

Session #4 ► Focus: Fielding

~ Warm Up ~

SHARK IN THE TANK

Learning Objective: Running, dodging, body awareness, co-operation, agility, power/endurance, multi-directional speed

Time: 5 minutes

Equipment: N/A

How to:

- 2 or 3 players are the “sharks”, the rest are the “fish”. Mark off an infield area to be used as the “tank”, so that young children can easily visualize
- “Fish” must stay in the tank
- “Sharks” are timed to see how long it takes them to catch all the “fish”. When they do, choose new “sharks”



~ Main Activities ~

BIG FOOT

Learning Objective: Throwing, catching

Time: 10 minutes

Equipment: 1 ball for every 2 players

How to:

- Partners start on lines, facing each other, approximately 10' apart. One adult per pair
- Players throw to each other (or adult throws if skill level is too low for accurate throws)
- Every time they make a catch, they move back one giant step
- See which team can get the farthest apart and still catch the ball

Tips/Modifications:

Can start this drill using softer items, like nerf toys, sponge balls, bean bags and progress to balls.

FIELD 3

Learning Objective: Hitting, fielding, catching, throwing

Time: 20 minutes

Equipment: 2 bats, 2 balls, 2 helmets, 2 sets of bases

How to:

- 2 teams of 6: 1 batter, the rest fielders
- 2 separate activity areas set up a safe distance apart
- 1 adult pitcher in each area for each group of 6
- Set up bases in diamond formation for each group
- One batter at a time bats off an adult pitch as many as needed, with an adult in the catcher's position
- When a fielder has successfully fielded 3 grounders or caught 1 fly ball, they become the batter
- Players rotate positions
- Make sure all players get an opportunity to bat

SPELL YOUR NAME

Learning Objective: Throwing, catching

Time: 5 minutes

Equipment: 1 ball for every 2 players

How to:

- Partners should be selected by ability and spaced accordingly
- Line the players up, facing their partner or coach
- Remind everyone of the proper way to throw and to catch a ball
- Tell them that the name of the partnership is a combination of both players' names. Coach designates which line of partners gets to be the first name (i.e. players on the north side or south side)
- Have the players call out the name of their team (i.e. Jane Bobby)
- Partners throw the ball back and forth overhand

- They get a letter in their team name every time they make a catch
- When they complete their name, they move back 2 giant steps
- Continue the process to time limit

Tips/Modifications:

Adult may have to be the thrower if skill level is not advanced enough

CIRCLE TOSS

Learning Objective: Catching, eye/hand coordination

Time: 10 minutes

Equipment: 1 ball per group/team

How to:

- Form groups of 5 and give each group a ball
- One player in the group is the leader and stands in the middle while the rest of their team forms a circle around them, facing the leader
- The leader throws the ball to the first person, who catches it and throws it back to the leader
- The leader throws it to the next person and continues until all players have caught and thrown the ball
- When the last person catches the ball, they become the new leader

Tips/Modifications:

This can be played with a whole team if it is a smaller group. If players still don't know each other, you can make the leader say the name of the player they are throwing to.

~ 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.