

# timbits<sup>®</sup>

## SOFTBALL



### Session #1

~ Warm Up ~

#### BLOB TAG

**Learning Objective:** Running, dodging, agility, co-operation

**Time:** 5 minutes

**Equipment:** Pylons/markers for playing area

#### How to:

- Mark out boundaries of playing area desired
- One player is chosen to be the chaser (beginning Blob) and the rest scatter
- On "GO" the Blob chases, trying to tag others
- Tagged players link arms with the Blob
- When Blob becomes 3, only outside players can tag
- When Blob becomes 4, split to make 2 Mini-Blobs



**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 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

~ *Main Activities* ~**GETTING TO KNOW YOU****Learning Objective:** Catching, throwing, getting to know teammates**Time:** 5 minutes**Equipment:** 1 ball for every 4 players**How to:**

- 3 groups of 4, with each group positioned in a square formation
- Distance apart will be according to ability
- As players throw the ball to a teammate in their square, they call out their own name
- On second or third round, they call their own name and the name of the player who is to receive the ball – or change the direction in which the ball is thrown
- Change 2 people in groups at a time, so they get to know players in other groups as well

**CATCH THIS**

**Learning Objective:** Throwing

**Time:** 5 minutes

**Equipment:** Balls, or other items you can throw

**How to:**

- Split into partners
- The player with the ball tosses to her partner
- Partner takes a step back and tosses ball back
- The receiving player tosses the ball back and if caught, the partner who caught the ball takes a step back.
- Process continues until someone drops the ball
- When the ball is dropped, the two players return to the starting position and see if they can improve on their previous best

**Tips/Modifications:**

Use fun equipment like water balloons or sponges or add a player in the middle who relays the ball to the partners on the ends. Progression would be to start with no gloves and fun items to throw to gloves and a softball.

**Questions:** Are the players using 2 hands to catch? Using soft fun items? Using softballs and gloves?

**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 lines 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?

— *Modified Game* —

**MODIFIED SOFTBALL GAME**

**Learning Objective:** All softball skills

**Time:** 60 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:**

Refer to the U9 introduction for scrimmage modifications that apply to the developmental stage of your players.