

**Program
Guide**

QUICKBALL



League & Tournament
Play for Ages 7-and-Up

ADVANCED

Complete Rules & Field Diagrams

Baseball Skills • Sandlot Fun!

What is QUICKBALL Advanced?

USA Quickball is literally “Quick Baseball” or “Quick Softball” – a national youth sports program that strengthens diamond skills through fast-paced play, modified game equipment and an innovative “baseball-smart” curriculum!

For ages 7-and-up, Quickball Advanced enhances individual and team skills in games that feature time-based rules and execution-based scoring. In just minutes, players experience dozens of meaningful reps as they learn to think on their feet while working together at game speed.

Quickball game formats involve virtually every element of hardball in sandlot-style showdowns. And games can be played outside or in the gym – a valuable tool for coaches when cold or inclement weather sets in!

For years, USA Quickball has been recognized by industry leaders as an excellent way to challenge any player in an inclusive baseball or softball environment. Babe Ruth League International is an official USA Quickball partner as is the national Cal Ripken, Sr. Foundation.

Coaches from the entry level all the way up to the professional level are also avid supporters. And Quickball is currently played in all 50 states as well as Canada and Latin America.

Emphasizing teamwork, skill development and hustle – Quickball is continuing to build a bridge to better baseball!



QUICKBALL Features:

- Baseball-Smart Curriculum
- Max Reps in Minimum Time
- Indoor/Outdoor Game Play
- Challenges for All Skill Levels
- Safe Equipment



www.usaquickball.com



Quickball

About the program...

Quickball is a fun, fast-paced way to teach and play baseball or softball. Quickball games emphasize teamwork and are split into two categories: 1) Skills Games; and 2) League Games.

Skills Games are exactly what the title implies — skill-building competitions that strengthen fundamentals. Each skills game focuses on a specific area of baseball or softball.

Team HR Derby develops basic hand-eye coordination at the plate; **Diamond Derby** works on infield reaction and hitting to the “wide” part of the field; **Hi-Fly** works on outfield skills; **Turn Two** works on infield skills and **Relay** works on throwing accuracy.

Quickball **League Games** are **The Cycle** and **Quick 3**. Each game takes virtually every element of baseball and places it into a time framework that increases physical activity while eliminating boredom and embarrassment.

It is also important to note that literally anyone can play and succeed in Quickball. Skill level does not matter. And as a league director, the only requirement is to make sure that each player learns and has fun!



Building teamwork, fitness and success through baseball!

All games are built upon the R-I-P-K-E-N Quickball core concepts:

- R - Rapid Rotation
- I - Inclusiveness
- P - Pitch to Hit
- K - Keep it Fun
- E - Everybody Moves
- N - Never Boring

Quickball Advanced

Stations:

- **Station 1: Throwing Technique** (Mound)

- **Station 2: Infield Field-and-Throw to 1st** (2B,SS, 3B.) **Also, Tags & Forces.** (Infield)

- **Station 3: Outfield Field-and-Distance Throw/Grounders and Fly Balls** (RF Line)

- **Station 4: Hitting** (LF Line)

- * 4 Stations followed by Quick 3 game
- Pickup style team selection
- Scoring kept
- Bases set at 60 ft/ Fence set at 130 ft.

- Coaches/Volunteers cover the bases
- Quick 3 Rules/1 Lineup Batting Rotation per inning
- Tags, Force Plays Introduced



Quickball Stations: **Week-by-Week**

1st 10 minutes: Playing Catch - Warmup

Station 1: Target Throw

WEEK	TARGET LOCATION	DISTANCE	THROWING LOCATION
1	Home Plate	25' away	Throw from Mound
2	Home Plate	30' away	Throw from Mound
3	Home Plate	35' away	Throw from Mound
4	Home Plate	40' away	Throw from Mound
5	Home Plate	46' away	Throw from Mound
6	Home Plate	46' away	Throw from Mound
7	Game Play	-----Entire Session-----	
8	Game Play	-----Entire Session-----	

Station 2: Infield Throws-Tags/Force Plays

WEEK	LOCATION	DISTANCE	THROWING ROTATION
1	2nd Base-throw to 1st	25' away	Rolled Grounders (direct)
2	2nd Base-throw to 1st	25' away	Rolled Grounders (mix direct & slow)
3	3rd Base-throw to 1st/2nd	60' away	Rolled Grounders
4	Tags 1st-to-2nd (insert runner)	60' bases	Volunteer 1B to Volunteer 2B Demo
5	Force 1st-to-2nd (insert runner)	60' bases	Volunteer 1B to Volunteer 2B
6	Forces & Tags (mixed)	60' bases	Volunteers on 1st, 2nd & 3rd
7	Game Play	-----Entire Session-----	
8	Game Play	-----Entire Session-----	

Station 3: Outfield Throws-Distance/Relays

WEEK	LOCATION	DISTANCE	Throwing Technique
1	Right Field Line	25' (3-cone progression)	Momentum-Grounders
2	Right Field Line	35' (3-cone progression)	Momentum-Fly Balls
3	Right Field Line	35' away	Wide Turn Grounders
4	Right Field Line	40'-50'-60' away	Target Cutoff Throws
5	Right Field Line	60'' away (with partner)	Short Distance Relays
6	Right Field Line	90' away (with partner)	Long Distance Relays
7	Game Play	-----Entire Session-----	
8	Game Play	-----Entire Session-----	

Station 4: Batting Practice

WEEK	LOCATION	PITCH DISTANCE	BATTING ROTATION
1	Left Field Line	20' away	5 Pitch swings
2	Left Field Line	20' away	5 Tee swings/5 Pitch swings
3	Left Field Line	25' away	5 Tee swings/5 Pitch swings
4	Left Field Line	25' away	5 Tee swings/5 Pitch swings
5	Left Field Line	30' away	5 Tee swings/5 Pitch swings
6	Left Field Line	30' away	5 Tee swings/5 Pitch swings
7	Game Play	-----Entire Session-----	
8	Game Play	-----Entire Session-----	

