

**Session #3** Focus: Baserunning

~ Warm Up ~

**UP AND AT 'EM**

**Learning Objective:** Quickness, running, power/endurance, multi-directional speed

**Time:** 5 minutes

**Equipment:** N/A

**How to:**

- Split into partners
- One partner (chaser) stands on the end line with hand out
- The other partner (runner) slaps (softly) the outreached hand and runs in the opposite direction to get safely across the other line without being tagged
- The partner, whose hand was slapped, tries to catch the runner before (s)he gets to the safe line



~ Main Activities ~

**REACH THE COACH**

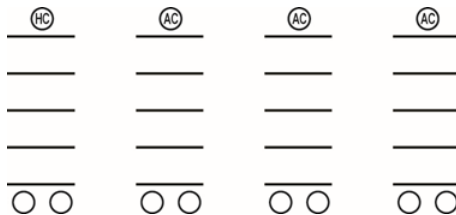
**Learning Objective:** Proper use of glove and positioning for fielding grounders

**Time:** 10 minutes

**Equipment:** 1 ball for every 2 players

**How to:**

- 1 adult for every 2 players.
- Each group draws a series of parallel lines 5' - 10' apart
- Coach will demonstrate the Receiving Ground Balls Progressions as shown in the Softball Skills section



- Each pair will start at the line farthest from the coach
- Objective is to get to the coach in the least number of throws
- A grounder is thrown to each player in turn
- If caught, the player advances to the next line

### **Tips/Modifications:**

As a variation the coach can throw fly balls. Coach can also increase speed of roll for more skilled players and roll side to side.

## **PARALLEL**

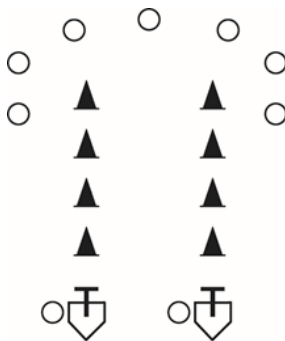
**Learning Objective:** Hitting, fielding

**Time:** 10 minutes

**Equipment:** 2 batting tees, 8 pylons, 2 balls, 2 bats

### **How to:**

- 2 batters each have a tee in the center of the playing area
- Each batter has a line of four pylons in front of their batting tee
- Batter hits the ball and then runs and touches all the pylons in the line as many times as possible before the fielding team returns the ball to the tee
- Fielders retrieve the ball and return it to the batting tee



### **Tips/Modifications:**

If game is too easy; increase distance between pylons.

**Questions:** Did fielders have to talk to each other? Team work?

**SKY BALL**

**Learning Objective:** Proper use of glove and positioning when catching fly balls

**Time:** 15 minutes

**Equipment:** 1 ball and glove for each player

**How to:**

- 1 adult for every 2 players
- Coach will demonstrate fly ball progressions as in skill section
- Players will then practice catching high tosses from an adult
- Seeing if they can catch a higher one each time
- How many consecutive catches can they make?
- Throw somewhat away from the player so that they must move to get underneath

**Tips/Modifications:**

You can start this drill with water balloons and no gloves; stressing 2 hands! Then move to ball and glove, still using 2 hands. Also, if you are throwing the ball away from the player, stress they should run to the ball and then glove up rather than running with glove and arm up.

~ 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.