

Session #12

— Warm Up —

GRAB THE BACON

Learning Objective: Running, body awareness, quickness, agility

Time: 5 minutes

Equipment: 1 ball for every 2 players

How to:

- Partners each start on their own baseline. A ball is placed at the mid-point between the partners
- On “GO” from the coach each partner runs out, tries to grab the ball (bacon) and get back to their baseline before their partner who didn’t get the ball (bacon)
- If the partner without the ball gets to the baseline first, the partner with the ball must hand it over
- If the partner with the ball gets back first, they get to keep the ball
- Change partners frequently

Tips/Modifications:

The coach can assign points and challenge the kids to be the first to 5 points

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.

~ Main Activities ~

BATTLE BALL

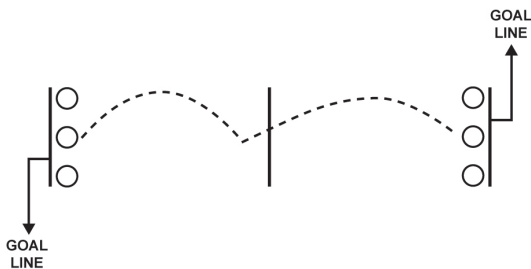
Learning Objective: Fielding ground balls

Time: 10 minutes

Equipment: 1 ball for every 6 players

How to:

- 3 players on each team
- Mark two goal lines at a distance apart that is appropriate for the players' ability levels
- Mark a center line between each team's goal line
- Spread the players along their goal
- One team throws grounders to another team trying to get it passed their goal line
- Ball must bounce at least once before crossing the center line
- Player receiving the ball tries to stop it before it crosses the goal line
- Whoever fields the ball will throw it back to the other team
- Score 1 point for each ball that crosses the other team's goal line



Tips/Modifications:

If more action is required, make teams of 2 instead of 3

BEAT LIZZIE

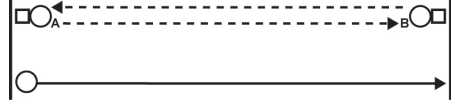
Learning Objective: Leaving a base, throwing, catching

Time: 10 minutes

Equipment: 8 bases, 4 balls

How to:

- 4 groups of 3 with each group set up as shown here



- Player A and B stand with their foot on their respective base
- Player B has the ball
- “Lizzie”, the runner, starts on a line that is even with the line that player A and B are on, at a safe distance
- On “Go”, “Lizzie”, the runner, tries to run to the other line before player B can throw the ball to player A who must then throw it back to player B
- Rotate players until they have had a turn at each position

— 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.