QUICKBALL

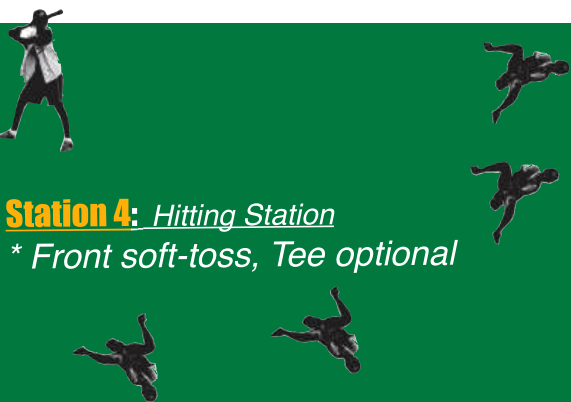
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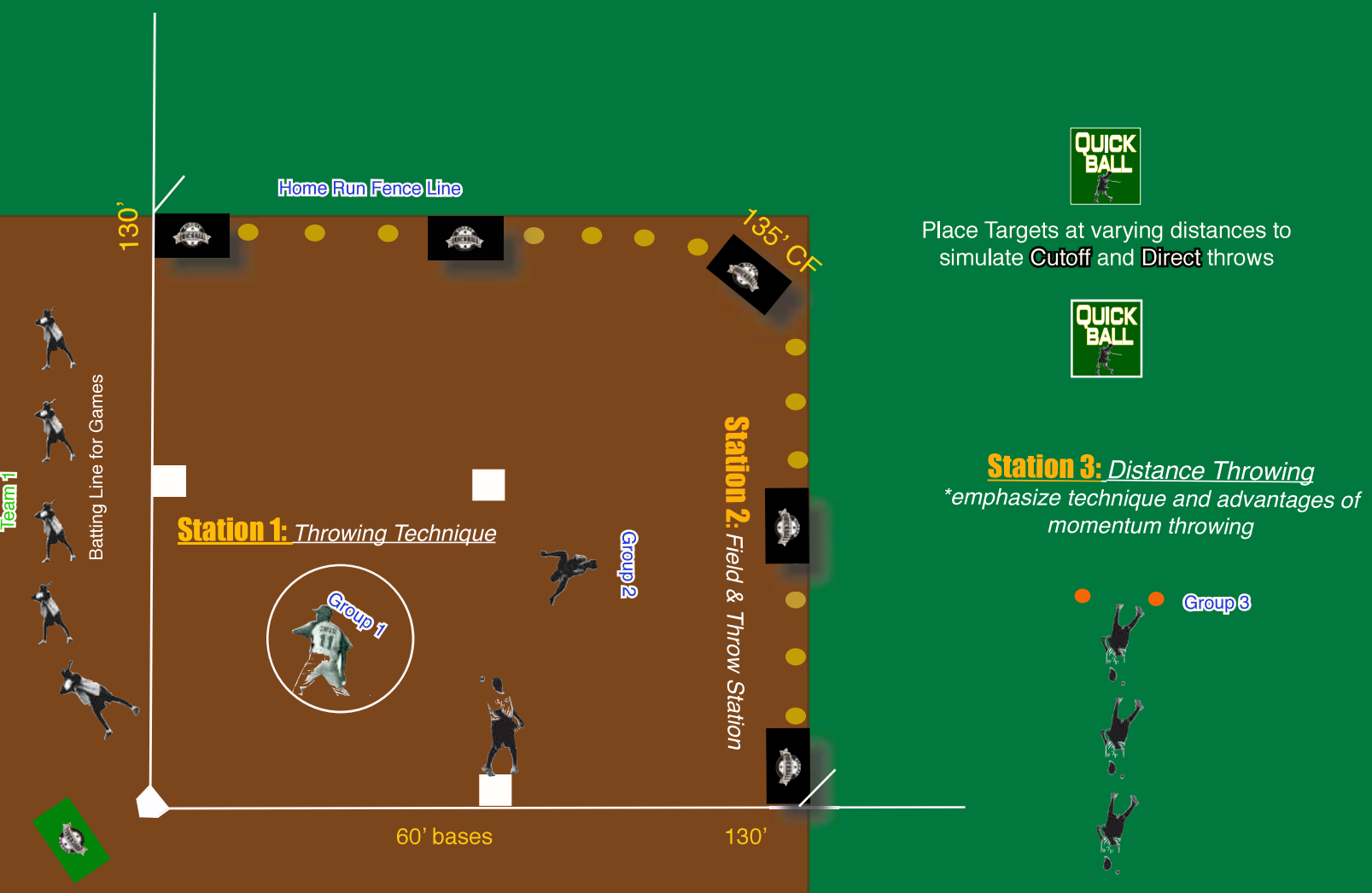
FENCE SETUP: Place **fence boards** in an arc to define the outfield fence - place cones between fence boards to fill in and further define the fence line. Any batted ball that *lands beyond* the fence line is a home run. A ball that rolls or bounces past the fence line is still in play.

STATION SETUP: Mound - 1 Bucket of Balls on mound, AutoUmp target placed behind home plate/ **2nd Base** - 2 cones for fielder positioning, 1 Adult volunteer at 1st base; Bucket of Balls; **RF** - 5 cones, Target in RCF/ **LF** - Batter footprints, 1 Bucket of Balls; (Batting Tee optional)

GAME SETUP: Bases set at 60'. Adult volunteers or coaches field throws at the bases (players can take over bases as season progresses.) Each player gets 1 at bat per inning, Teams can be pre-selected or redrafted each week.



Station 4: Hitting Station
* Front soft-toss, Tee optional



QUICKBALL



Game Structure STRENGTHENS:

Situational Hitting • Defensive Shifts • Turning 2 Efficiency • Breaking Ball Recognition • Value of Relays • Fielding Strategy • Bunt Coverage • Cutoffs • Backing Up Bases • Covering 1st Base • Keeping the Ball in Front • Rewards of Hustle • Effective Base Running • Hitting For the Cycle • Proper Base Turns • On-field Communication • Leadership • Teamwork • Team Management...



Everything in **BASEBALL**

@ **2X SPEED**

in 1/2 the **SPACE**

Baseball Skills • Sandlot Fun!



USA
QUICK
BALL

Quickball League Games

Illustrated Rules • Field Diagrams



Coaching Tips

1) **Game Leader** - *“The coach controls the tempo”*

As a coach/pitcher, you are the “orchestra leader” for each game. You control the game tempo. You also have the ability to call ‘time’ and, if needed, can spread around grounders/pop ups when batters fail to put the ball in play (although a volunteer stationed near home plate is a preferred option.) You may also umpire each play on the bases. Add a fellow coach or field monitor to keep score and keep time.

