

Game On!!

Purpose:

- The purpose of this game is to get a full, active IPF session within an hour or 1.5 hours to include hitting, pitching and fielding. This is a full game simulation.

Assumptions:

- 4 or 5 Total Cages. (2 front/2 back or 3 front/1 back)

Set Up:

- Players arranged in any order or can use a real batting order to line up players.
- Gloves, bats, helmets are needed.
- Hitting Cage #1 – “In the Hole” batters. (2 or more players)
- Hitting Cage #2 – “On Deck” batters. (2 players)
- Hitting Cage #3 – “Live” batters. (2 players)
- Back Room:
 - Live Pitcher and Bullpen Pitcher (2 players)
 - Fielders (2 players)
- If only 4 cages are used, as in most cases, you can combine the “In the Hole” batters with the “Fielders” for conditioning.

The Game:

- Players go to their positions and will start the game as follows:
 - “In the Hole” batters will do sit-ups, lunges, weighted ball sit-ups/crunches, weighted ball sitting swivels, backward lunges, etc. **DO NOT STOP UNTIL CALLED INTO THE ON DECK CAGE!**
 - “On Deck” batters will do soft toss, 10 pitches each to start. If time allows, do more.
 - “Live” batters will be in the hitting cage for live hitting being pitched by a coach.
 - Live Pitcher will be on the mound in the back.
 - Bullpen Pitcher will also be in the back on the second mound.
 - Fielders will be in the back room across from each other or against the wall.
- Coaches will announce the start/end of an inning. When inning is complete (i.e., 3 outs in the Live Batters and 3 Outs by the Live Pitcher), we will rotate.

Scoring:

- The scoring stations are the Live Batters, Live Pitchers and Fielders. In the Hole, On Deck and Bullpen Pitcher are on standby.
- **Live Batters:**
 - Starting from a 0-0 Count. Coach pitches. Batter hits. No Walks. Coach will award single, double, triple, outs, balls, strikes. Baserunners will be moved/scored up by subsequent players. I.e., Tony gets a double, Devoe grounds out/moves runner to third. Knipper strikes out, Jake hits a sac fly, scores run----→ **1 Run, 2 Outs.** Daniel grounds to second --→ **3 Outs, 1 Run Scored in the 1st.**
- **Pitchers:**
 - Pitcher pitches to box on the red mat. Keeps track of count, outs. Walks count as a run against. Will pitch a maximum of 3 outs or 5 batters and then Bullpen pitcher will come in to pitch the remainder of the 3 outs. Example: Marcus is the starting pitcher. He pitches to 5 batters but only gets 2 outs and 3 walks. Bullpen pitcher comes in and walks one and records the third out. Inning over: **4 Walks = 4 Runs.** If the bullpen pitcher doesn't get in the 1st inning, then he'll be the starter the next time they're in the pitching station.
- **Fielders:**
 - Fielders will either play wall-ball or will throw grounders/short-hops to each other until the inning is over. If combined with the “In the Hole” hitters, the Fielders can play “Hockey”, trying to roll grounders between the legs of the each other. Bobbles or misses count as a run against. Example: Money and Mitch are in the field. Money mis-handles a ground ball. Counts as a run against. Inning over when announced. **1 Error = 1 Run.**
- **Score after 1 Inning of play: Bulldogs 1, Bad Guys 5 (4 walks + 1 error).**
- **Runs may also be awarded to the other team if the On Deck or In the Hole batters are not working hard!!**
- **Continue on for a full 6 or 7 inning game. Can get 2 full games in a full IPF practice.**