

Session #8 ■ Focus: Throwing

~ Warm Up ~

GARBAGE COLLECTORS

Learning Objective: Fundamental movement skills

Time: 5 minutes

Equipment: A variety of equipment needed (small objects) and hula hoops



How to:

- Scatter equipment throughout the playing space
- Have the small objects (gloves, balls, bases, etc) as the garbage
- Set up hula hoops as the “garbage cans”
- Players move throughout the space to collect one piece of “garbage” at a time and throw it into a “garbage can”
- Once all the “garbage” is collected repeat the activity using a different form of movement (jog, skip, hop, side shuffle, leap, gallop, etc).

~ Main Activities ~

BOOM A RANG

Learning Objective: Throwing from positions in the infield

Time: 10 minutes

Equipment: 2 ball, 8 bases

How to:

- 2 groups of 6
- Set up bases to make 2 diamonds with 6 players at each
- 5 players in infield position including pitching and catching position
- Catcher throws a grounder to each player in succession
- They field it and throw it to 1st base, who throws it back to the catcher

- Rotate positions after each sequence so all players get a chance to throw from each position
- Score 1 point for each successful throw and catch
- See how many points can be scored per sequence

Tips/Modifications:

A variation could be to throw flies instead of grounders

BULLS EYE

Learning Objective: Throwing accuracy, fielding

Time: 10 minutes

Equipment: 2 targets, 12 balls

How to:

- 2 groups of 6, each group in a file in front of their target, which is placed on the backstop
- An adult will throw either a fly or a grounder to the 1st person in line, who fields it and throws it at the target
- After the throw, the player moves to the back of the line and the next player takes a turn
- Score 1 point for fielding cleanly and 1 point for hitting the target

Tips/Modifications:

Competition can be to see which team reaches 10-15 first OR which team scores the most points in a given time limit

BALL OF FIRE

Learning Objective: Catching, touching base, throwing

Time: 10 minutes

Equipment: 4 bases, 2 balls

How to:

- 2 groups of 6
- Place bases a distance apart according to ability (30' – 60')
- Players line up in columns behind a base – 3 behind each base
- Player receiving the ball steps in front of the base to receive the ball, catches it, tags the base with one foot, then throws the ball to the opposite base, and then goes to end of line
- Process is repeated until each player has desired repetitions

Tips/Modifications:

- Have adult helpers with each base to retrieve the errant balls
- When less players – only use 2 bases

Questions: Where children turning the right way to tag and throw?

SKY BALL

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

Time: 5 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 skills 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

~ 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.