

Session #6 ► Focus: Throwing

~ Warm Up ~

MONSTERS KEEP AWAY

Learning Objective: Throwing, catching, co-operation, space awareness, running, agility, balance, co-ordination

Time: 5 minutes

Equipment: 2 whiffle balls

How to:

- 2 teams of 6 with a coach or adult for each team
- Objective is for players to keep the ball away from the monster (coach) as long as possible
- Play stops and starts over when a player is touched by the monster while in possession of the ball OR when the monster gets possession of the ball

Tips/Modifications:

To make the game more challenging break into smaller groups



~ Main Activities ~

HOME RUN

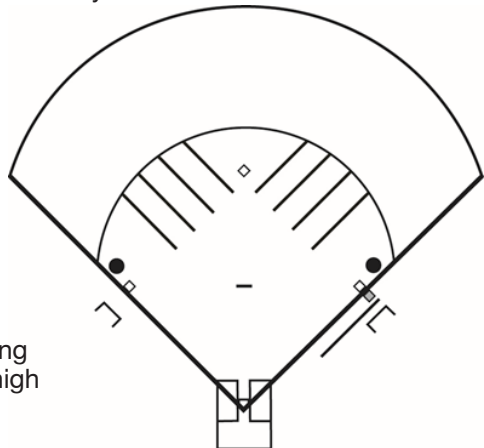
Learning Objective: Throwing accuracy

Time: 5 minutes

Equipment: 2 targets, 4 balls

How to:

- 2 groups of 6, with 1 coach at each target, which is hung on the backstop.
- Mark out lines at various distances from the target. Distances can be according to ability of the group. A high success rate is wanted.



- Each team is lined up in front of a target.
- Remind everyone of the proper way to throw the ball. Tell the players that they will throw at the target, trying to get closest to the center.
- Players choose which distance they throw from in order to hit the target, with the coach's encouragement and advice to help them choose the greatest distance at which they can be successful.
- Adjustments may be made to move the player forward or back during the activity in case the line they chose was too difficult or too easy.
- When players realize that they get points for being closest to the center, some may wish to stand as close as possible to better their chances. Enthusiastic praise for challenging themselves to greater distances may overcome this tendency.
- Each player gets 2 throws and the points are recorded for the best throw.
- After each player on the team has thrown once, go through the order again as many times as time allows.
- Points are awarded as follows: single – 1 pt; double – 2 pts; triple – 3 pts; homerun – 4 pts.
- Hitting the center of the target is considered a homerun. Each subsequent concentric area away from the center is termed a triple, double and single.
- Objective can be to see if each player can get more points on each consecutive throw or it can be made competitive with other groups by totaling each group's points

Tips/Modifications:

Having more targets is advisable as you may then have smaller teams and each player would spend less time standing around.

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.)

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 can 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.

FREEZE THE RUNNER (Throwing)

Learning Objective: Throwing, catching, base running, co-operation, teamwork

Time: 20 minutes

Equipment: 2 ball, 4 bases, 4 helmets

How to:

- 2 teams of 6: 1 team on offence and 1 team on defense
- Offensive “batter” THROWS the ball into the playing area and runs around the bases until “FREEZE” is shouted (see next point)
- Ball is fielded, then thrown so EVERY fielder catches the ball – the last fielder to catch the ball shouts “FREEZE”. “FREEZE” may have to be shouted more than once at this age
- You score points by counting the number of bases touched – if caught between bases, the last base touched counts
- After everyone has had a turn, switch defense and offence
- Keep total bases touched for each team
- Emphasize proper rounding of bases by using markers

Tips/Modifications:

Players on defense will likely need help from adults to keep them from all running after the ball at once and in knowing where to throw it next. Lack of catching ability will likely mean there is little actual catching going on but at least each player will get to touch and throw the ball

~ 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.