Stealing:

Split up your team into two teams and have the catcher on each team make up signs for their players. One of the teams will play defence in the field, while the other team runs the bases. The team running the bases will begin with a runner on both first and third, with the object being to score a run.

This becomes a game of competition, with the team scoring the most runs winning. The runner on first has only three pitches in which they must attempt to steal second base. A successful steal of second base will be worth one point, and a run scored will be worth three points. If the runner scores at second base and the other is out at home then they get one point and have one out. However, if the runner scores at home and the runner is out at second, the out does not count because the runner scored.

Defensively, the object is to stop the runner from scoring while also attempting not to give the runner second base on an easy steal. The catcher calls the play before the pitcher pitches the ball. Usually we play one or two innings and the losing team has to run sprints.