen, etc.) Use whatever actions are part of your offense or maybe your upcoming opponents offensive attack.

For the 7th, 8th and 9th ... we go 3-on-3 again changing the initial actions. Sometimes we will play less than 9 innings but ultimately build up to 9