



Short Base Team Bunt Drill

Skill Set: Bunting- Team Defense

Difficulty Level: Hard

Number of Athletes and Coaches: Full team divided into two teams (no outfielders needed) and one coach

Average Time to Complete: 20 minutes

Equipment Required: Catchers gear, infield with gloves, throw-down bases at 60 feet (or actual bases)

Goal: Offense- Try to score runs using bunts, Defense- Communicate and get offense out

Description of the Drill:

- Throw down bases set up at 60 feet apart in the outfield, or the infield of a 60 foot base field
- One team is on offense (only bunting), the other team is on defense (only in the infield)
- Coach or player pitches from 30 feet away at a medium speed
- Offense bunts the ball using sacrifice, drag, safety squeeze, and push bunts trying to get runners on base to score them
- Defense plays bunt defense and tries to get offense out, but cannot move until ball is bunted
- Defense and offense switch after all bunters have bunted once
- This drill can be done anywhere there is enough space (outfield, in a gym, in an open field)

Add Difficulty:

- To add a degree of difficulty, infield can start further back, offense can be thrown varying pitches
- The bunter should always bunt the ball on the ground, not popping it up.

Layout of Drill:

