

Session #2 **Focus: Quickness and Agility**

~ Warm Up ~

PARTNER TAG

Learning Objective: Running, chasing

Time: 5 minutes

Equipment: Pylons/markers for designating playing area

How to:

- Partners face each other from opposite ends of designated playing area
- On “GO”, one partner tries to tag the other
- When the partner is tagged, the roles are reversed
- After being tagged, the player performs a task (i.e. 3 jumping jacks) to give the other player time to get away

Tips/Modifications:

Have the players perform various fundamental movement skills to give the other time to move away (jumping jacks, hopping on one foot, etc).

BUNNIES & BULLFROGS

Learning Objective: Hopping, body awareness

Time: 5 minutes

Equipment: N/A

How to:

- Make a center line between 2 end lines.
- 2 teams of 6: 1 team of bunnies and 1 team of bullfrogs. Teams lie down head to head, opposite each other on center line.
- If the coach calls “bullfrogs”, frogs get up and hop back to their swamp (end line) while bunnies get up and bunny hop after them



- If a bunny tags a bullfrog before the frog reaches the swamp, the bullfrog becomes a bunny
- If coach calls “bunnies” they turn and hop to their end line while the bullfrogs hop after them
- Coach could surprise by calling “bears” or “birds”. If they rise on a false name they change sides

~ *Main Activities* ~

GIMME 5

Learning Objective: Running through 1st base and speed development

Time: 5 minutes

Equipment: 4 bases, bat, hula hoop, tee/ball (optional)

How to:

- Put bases down 30' – 40' from players.
- Form 4 groups of 3
- Players, in turn, take a swing at an imaginary ball, drop bat, run as fast as possible past their base, give coach “high 5”, return to base as if running to 2nd base, touch base and shout “GREEN LIGHT” to signal next player to leave
- Make sure players are running full speed across the bag, slowing down only after touching it

Tips/Modifications:

- This activity can be set up in the outfield
- An easy way to teach kids where to drop the bat is to use a hula hoop as a visual reminder.
- To make this more game like, dependent on the development of the children you can have them hit off a tee.

PIP SQUEAK & WILBUR

Learning Objective: Base running, running, multi-directional speed

Time: 5 minutes

Equipment: 4 balls, 4 bases

How to:

- 4 groups of 3, one group at each base
- Bases are set up in diamond formation
- Players in each group are named PIP, SQUEAK or WILBUR
- 4 balls placed at pitcher plate
- When the coach calls out a name (PIP, SQUEAK, or WILBUR), the player with that name runs around the bases
- When (s)he touches the base they started at, (s)he runs to the center to pick up a ball and brings it back to the group
- Balls are returned to the center for the next person
- Score a point for the 1st person back to their starting base

PARTNER THROWS

Learning Objective: Throwing, catching

Time: 10 minutes

Equipment: 1 ball for every 2 players

How to:

- Partners stand opposite each other at a distance commensurate with ability
- Partners throw ball back and forth
- Various goals can be set (i.e. how many consecutive throws and catches without a miss; how many throws in specified time (30 sec.); throw high balls; grounders; side to side; etc.)

Tips/Modifications:

Coaches should demonstrate good throwing and receiving mechanics before starting.

Questions: What do you aim at when throwing to your partner? Are you making sure your partner is watching and ready for the ball?

SMASH

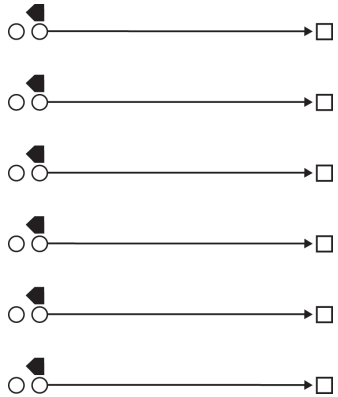
Learning Objective: Getting out of the batter's box

Time: 10 minutes

Equipment: Ball gloves, 6 carpet home plates

How to:

- Players should be divided into partners
- Ball gloves are placed on the ground across from where players are standing along the 3rd base line, this simulates where 1st base would be for each batter.
- Draw a home plate (or use carpet plates) on the ground along the 3rd base line for each pair of players
- On the verbal signal "HIT", all players swing at an imaginary ball, then pivots on lead foot and runs toward their glove (1st base).
- Coaches should emphasize getting out of box quickly, with power and driving the arms rather than the correct pivot
- They then return to behind their plate while their partner takes their turn



~ 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.