

# RIPKEN QUICKBALL

Hitting Games  
Book



*Carly J.*



# A Message from Cal Ripken

Baseball is in my family's blood. My father, Cal Ripken, Sr., was a player, coach and manager in the Baltimore Orioles' organization for 37 years. My younger brother, Bill, played in the big leagues for 12 seasons. In fact, Bill and I had the great fortune of playing together for the Baltimore Orioles at a time when our dad was the manager – a first in baseball history. Needless to say, there is a deep love for the game of baseball inside of us. We believe it is the greatest game, and it is our hope to pass on the excitement that baseball brought into our lives

as children to the children of today. Our mission is to introduce more and more youths to the game we fell in love with and help foster their growth into the professional players and baseball fans of tomorrow.

A handwritten signature in black ink that reads "Cal Ripken". The signature is fluid and cursive, with a large initial "C" and a long, sweeping underline.

# What is Ripken Quickball?

Ripken Quickball is “Quick Baseball,” a national baseball enhancement program that was created in 1996 and is now the official grass roots program of Cal Ripken Baseball. Quickball has developed into one of the fastest growing recreational baseball programs in the country and is currently being played by thousands of students on campuses throughout the country. Through all of its growth, the mission of all Quickball programs and game equipment has remained the same – make baseball more fun and easier to play, regardless of your skill level!

Quickball includes a wide range of

challenging baseball games that can be played by as few as 2 people or by as many as 30 people. Team rules systems range from the ultra-competitive 4-on-4 Fast-Pitch to the novice-friendly Diamond Derby™. All Quickball rules emphasize fast-paced play and non-stop action on the diamond.

Included in this booklet is a series of easy-to-learn Ripken Quickball Hitting Games that enable players to work on their hitting skills while having fun at the same time. So go ahead and take your cuts. You’ll soon learn why Quickball is America’s Favorite Fasttime!

# About these Games.

Simple and fun. That is the best way to describe all Ripken Quickball games and programs.

Each hitting game included in this booklet has been developed to help strengthen your skills as a hitter.

Orange-and-White teaches concentration and focus; Switch-Hitter works your swing from both sides of the plate; Long Ball stresses bat speed and power; and Inside-Outside emphasizes bat control and contact.

But the important thing to remember as you participate in these and other Quickball activities is to just have fun and play ball!

For more information about other Quickball games, programs and events, please visit our official website at: [www.quickball.com](http://www.quickball.com).



# Game One: Orange-White

Minimum number of players: 2

**Rules:** Using a soft-toss partner (the opposing player may be used in games of 1-on-1), each batter gets three swings per half-inning.

The soft-toss partner places one orange ball and one white ball in his or her soft-toss hand and calls out either “Orange” or “White” while making the soft-toss to the batter.

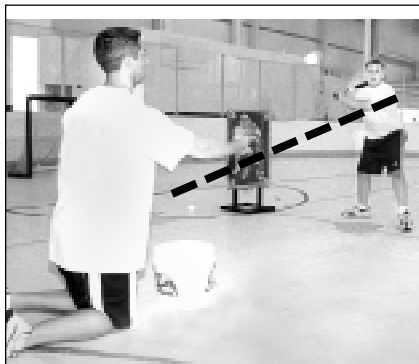
The batter must then swing and hit whichever colored ball the soft-toss pitcher has called. The batter has the option to “take” any bad tosses from the soft-toss pitcher.

**Scoring:** Hitting the colored ball that has been called scores one run. Hitting the wrong color or swinging and missing both balls scores zero runs.

Each batter hits nine times (or 9 innings) and the winner is the one with the most runs at the end of 9 innings.

**Optional Bonus Rule:** In innings 7 thru 9,

the batter can pre-select one toss per at bat as a Grand Slam Bonus Ball. Hitting the correct color on that toss scores four runs for the batter.



**Note:** *In all hitting games using soft-toss, the soft-toss pitcher should always be positioned at least 10 feet to the side of the batter (as shown above), away from where the ball will be hit. Proper soft-toss technique is to underhand toss the ball slightly in front of the batter. (see photo)*

# Game Two: Switch-Hitter

**Minimum Number of Players: 2**

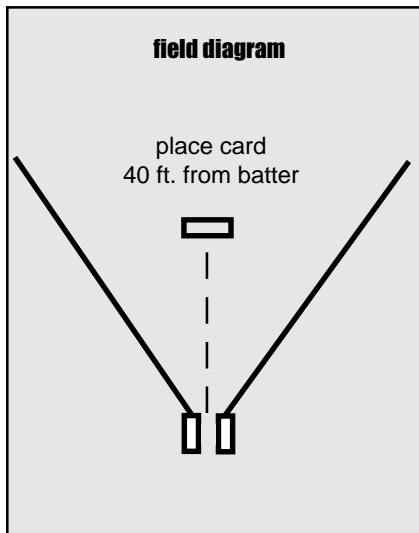
**Rules:** Prior to starting the game, the Quickball package card must be placed in the center of the diamond to create a run line.

Each batter gets six soft-toss pitches per half-inning. He or she must swing at the first three batting right-handed and the last three batting left-handed.

The batter has the option to “take” any bad tosses from the soft-toss pitcher and is guaranteed six swings per half inning.

**Scoring:** Line drives, grounders and long fly balls are worth one run. Pop-ups and grounders that travel less than 40 feet, foul balls and misses are worth zero.