2) **Take a Knee for 6u** - *“When pitching to younger kids, take a knee”*

This allows you to release the ball at their level, thus making it easier for them to hit.

3) **Bucket Fielder** - *“In Cycle games, you should use a scoring bucket on defense.”*

When using the scoring bucket in Advanced Cycle games, rotate players as the “Bucket Fielder” (the person who receives throws and places the balls into the fielding bucket for outs.)



4) **Fielder Rotation** - *“Make sure kids get to play different fielding positions”*

Rotate infielders and outfielders each inning. In the final inning of each Cycle game (the home run inning), there is no time clock. Each player bats once.

5) **Scoring Bucket placement** - *“Always place it 3 feet away from the goal base”*

When playing the Cycle, always place the scoring bucket 3 feet away from the goal base of that inning. This helps the Bucket Fielder and Base Runner avoid accidental contact.

6) **Fence line rule** - *“A fair ball that **ROLLS BEYOND** the fence line is a live ball.*

*A fair ball that **LANDS BEYOND** the fence line is a Home Run”*

This rule applies to both Cycle and Quick 3 games.

7) **Cycle games: 1 runner at a time** - *“A batter/runner must be off the playing field before you throw the next pitch”*

Whether they are safe or out, Cycle batters must hustle off the field to help their team.

8) **Quick 3 base running** - *“Multiple runners, just like in baseball”*

A team can load the bases just like in baseball.

9) **Home Run hustle** - *“In timed Quick 3 games, batters must run out home runs as quickly as possible.”*

Each time a batter hits a home run over the fence line in a Quick 3 game, there is a 15-second timeout for the batter to run the bases. But as players soon discover, this break in the action passes more quickly than they might expect. As a result, they are encouraged to hustle out of the batter’s box and circle the bases as fast as possible to save time before the next batter bats. This enhances teamwork and increases physical activity.

QUICKBALL

The Cycle & Quick 3

The Cycle

Baseball, fitness and skill-building — at warp speed!

USA Quickball's *Cycle* is easily the most physically-active game on the diamond. It blends the key elements of hardball with electrifying game speed to produce more player activity in 30 minutes than most kids get in an entire day!

Cycle centers around the concept of "*Hitting for the Cycle*" (a 1B, 2B, 3B and HR in the same game) and uses a game clock to accelerate pace and increase player activity. Players work together and use quickness, strategy and hustle to build team success.

Developed through years of involvement with baseball professionals and coaches at all levels, Quickball Cycle gives EVERY kid — regardless of size, shape or skill level — the chance to experience baseball in a fun, active way.

All elements of baseball are delivered at a heart-thumping rate. Boredom is not an option and if you make a mistake, who cares? There is literally no time to be embarrassed.

Don't worry about endless walks or non-stop strikeouts either. Fast pitching is not permitted (for the protection of young arms) and batters who fail to get the bat on the ball can still contribute. On a missed final strike, a coach or field monitor hits or throws a live ball into the field of play and the batter can score by being safe.

Fast, fun and fit. The Cycle is yet another way USA Quickball is building a bridge to better baseball for today's kids!



Baseball concepts,
X game pace!

Quickball Cycle uses timed team at bats to deliver non-stop diamond action! But to win a championship, your team must use solid fundamentals, expert timing and non-stop hustle!



General Rules

Teams can score on offense and defense.

Rotate batters as quickly as possible.

Teams bat for the following:

- **2 minutes** in 1st inning
- **3 minutes** in 2nd inning
- **4 minutes** in 3rd inning.
- **No time** is kept in 4th inning (each batter bats once)

Offensive Scoring: 1 point for completing a baserunning assignment safely; 1 Bonus point for a hit that *lands* beyond the outfield fence line.

Defensive Scoring: 1 point for each out.

1st inning: All batters try for singles

2nd inning: All batters try for doubles

3rd inning: All batters try for triples

4th inning: All batters try for "inside-the-park" home runs

- Players bat as many times as possible during each timed team at bat. However, on-deck batter cannot receive a pitch until the previous batter has crossed the baseline into foul territory.

- Batters receive anywhere from 1-3 swings per at bat (the field official will decide on the number prior to the start of the game)

Note: If a batter swings and misses the final strike, the field monitor randomly throws a ball into the field of play and the batter must run. In this case, the batter still scores a point if he or she is safe at the designated base for that inning. The defense still scores (see above) if an out is recorded.

- Any batted ball that clears the fence line in the air is worth 1 bonus point to the batting team. On these hits, the ball is still live after it lands and batter scores if he or she safely completes the base running assignment.

- Batters run out every fair ball unless the ball is caught in the air. They cannot score on a fly ball out and should return to the back of the batting line immediately after the ball is caught.

The Eye Cycle



The Cycle



Offensive Goal

*Batters bat continuously as clock runs.
Next batter cannot swing until previous batter has exited into foul ground

Inning 1: Hit as many 1Bs as possible

Inning 2: Hit as many 2Bs as possible

Inning 3: Hit as many 3Bs as possible

Inning 4: Hit as many Inside-the-Park HRs as possible



Note: In innings 2 & 3, the defense must drop the ball into the scoring bucket before the runner arrives. There is no need to tag the runner.

Defensive Goal

Inning 1: Throw out each runner at 1st base

Inning 2: Throw out each runner at 2nd base

Inning 3: Throw the ball to 1st base then relay to 3rd base before the runner arrives

Inning 4: Turn a 2nd-to-1st base double play, then throw or relay the ball and hit the AutoUmp target — on the fly or bounce — before the runner crosses the plate. **Scoring: 1 pt. per out.**

TIME CLOCK

Teams bat for:

1st inning: 2 minutes

2nd inning: 3 minutes

3rd inning: 4 minutes

4th inning: No time limit

Each player bats once

A ball caught in the air is an automatic point for the defense and the offense does not score



Cones placed between fence boards to help define Fence Line

Note: Each batter gets up to 2 swings per at bat, runs out the baserunning assignment for that inning and then hustles back to the batting line.

