



Buffalo Hanover Baseball Association

Team Activities

Create Athletes!!! Keep it fun

- Baseball Football- works on running and catching at the same time
- Gold Glove- Ground balls- rolled or fungo depending on age levels-
- Inverted Wiffle ball- Using backstop and dugouts as HR fences. Total control wiffle balls work great. Players can use gloves or bare hands-
- Baserunning races- 2 Lines- 2nd and home race around the bases 1st team wins
- Kick ball- same concept as wiffle ball
- 3-person team throwing relays- 1st team to complete 3 times down and back wins.