

timbits[®]

SOFTBALL



U7 LESSON PLANS

Session #1 ► Focus: Teamwork

— Warm Up —

BLOB TAG

Learning Objective: Spatial awareness, cooperation, teamwork, running (forward, backwards, starting/stopping), agility, multidirectional movement, endurance.

Time: 5 minutes

Equipment: N/A

How to:

- Mark out boundaries of the playing area. One player is chosen to be “it” (beginning Blob) and the rest scatter
- On “GO” the Blob chases, trying to tag others
- Tagged players link arms by hooking together at elbows with the Blob
- When Blob becomes 3, only outside players can tag
- When Blob becomes 4, split to make 2 Mini-Blobs

Tips/Modifications:

If you have a larger group of children, start with more than one Blob.

Questions:

When was it easier to tag another player? With a bigger or smaller Blob?



GETTING TO KNOW YOU

Learning Objective: Catching, throwing, getting to know teammates

Time: 5 minutes

Equipment: 1 ball for every 4 players

How to:

- 3 groups of 4, with each group positioned in a square formation
- Distance apart will be according to ability
- As players throw the ball to a teammate in their square, they call out their own name
- On second or third round, they call their own name and the name of the player who is to receive the ball
- Change 2 people in groups at a time, so they get to know players in other groups as well

Questions:

Ask for a volunteer to see if they remembered everyone's name.

~ *Main Activities* ~

DIAMOND ORIENTATION

Learning Objective: Diamond layout, softball terms

Time: 5-10 minutes

Equipment: Bases in proper field set up

How to:

- Put 1 adult in charge of 2 players. Make sure players know the name of their partner and the adult in charge, as well as the coach's name
- Familiarize players with diamond layout by walking them around and showing them where Pitcher, Catcher, 1st base, 2nd base, 3rd base, Short Stop, Left Field, Right Field and Center Field are located. Include talking about home plate
- Have adult helpers on the field to assist in all the activities
- Start players at home plate showing where the batter stands to hit

- Start players in a group at home plate, yell out a position and players have run to that area on the field
- Demonstrate as you speak
- Let players pretend to hit and run to 1st base, run to 2nd base, run to 3rd base and run back to home plate

Tips/Modifications:

- Have shapes or different markers to signify each position – this will help children remember more easily.
- Have children run to each position to keep them active and moving.

Questions:

What was the easiest position to get to? Which was the hardest?
Which is your favourite position so far?

CHAMP

Learning Objective: Catching, throwing

Time: 10 minutes

Equipment: Parent Volunteers, 1 ball for every 2 players

How to:

- 1 adult for every 2 players or players in partners if they can throw and catching the ball back and forth
- Every time the ball is caught by one of the pair, they get a letter of “CHAMP” (or any word you choose – could be shorter for younger kids (BALL) or more difficult if needed).
- Partners can compete against other partners to see which pair can spell CHAMP first. Letters can be awarded for good throws back to the adult as well

Tips/Modifications:

- For variation have players select their own words (i.e. superstar, elephant, etc.)
- Coaches demonstrate proper receiving position and good throwing mechanics before starting.

OVER THE RAINBOW

Learning Objective: Balls, helmets

Time: 10 minutes

Equipment: Grip and wrist/finger coordination

How to:

- Line players up in lines with at least two BIG steps distance in between them facing the coach
- Have the players start facing the instructor with the ball in hand and their arm stretched out in front of them parallel to the ground
- Have them spin the ball to themselves out in front of them, trying to get it at least three feet high
- Beginners can have a parent catch the ball for them or they may let it drop to the ground. A more advanced variation is to have players catch the ball themselves
- Once the player is able to catch their own ball – proceed to full “Over the Rainbow” and have the player start with their arms outstretched to the side (ball and glove in hand). Have them toss the ball over their head and catch it with their other outstretched hand. Consider helmets for inexperienced players.

Tips/Modifications:

Coaches should make sure the players are spinning the ball, working on wrist snaps.

Questions:

Were you able to spin the ball? How fast was it spinning?

IN-COMING

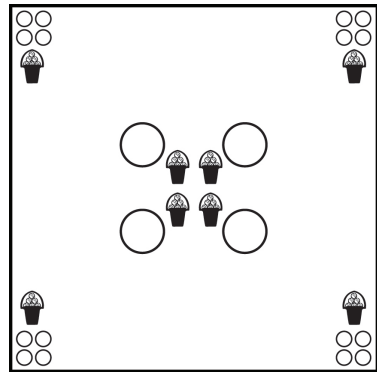
Learning Objective: Throwing, fielding, running

Time: 5 minutes

Equipment: 4 Hula hoops, 8 buckets, balls

How to:

- Split into groups of four
- Have one group of four in each corner of a large square
- In the center of the square have four hula hoops and four buckets of balls, and place a bucket in each corner of the large square
- One player from each corner runs to the center grabs a ball from their bucket and steps in the hula hoop
- Once in the hula hoop, they throw the ball to their team members, one player fields the ball and then passes it to the two other players
- The last person with the ball drops the ball in the corner bucket, when they drop the ball in the bucket the player in the center runs back to their corner and another teammate runs to the center until all team members have ran from the center



Questions: Did this activity require teamwork?

~ Modified Game ~

MODIFIED SOFTBALL GAME

Learning Objective: All softball skills

Time: 45 minutes

Equipment: Ball, bat, bases

How to:

- Coach will pitch to their team
- 7 pitches are thrown to each batter to allow them to hit a fair ball. If the player does not hit a fair ball, they go to first base if a swing was taken on at least four pitches
- All players will play defense
- All players will bat each inning
- There will be no advances on overthrows

Tips/Modifications:

See U7 Introduction for more information.