Throwing Line: In the 4th inning, fielders may not cross this cone arc line when throwing at the target

SCORING

OFFENSE:

• **1 Point** for the batting team each time a runner is safe at the appointed base for that inning

• **1 Bonus Point** for every hit that **lands beyond the outfield fence line** (on these hits, the batter still runs the bases and tries to score a base running point by being safe)

Note: If a batter swings and misses or fouls the 2nd or final strike, a live ball is immediately thrown or hit (coaches choice) into the field of play and the defense plays it. The batter runs immediately and can still score a point by being safe at the appointed base

Team Size

Teams can be made up of 5 or more players (10-on-10 shown)

A - Away Team Players
Continuous Batting Lineup

AutoUmp Target



Cycle Strategic Tips

Quickball Cycle is — as the name implies — hitting for the cycle in a game that is played at a very rapid pace.

Each batter swings for a 1B, 2B, 3B and HR in each game and does so in a timed setting. This makes teamwork and precision of the utmost importance.

Here is an inning-by-inning breakdown of strategic tips to make your team more successful:

1st Inning

OFFENSE: More offensive points are scored in the first inning than in any other inning.

An offense should work towards hitting the ball to the left side of the infield or up the middle.

Long fly balls to any field can be caught (preventing a score) and grounders to the right side make it easy for the defense to throw out the runner at first base.

When at bat in this inning, a single can produce up to two points per batter — one for being safe; and another if the hit lands beyond the outfield fence line in the air.

DEFENSE: To prevent scoring, infielders should play a drawn-in partial shift to the left side (for right-handed batters) or to the right side (for left-handed batters).

The outfield should include at least one fielder behind the fence to rob home runs.

If there is more than one outfielder, a staggered shift to the “pull side” of the batter is also a good idea. By staggered we mean that the outfielders should play at different depths to take away both the line drive and long fly ball home run.

What a defense should not do is position fielders just inside of the fence line. It is very difficult to throw out runners at first base from this distance.

And one final note — when hitters beat the shift, don't continue to pursue the ball. Just let it go and get ready for the next batter.

2nd Inning

OFFENSE: As batters swing for doubles, the strategy should be to consistently drive the ball down the lines or toward the gaps in left-center and right-center. Being quick out of the box is also key as it puts pressure on

the defense.

DEFENSE: Fielders should play straight-away and deep. Also, remember that a first baseman is not necessary in this inning. Position that extra fielder as needed.

3rd Inning

OFFENSE: Offensive strategy for this inning is simple — sprint full-speed out of the box. Proper turns rounding first and second base are also essential. A triple is the rarest hit in baseball and is also difficult in Quickball if you don't hustle. Speed is crucial in this round.

One other tip is to hit the ball to the left side if possible — ideally, down the left field line. This creates a longer throw to first base for the defense.

DEFENSE: Guard the lines and put your strongest arms in left and left-center field. Well-executed relays gain in importance during this inning. Position your outfield deep and designate who is handling your cutoffs before the inning starts.

Also, make sure someone backs up first base. Many times throws to first base will sail over the head of the first baseman. If no one is there to back him up, the defense loses valuable seconds pursuing the ball.

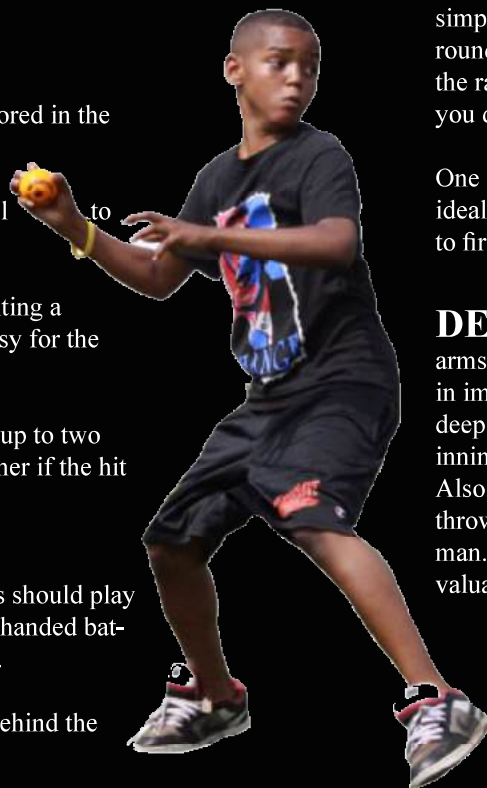
4th Inning

OFFENSE: Power and hustle shine for the offense in this inning. The longer the hit and the quicker the batter circles the bases, the more likely he or she is to score.

At the plate, the batter should be trying to drive the ball deep to push the defense back. But even on a slow roller to the infield, immediate takeoff upon contact can produce success. Hits down either baseline are also effective.

DEFENSE: On defense, the alignment should be straight up with an accent on playing deep. Backups and cutoffs are once again key since plenty can go wrong when rushing to turn a double play.

And remember, the double play sequence must be from second-to-first-to home. A fielder not in that sequence should back up home plate in case the relay throw to the plate misses the target.



Quick 3

Sometimes the fun of baseball can be slowed to a standstill.

Enduring endless walks from a wild pitcher, waiting forever for game action in “outfield Siberia” or staring at the grass as batter after batter swings and misses.

We’ve all been there.

Thankfully, USA Quickball’s **Quick 3** puts an end to those boring lapses and teaches the game in a fast and effective way. It gives teams a speed-up ultimatum in each inning: score as many runs as possible in 3 minutes!

Facing batting-practice style pitching, hitters see both straight pitches *and* breaking stuff depending on the score. They must hustle out each hit (even home runs) as the clock runs.

Pitches that hit the AutoUmp Strike Zone target are automatic strikes and fielders may rob home runs by catching fly balls that travel beyond the outfield fence line. Other than that, standard baseball rules apply.

Quick 3 is a terrific teaching tool for baseball. It safely delivers the greatest elements of hardball (diving catches, tape-measure home runs, double plays, etc.) while eliminating the boring stuff. And because the pitching is hitter-friendly, players of varying skill levels can compete and have fun while sharpening their skills



Everything in Baseball At Max Speed!

Quickball Quick 3 games offer virtually every element of baseball — bunts, breaking pitches and home run robbery included. But players should keep moving at all times — innings are timed and the action never stops!



