

## ODE CHEAT SHEET

The objective of an ODE (Offensive/Defensive Exhibition) is to create as many offensive and defensive opportunities as possible. We want the batters to put the ball in play as often as possible, baserunners should be running on contact, and fielders should be making plays. The pace of play should be quick, with rotations occurring approx. every 10 mins (12 rotations = 120 minutes of game play)

1. Split your team into 3 groups of 3-4 players. Keep these groups together throughout the ODE.
2. Inning 1 = Home team on Defense, Visitor team on Offense
3. Offense groups consists of: Live batters, Net hitters, Baserunners (keep helmets on in each group)
4. Defense groups consists of: Defense 1 (fielders), Defense 2 (fielders), Drills.
5. The offense live batter group controls the rotation. After all players in the live batter group bats, rotate the groups. Live batter group becomes baserunners, net hitters become live batters, baserunners become net hitters. After all 3 offense groups bat, switch sides (Offense → Defense). After 2 Offense/Defense rotations, the ODE is complete.
6. At every rotation, move your D1 and D2 players to different positions. Defensive positions should be P, 1B, 2B, 3B, SS, OF. You may only have 1 or 2 outfielders. If 1, put them in CF. If 2, put them in LC and RC.

### OFFENSE: Remember Bat, Run, Net....

Live Batters (rotate to) Baserunners (rotate to) Net hitters...

Baserunners → Net hitters → Live batters...

Net hitters → Live Batters → Base runners...

### DEFENSE: Remember D1, D2, Drill...

D1 (rotate to) D2 (rotate to) Drill...

D2 → Drill → D1...

Drill → D1 → D2...

### Coaches/Helper Positions

The following positions will need to be filled by coaches (or parent helpers). Before the start of ODE, ask for parent volunteers. Coaches or helpers should stay at their positions throughout the ODE (ex. Coach pitcher will pitch to both teams, through all rotations).

**Coach pitcher** – One of the head coaches. Coach should decide to pitch from front toss (behind screen) or side toss (sitting on bucket) at the start of the ODE and use this format throughout. Have a bucket of balls ready, don't retrieve every pitch. 6 pitches max per batter.

**Adult catcher** – Could be a parent. Collect the balls behind batter and give back to coach after each batter (don't slow down play by throwing each pitch back to coach)

**1B Coach** – Could be a parent. Responsible for baserunners (wear helmets). Have the baserunner group line up in foul territory and put baserunners on different bases after each batter. Use different baserunner situations throughout. Remove baserunner if an out is made. The 1B coach should also help with infield/outfield rotations.

**Hitting Coach** – Responsible for the net hitter group. Before ODE start, set up a hitting net(s) in RF corner. Net hitters take practice swings from tee (heavy ball, tee-work, side toss)

**Drill Coach** – Drill coach is responsible for the drill group and will set up in an outfield corner. Prior to each week's ODE, an area of focus will be selected and a sample drill will be sent to coaches. This is the drill that should be run with the drill group. The drill coach should also help with infield/outfield rotations.

**Defensive Coach** – optional, but encouraged if enough coaches are available. The defensive coach should roam the infield/outfield area reminding players to be ready and where to make plays. This coach should be giving a lot of instruction to players after each play.