
THE CrossFit JOURNAL KIDS

CrossFit Burpee Stickball

Mikki Lee Martin outlines a game blending burpees and baseball.

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All photos: CrossFit Kids/Danell Marks

After an energetic Teen class at CrossFit Brand X, Duncan, age 13, and E.J., age 9, created a CrossFit game that was a smash hit when we introduced it to the Kids class.



Some Major League pitchers should pay the burpee price for a hit, too.

Number of Players

Two to 10 players in teams of two (create two groups if necessary). Determine the order of team rotation to the pitching/batting positions.

Equipment

Stick (e.g., a SKLZ training bat—available at most sporting goods chain stores and online).

Gator Skin Dodgeball (S & S Worldwide).

Two cones or other markers to denote pitching and batting positions.

Facility

30-foot x 30-foot minimum-sized area for field.

Set-Up

One cone for the batting position.

Second cone set about 8-10 feet away to mark pitching position.

One two-person team pitches and hits.

Other teams spread out in the field.

Object

To avoid a burpee penalty, the batter must hit the ball, while the pitcher must throw strikes past the hitter.

Rules

Write these on the whiteboard for ease of explanation:

- The pitcher throws 5 pitches.
- The pitcher owes 1 burpee for every hit given up.
- A 3-burpee penalty is assessed if the pitcher hits the batter.
- The batter attempts to hit all pitches.
- The batter owes 1 burpee for every good pitch missed.
- A good pitch is defined as one thrown in the trainer-determined strike zone.
- Penalties are paid immediately after the 5 pitches.
- Fielders perform jumping jacks while the pitcher does burpees.
- Fielders can gain burpee credits for every 2 fly balls or ground balls caught per rotation.
- Burpee credits do not carry through successive rotations.



Mikki Lee Martin strategically calls in a southpaw to deal with a right-handed batter late in the game.

The CrossFit Kids trainer acts as an umpire (calling balls and strikes), assesses penalties for hit batters, and keeps score on the whiteboard for each team member, including burpee credits if earned.