7-8 General Rules

- Each batter bats at least once per inning, There is no time limit.
- Each batter receives up to 6 pitches per at bat. If the ball is not hit into fair play after the 6th pitch, a field monitor throws or hits a live ball and the batter runs. Regular base running rules apply.
- Batters face a universal pitcher or coach throwing batting practice speed. The pitcher may also be the Field Official.
- Fielding gloves are optional.
- Scoring on offense only.
- Base running rules are the same as in traditional baseball (if a runner is out, he or she must return to the batting line.) But there is one exception — the bases are not cleared after three outs.
- Runners may not advance on overthrows to any base. All runners move to the closest base after an overthrow. If there is a dispute, the Field Official makes the final call.
- Fielding goals are simple — prevent scoring by getting as many outs as possible in the traditional manner (groundouts, flyouts, strikeouts, double plays, etc.)
- A batter may not strikeout or walk.
- Players score in the traditional way — by crossing home plate safely.
- Gametime is either 6 innings or as long as time permits.

9-and-up “Win the Inning”

New QUICK 3 SCORING OPTION: “Win the Inning!”

- Same rules as above but with these notable exceptions:
 - Teams change sides after 5 minutes or 3 outs — whichever comes first.
- The team that scores the most runs in the inning “wins” that inning and is awarded the same amount of points as the inning number (i.e. 1st inning winner gets 1 point, 2nd inning winner gets 2 points, 3rd inning winner gets 3 points, etc.)
- If teams tie in an inning, no points are awarded for that inning.

Scoring: Runs Awarded = Inning Number

Ex. 1st-1 run, 2nd-2 runs, 3rd-3 runs, etc.

QUICK 3



Official Tournament Rules

Quickball



Batter's Goal:

“Hit safely and score as many runs as possible in 3 minutes. But if you are called out, return to the back of the batting line as quickly as possible and wait to hit again.”

There are no walks

Bunting is allowed

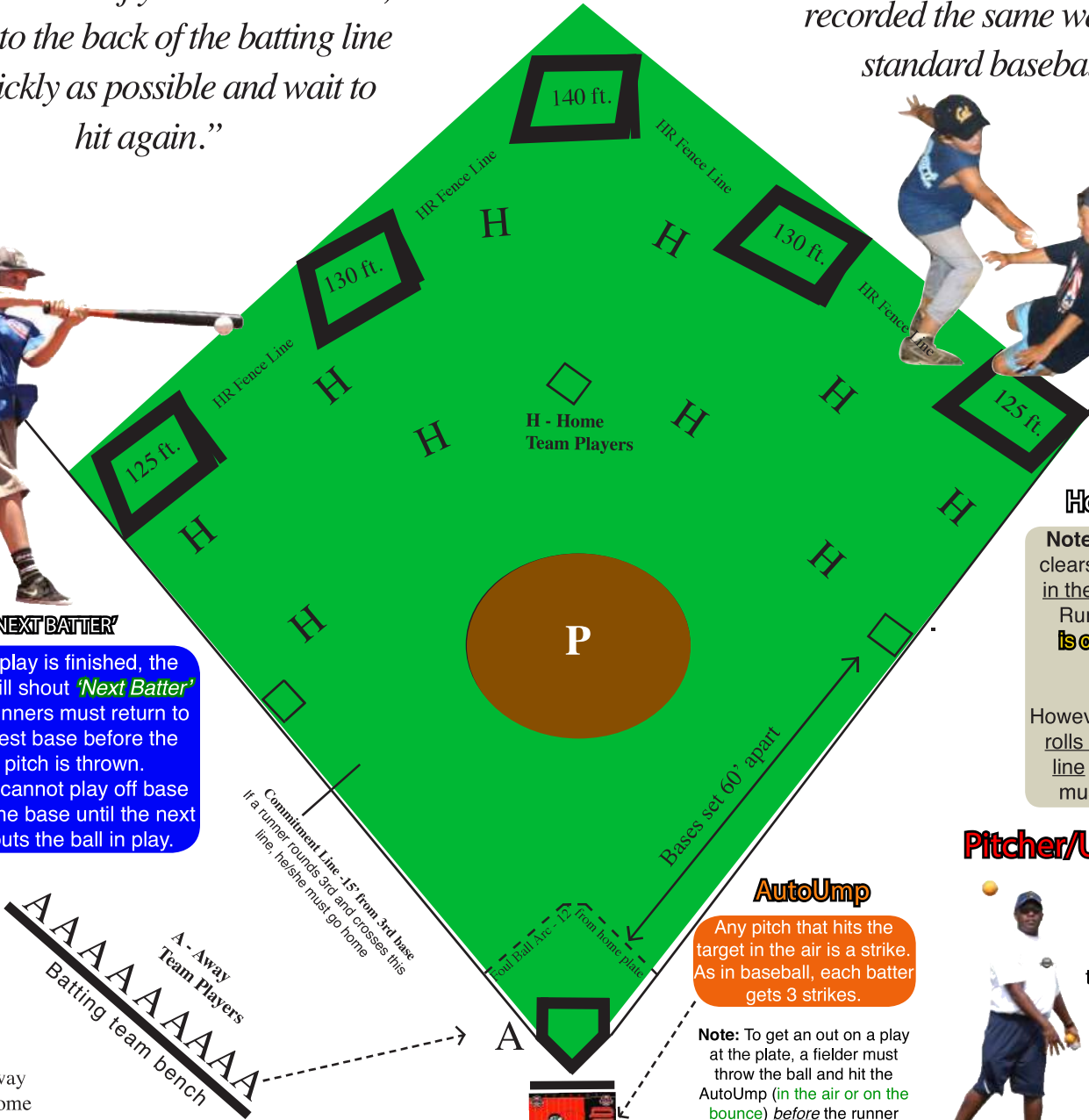
Fielder's Goal:

“Easy — get as many outs as possible and prevent as many runs as possible. Outs are recorded the same way as in standard baseball.”



'NEXT BATTER'

Once a play is finished, the pitcher will shout **'Next Batter'** and all runners must return to the closest base before the next pitch is thrown. Runners cannot play off base or leave the base until the next batter puts the ball in play.



Home Runs

Note: Any ball that clears the fence line in the air is a Home Run — **unless it is caught by the defense.**

However, any ball that rolls past the fence line is in play and must be fielded.

