

Session #10

~ Warm Up ~

FITNESS CHALLENGE

Learning Objective: Fitness, determination

Time: 5 minutes

Equipment: N/A

How to:

- See how many activities can be completed in 5 minutes:
 - 20 jumping jacks
 - 2 laps of bases
 - sprint home to 1st base
 - 20 hops
 - 10 push ups
 - 10 sit ups
 - duck walk 10ft
 - crab walk 10ft
 - skip home to 1st base

Tips/Modifications:

Use these results to compare again if you run achievement tests at your FUN day!

BEANBAG TO BALL ARM CIRCLES

Learning Objective: Releasing the beanbag inside the hip to get it to hit the target

Time: 10 minutes

Equipment: Beanbags, softballs, hula-hoops hung on the fence at a low height, mat to kneel on (if available)

How to:

- Start with beanbags instead of balls. Have players kneel on the mat facing sideways to their target wearing a glove on one hand and grasping a beanbag in the other
- Instruct the player to “step” toward the target remaining on their knees making an arm circle at the same time “pitching” the beanbag into the hula-hoop



- Focus on the importance of releasing the beanbag inside the back hip and staying sideways to the target
- Once pitchers are comfortable with their release point, give them a ball to experiment with (be aware of park rules regarding throwing balls into fences)

~ *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

SLIP N SLIDE (Sliding Mechanics)

Learning Objective: Bent leg slide

Time: 10 minutes

Equipment: Helmets, players must be wearing pants, bases, sock or no shoes

How to:

- Players line up on a base line to start
- Then break into 3 groups of 4 with 2 adults per group
- **Determining the Sliding Leg**
 - Have players sit down cross-legged
 - Leg tucked under is usually sliding leg
- **Finish Position**
 - Sliding leg bent 90 degrees, tucked under other leg
 - Other leg extended, slightly bent
 - Extended leg foot is 4-6 inches off ground
 - Base is contacted with extended leg
 - Weight of slider is back
 - Chin is tucked into to the chest
 - Arms thrown above head
- **Distance**
 - Start slide about one and a half body lengths from base
- **General Tips**
 - Ensure players are wearing a helmet even in practice.
 - Build confidence by starting easy and progressing gradually
 - Use support people until slider is confident
 - Practice sliding on wet grass, in a sand pit or in a gymnasium
 - Use unfastened bases to start with
 - Teach sliding to players in socks or bare feet
 - To determine where a player should start their slide, have player put feet on the edge of the base and lay on their bellies stretched out as far from the base as possible. Using a marked cone have player place the cone on the ground where their fingers are stretched to. The cone will be a visual aid to help them understand the distance from the base where they should start the slide.
- **Sliding Teaching Progressions**
 - Teach sliding progression in outfield with no shoes on
 - Determine the bent or tucked leg

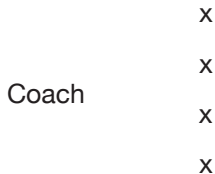
- Have players form a circle around the Coach.
- Have the players sit down cross legged
- They will naturally tuck one leg underneath their body which will be the natural slide leg.
- Demonstrate the finish position
 - Slide leg straight but not locked
 - Bent leg tucked
 - Arms thrown above head
 - Chin tucked into chest.
- Finish position with movement
 - Have players move around in the crab walk position. Coaches use cue words “Hit It” and players get into finish position
 - Using a volunteer player who is lying in the finish position, the Coach will grasp their foot and pull them to simulate the movement of the slide.
- Standing in Finish position
 - While standing, get the players to get into the Finish Position.
 - Be sure they throw their hands back over their head and tuck their chin on their chest.
- Sliding with Support
 - With the aid of two strong coaches, have them hold the slider’s arms and gently lower them into the Finish Position
- Sliding with Support while Jogging
 - Same as above but do a slow jog first from about 10 meters.
 - Instead of two adults supporting slider, you can use two adults holding a broom stick or bat that the slider grabs to lower them to the ground.
- Sliding with Support while Sprinting
 - Same as above but from a sprint
- Bent Leg Slide while Jogging without aid
- Bent Leg Slide while Sprinting without aid

Coaching Tip

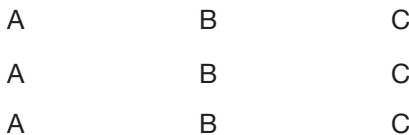
- Have players slide without shoes
- Teach sliding on wet grass or a slippery surface (soapy tarp or a slip and slide)

Relays

- The relay starts with a strong accurate throw from the outfielder
- The outfielder should try to throw the ball to the relay person's glove at about head height.
- The relay person:
 - Gives a big target with both arms in the air and calls for the ball.
 - Stands at a 45-degree angle to the glove side.
 - Pivots towards glove and throws quickly relaying the ball to the next target.
- **Teaching Progression**
 - Demonstrate proper throwing and receiving technique.
 - Practice movement with NO BALL, with players in a line pretending to receive a ball thrown by the Coach then turning to make throw behind them.



- Make groups of 3 positioned as shown. A pretends to throw to B, who mimics a catch and makes a proper relay turn, then pretends to throw to C.



- Rotate all 3 players through center position.
- Use a ball in the drill. Start slowly at first, making sure center player is turning in correct direction for a quick throw.
- If time permits and players are able, this can progress into a relay competition between teams of 3.

*~ 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.