**Optional Bonus Rule:** To speed up the game, the batter must retrieve all balls hit to the left side of the field while the soft-toss pitcher must retrieve all balls hit to the right side.



# Game Three: Long Ball

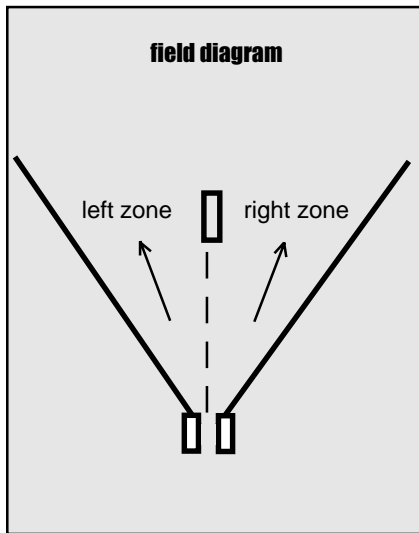
**Minimum Number of Players:** 2

**Rules:** Using the Quickball package card to divide the field in half, the players must decide which side of the field (left or right) they will designate as their “Fair Play” zone. Only balls hit into that zone will count towards the scoring. If one batter is left-handed and the other is right-handed, the players may rotate zones each inning (*ex. left in the 1st, right in the 2nd, etc.*)

Each batter gets three soft-toss swings per at bat. One at bat per batter constitutes one inning. Each game is nine innings long. Extra innings may be used to break tie scores.

**Scoring:** The longest hit of the six batted balls scores 1 run for the batter who hit it.

**Optional Bonus Rule:** If a batter swings at a pitch and misses, he or she must forfeit the rest of the three-pitch at bat.



# Game Four: Inside-Outside

**Minimum Number of Players:** 2

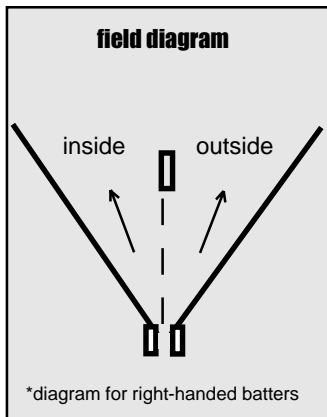
**Rules:** Using the game label card to divide the field into an Inside Zone and an Outside Zone (see diagram), each player receives six swings per at bat. A batting tee may be used or the batter may throw the ball up to him or herself. There is no soft-toss pitching in this game.

On the first three swings, the batter must hit the ball to left field or to the left side of the marker. The second three swings the batter must hit the ball to right field or to the right side of the marker. All hits must travel at least 40 feet.

**Scoring:** One run is awarded to the player who hits the most balls per at bat into the pre-designated area. If both players hit into the pre-designated areas the same amount of times, the longest ball hit in the “Outside Zone” (opposite field to the batter) is used as a tie-breaker. No runs are awarded for foul balls or balls that do not land and stay in the pre-designated area.

Each batter gets six swings per inning and each game is nine innings long. Tie scores can be broken by using extra innings.

**Optional Bonus Rule:** During innings 7 thru 9, a grand slam is awarded each time a batter successfully hits the final ball of the at bat into the pre-designated zone.



# About Ripken Baseball

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In 1999 Bill and I founded an organization, Ripken Baseball, with the sole intent of growing the game of baseball worldwide. Since then we have held baseball camps and clinics for children in more than 30 cities around the country. We also are building a youth baseball academy that is scheduled to open this summer in our hometown of Aberdeen, Maryland. That will allow thousands of children each year to come to the place where we developed our love for the game and experience the excitement of learning and playing baseball in top-quality facilities.

## The Ripken Way

Baseball, by nature, is a serious game. It involves a lot of thinking, concentration and execution. Baseball is not an easy game. In fact, hitting a baseball

arguably is the toughest skill to master in all of sports. However, what often is forgotten in this day and age is that no matter how serious or difficult, baseball still is a game. It is meant to be fun.

Our dad developed methods of teaching and systems that were utilized by all levels of the Baltimore Orioles' organization. To many, his methods became the standard against which other professional organizations were measured. His teachings became known as The Oriole Way. Much of what Bill and I teach comes directly from lessons taught by Dad. We have molded those lessons into a philosophy we call The Ripken Way:

Keep it simple – Instruction that is too

advanced or skills that are too complicated can lead to frustration. There is no reason to make the game more complicated than it really is.

Make it fun – Teaching should be designed, especially for younger players, with an emphasis on fun. Younger players will absorb more if they are in a setting where they don't necessarily realize that they are learning.

Celebrate the individual – No two kids are the same, and that needs to be recognized. Young players should be allowed to perform within their comfort zones as long as certain fundamentals concepts are understood.

Explain why – Youth players, even the younger ones, can absorb a lot of information. "Why?" is a young

person's favorite question. Teaching that can be explained and makes sense to young players is more likely to stick with them.

The bottom line is that baseball gets serious enough fast enough. We still need to make sure that youth players at the youngest ages are enjoying themselves and leave the field looking forward to the next day and another chance to play ball.

A handwritten signature in black ink, appearing to read "Craig J." with a period at the end. The signature is fluid and cursive, with the first name "Craig" written in a larger, more prominent script than the last name "J.".