Pitcher/Umpire



An independent pitcher/umpire pitches to both teams and makes the call on plays in the field. **Breaking pitches** can be thrown after the 1st inning.

AutoUmp

Any pitch that hits the target in the air is a strike. As in baseball, each batter gets 3 strikes.

Note: To get an out on a play at the plate, a fielder must throw the ball and hit the AutoUmp (in the air or on the bounce) **before** the runner crosses the plate. Any throw that misses the target is considered out-of-play and runners may not advance.

Teams

A — Away
H — Home

AAAAAAA
A - Away Team Players
Batting team bench

Time Limit:
3 min. per team at bat



QUICK



Tournament
Cal Ripken Baseball
12u World Series



- Recommended for ages 7-and-up
- One field official needed for each game
- Each batter bats at least once per inning
- Batters bat off of universal pitcher or coach
- Fielders may play behind the fence line

- Time limit for team at bats varies in each inning, depending on the base running assignment

- Scoring on offense and defense

- Base running rules are progressive. Each batter hits for:

- 1) Singles in the 1st inning
- 2) Doubles in the 2nd inning
- 3) Triples in the 3rd inning
- 4) Inside-the-Park HRs in the 4th inning

- No runners are left on base. Bases are cleared after each batter.

- Fielding goals are simple — get a force out at the designated base for that inning.

Outs are recorded by throwing the ball to a teammate who steps on the base before the runner arrives; or places the ball into a scoring bucket (*located next to the appropriate base for that inning*) before the runner touches the base.

- A batter cannot strikeout or walk. If the batter fails to put the ball in play after a set number of swings (*decided before the game*), a designated hitter (*coach or impartial player stationed beside home plate*) hits or throws a live grounder or line drive into the field of play.

- Players score points in one of three ways:

- 1) with a home run
- 2) by being safe on a baserunning assignment
- 3) by getting an out on a fly ball or grounder.

Note: Any ball caught in the air - in front of or behind the fence line - automatically prevents the batter from scoring.

- Rules dictate that players rotate fielding positions each inning and play as many positions as possible during each game.

Similarities

- Recommended for ages 7-and-up
- One field official needed for each game
- Each batter bats at least once per inning (*unless "Win the Inning" format is used - see below*)
- Batters bat off of universal pitcher or coach
- Fielders may play behind the fence line

Differences

- There is a 3 min. time limit during each team at bat

- Scoring on offense only

- Base running rules are the same as in traditional baseball, with one exception — the bases are not cleared after three outs. Instead, they are cleared after three minutes.

- Runners cannot advance on overthrows to 1st base or home. Runners move to closest base after an overthrow to those bases.

- Fielding goals are simple — prevent scoring by getting as many out as possible in the traditional manner (*groundouts, flyouts, strikeouts, double plays, etc.*)

- A batter may strikeout but cannot walk. Batters may face breaking pitches after the 1st inning.

- Players score in the traditional way — by crossing home plate safely.

- It is recommended but not mandatory for fielders to rotate positions after each inning.

NEW OPTION for Quick 3: Win the Inning!

- Same rules as above but with one notable exception:

Teams change sides after 3 minutes or after 3 outs — whichever comes first.

- The team that scores the most runs in the inning "wins" that inning and is awarded the same amount of points as the inning number (*i.e. 1st inning winner gets 1 point, 2nd inning winner gets 2 points, 3rd inning winner gets 3 points, etc.*)

- If teams tie in an inning, no points are awarded.

- Games are 6 innings long.



