

Session #7 Focus: Hitting

~ Warm Up ~

TAKE IT BACK

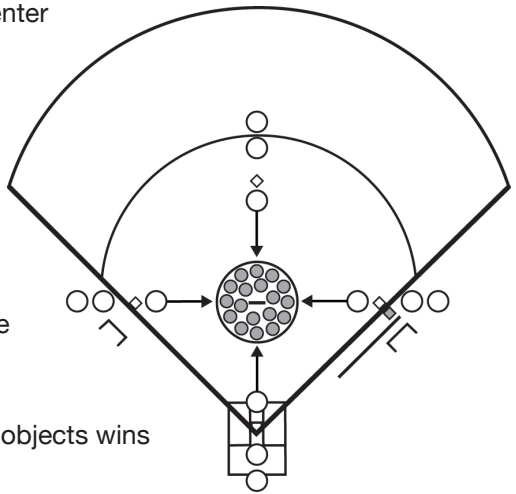
Learning Objective: Agility, quickness, teamwork, running, multi-directional speed

Time: 5 minutes

Equipment: 20 – 25 balls, bean bags or other small objects, 4 markers/pylons

How to:

- 4 teams of 3.
- One team at each of the 4 markers, which are placed in a diamond formation (bases could be used instead of markers).
- Objects are placed in center where pitcher's location would be
- On "GO", one player at a time from each team runs out and picks up 1 of the objects and returns
- After tagging the returning player's hand, the next player can leave
- Play continues until all objects are gone
- The team with the most objects wins



Tips/Modifications:

To keep all players actively engaged allow players to take balls from other groups as well as the center, so that players must guard their base. If a player takes a ball and is tagged before they get back to their group, they must return the ball and return to their base before grabbing another ball.



~ Main Activities ~

HITTING STATIONS

Learning Objective: Proper hitting form

Time: 10 minutes

Equipment: 1 bat per player, 3 tee's, 3 whiffle balls on a rope, 6 carpet home plates

How to:

- 1 adult in charge of every 2 players
- 3 tee stations and 3 whiffle ball stations, with 2 players at each station
- Set T's up in front of carpet home plates
- 6 players will practice hitting off a tee
- 6 players practice hitting a hanging whiffle ball which an adult can hold in front of a carpet home plate
- The partner awaiting their turn can be taking practice swings
- Groups can switch stations after 5 min. That will give each player approximately 2 min. of hitting at each activity

Tips/Modifications:

- Refer to Session #3 (U5) for proper Hitting Progressions
- Make sure that all know the safety of swinging a bat and the "safety areas" when another is swinging
- Have the children move to each station by the movements out-lined above
- Not all children hit from the same side

Questions: Were their hands properly aligned? Were the hips rotating?

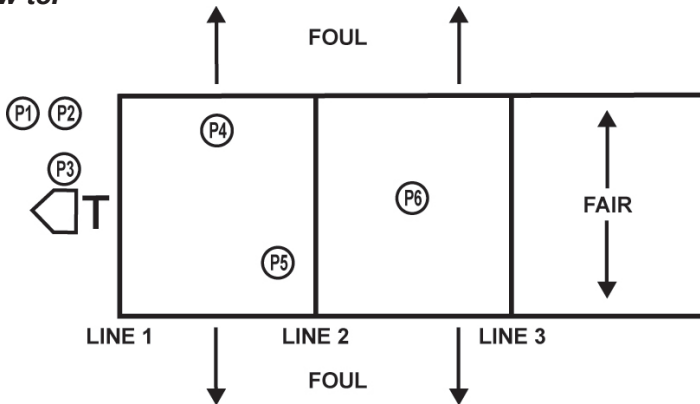
OVER THE LINE

Learning Objective: Hitting, fielding

Time: 10 minutes

Equipment: 2 balls, 2 bats, helmets, 2 home plates, 2 marked off playing areas, batting tee

How to:



- 4 teams of 3. Set up separate playing areas.
- 2 teams of 3 play in one playing area. One team on defense and one team on offence
- Batters hit off tee (or adult pitch), trying to get it in the air over line 1.
- If hit between line 1 and 2, it is worth 1 point; between lines 2 and 3 – 2 points; over line 3 – 3 points
- Fielders set up in fair territory. No point is awarded if a fielder catches it before it hits the ground

Tips/Modifications:

Review/ demonstrate proper swing mechanics before starting this drill. A variation could be to count 1 point if ball is grounder past line 2 and 2 points if a grounder past line 3. If keeping score is too complicated, simply set up the lines with markers and challenge the players to hit the ball past them

Questions: Are players swings level? Are bats the appropriate weight for age level?

GRAND SLAM

Learning Objective: Hitting, fielding

Time: 10 minutes

Equipment: 3 tee's, 3 balls, ball gloves, 3 bats

How to:

- Groups of 4 – each group has a batting tee and 1 whiffle ball or another type of ball depending on ability
- One batter hits to 3 fielders
- When a fielder catches 2 fly balls OR 4 grounders, they become the new batter
- Players can't bat a second time until everybody has had a chance to bat

SPELL YOUR NAME

Learning Objective: Throwing, catching

Time: 10 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
- 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

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Tips/Modifications:

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

Questions:

Was it easier to spell your name when you were closer or further apart?

— 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.