

## Session #5 ■ Focus: Hitting

~ Warm Up ~

### GRAB THE BACON

**Learning Objective:** Running, body awareness, quickness, agility

**Time:** 5 minutes

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

#### How to:

- Partners each start on their own baseline. A ball is placed at the mid-point between the partners
- On “GO” from the coach each partner runs out, tries to grab the ball (bacon) and get back to their baseline before their partner who didn’t get the ball (bacon)
- If the partner without the ball gets to the baseline first the partner with the ball must hand it over
- If the partner with the ball gets back first, they get to keep the ball
- Change partners frequently

#### Tips/Modifications:

The coach can assign points and challenge the kids to be the first to 5 points



## ~ Main Activities ~

**MONSTER BASH**

**Learning Objective:** Emphasis on stride and hip rotation

**Time:** 10 minutes

**Equipment:** 6 “shoelace sticks”, 6 bases, 1 bat for every player (minimum 2 bats for every 2 players)

**How to:**

- 1 adult for every 2 players. Each group will find a safe area to place their base and swing
- The adult will hold the end of the shoelace (pretend it is a monster or something else appropriate) IN FRONT of the base at various heights
- Alternate players for every 5-10 swings. Other players can be taking practice swings

**SMOKE 'EM**

**Learning Objective:** Hitting, fielding

**Time:** 10 minutes

**Equipment:** 4 bats, 2-3 balls per group, 4 tee's if hitting off a tee

**How to:**

- 4 groups of 3 with at least one adult per group
- In each group an adult will pitch to one batter while the other 2 players field
- Fielding players get 2 points for catching a fly and 1 for a ground ball
- Offensive players get 3 points for a line drive, 2 points for a long fly ball or hard grounder, 1 point for pop fly or easy grounder
- See who can get 10 points first
- Rotate batters every 2 min., so that they all get a turn to bat

**SUPER SHOES**

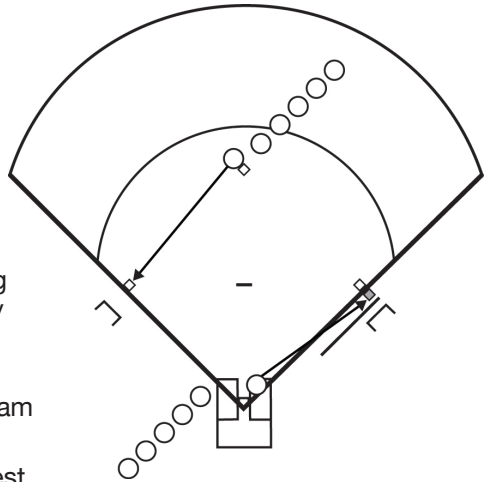
**Learning Objective:** Base running, speed development

**Time:** 5 minutes

**Equipment:** Bases set up on diamond, 2 stopwatches

**How to:**

- 2 groups of 6, 1 group between home and 1st base and the other between 2nd base and 3rd base
- Each of the groups is broken into 2 groups of 3
- Each player takes a swing with a bat at an imaginary ball and runs to the next base as fast as possible
- Total the times of each team of 3
- Keep a record of the lowest scores for future trials

**KILL THE MOSQUITO**

**Learning Objective:** Rounding 1<sup>st</sup> base

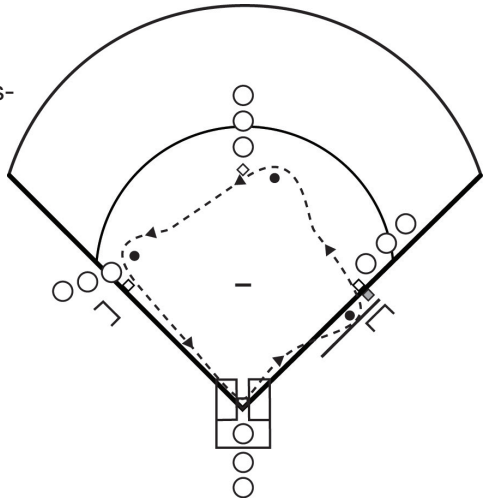
**Time:** 10 minutes

**Equipment:** 4 bases, 4 markers, 4 bats

**How to:**

- Put bases down in proper locations on diamond, with 3 players at each one
- Pretend there is a mosquito on the INSIDE corner of each base
- One player at each base concurrently takes a swing at an imaginary ball, drops the bat, runs as fast as possible to the next base, stepping on the “Mosquito” as they round it (4 players will be running at the same time)
- They then wait their turn at the base they just rounded

- Remind players it will be easier to step on the “Mosquito” if they run a little to the outside of the base line as they approach the base.
- It would be helpful to put some marks down for them to go around as shown in the diagram



**Tips/Modifications:**

Important to have to coach demonstrate this activity.

~ 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.