**USA
QUICK
BALL**

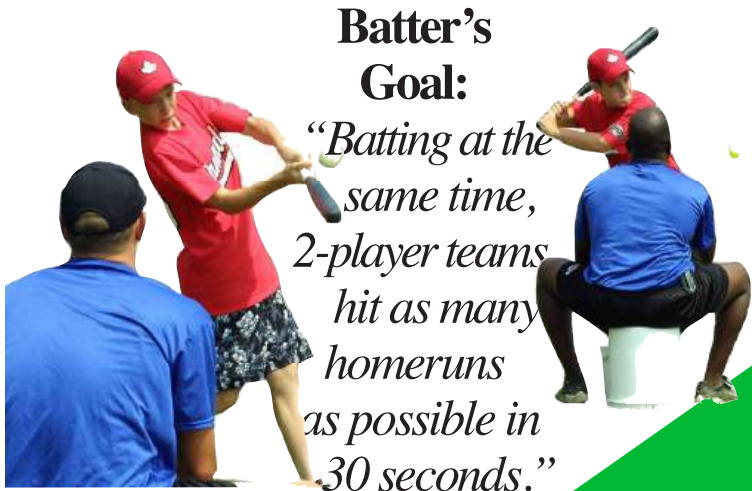


Quickball Skills Games

Illustrated Rules • Field Diagrams



Team Derby

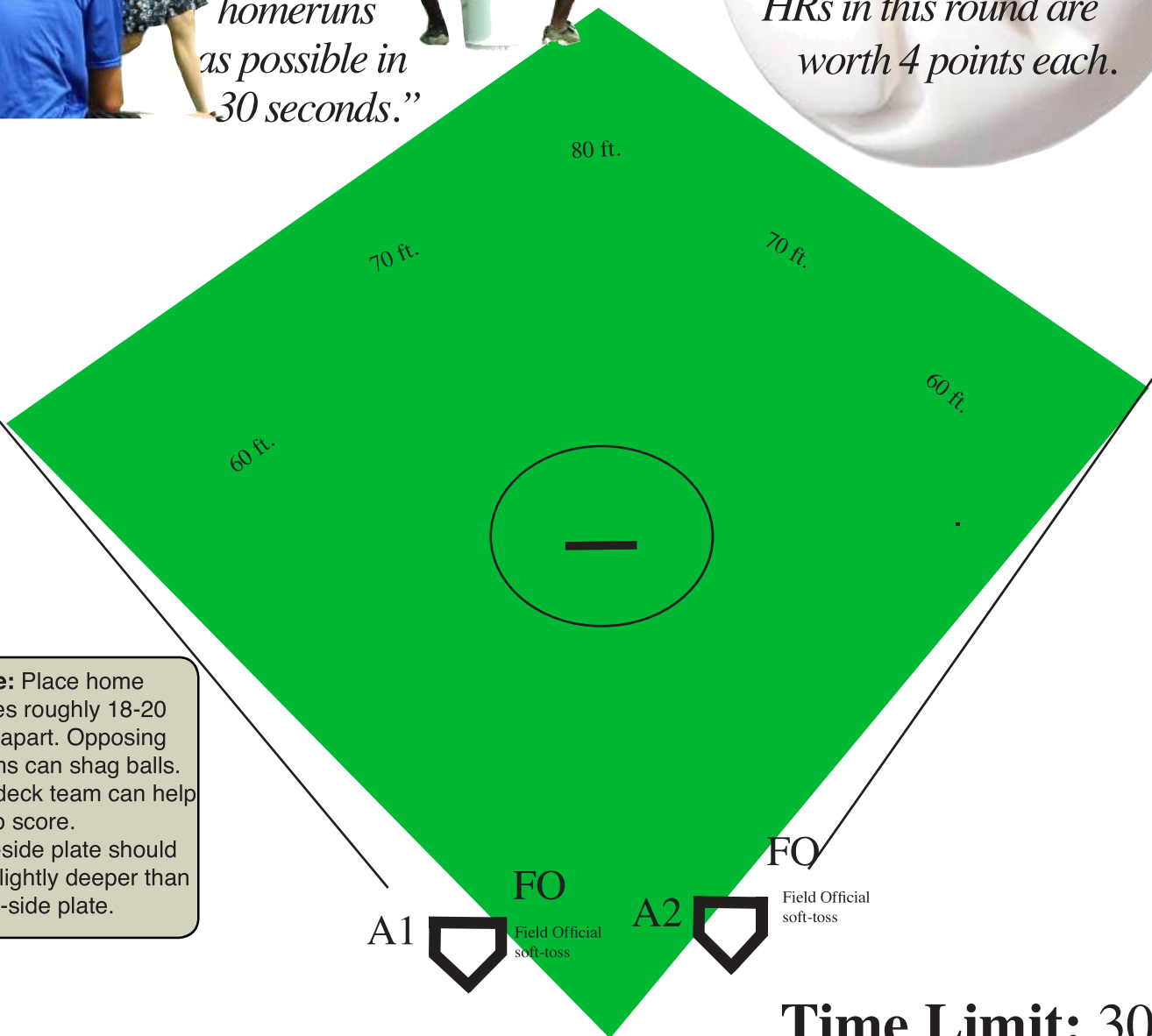


Batter's Goal:

"Batting at the same time, 2-player teams hit as many homeruns as possible in 30 seconds."

Grand Slam Bonus Ball

"At the end of 30 seconds, each batter gets 1 soft-toss grand slam bonus ball. HRs in this round are worth 4 points each."



Note: Place home plates roughly 18-20 feet apart. Opposing teams can shag balls. On-deck team can help keep score. Left-side plate should be slightly deeper than right-side plate.

Time Limit: 30 seconds per team

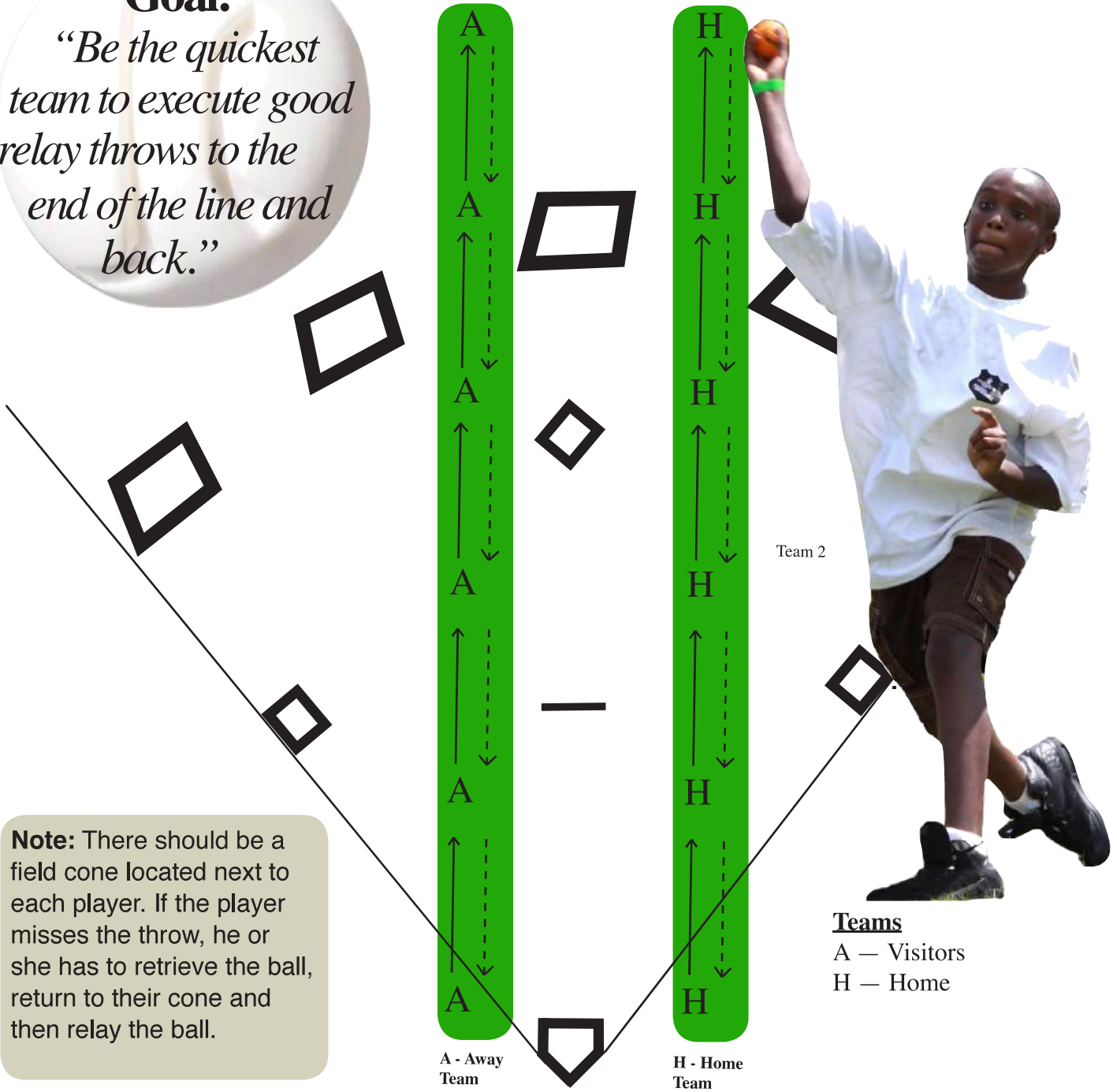


Team Relay

Time Limit: None

Goal:

“Be the quickest team to execute good relay throws to the end of the line and back.”



Note: There should be a field cone located next to each player. If the player misses the throw, he or she has to retrieve the ball, return to their cone and then relay the ball.



High Fly

Goal:
*“Simple —
catch every fly ball
that comes your way.”*

Time Limit:
5 minutes
per game

A	A	H	H
A	A	H	H
A	A		H

— A —



Note: Field Official hits or throws all fly balls. Fly balls should go higher each round. If fielder catches the ball, he or she goes to the back of the line. If they miss, they are eliminated.

FO



Field Official either hits or throws fly balls

Teams

- A — Visitors
- H — Home



Diamond Derby

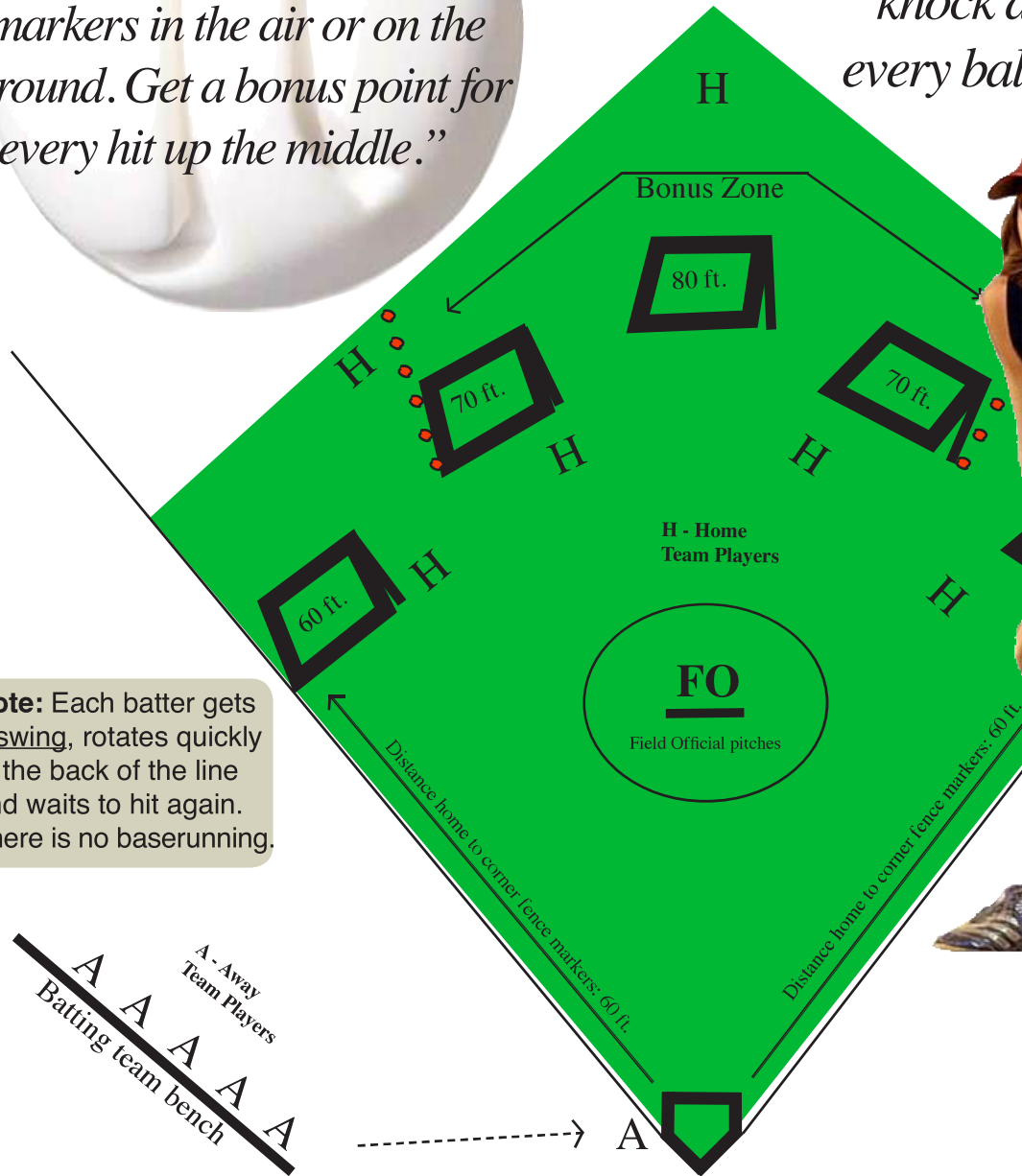
Batter's Goal:

"Hit the ball past the fence markers in the air or on the ground. Get a bonus point for every hit up the middle."

Fielder's Goal:

Goal:

"Think like a goalie. Stop, knock down or catch every ball hit your way!"



Note: Each batter gets 1 swing, rotates quickly to the back of the line and waits to hit again. There is no baserunning.

Teams

A — Visitors
H — Home

Time Limit: 2 minutes per team at bat

QUICKBALL

Revolution

Official Game Ball of



Revolution

Pitch Grips

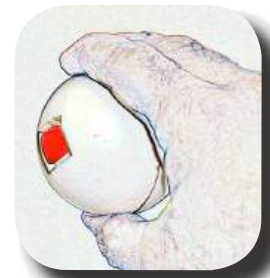
The **Diamond** is the key!
Place a finger tip on it (pointer or middle) and the pitch will fly straight. Grip it as shown and you can throw breaking pitches with ease — without having to rotate your wrist!



Fastball



Curve



Screwball



Sidearm Curve



Sidearm Sinker



Cut Fastball



www.usaquickball.com

Practice/Play Outdoors or in the Gym!

