

Session #13

~ Warm Up ~

BEEP BEEP

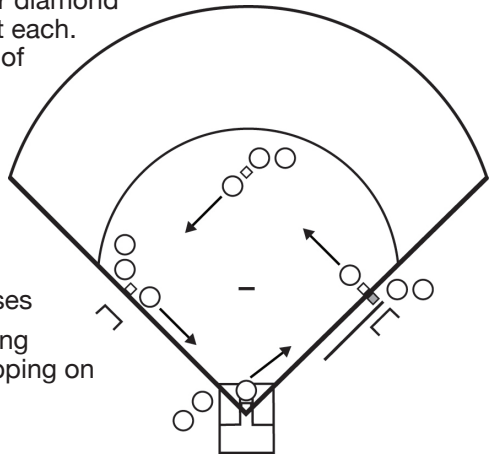
Learning Objective: Rounding the bases, speed development, conditioning

Time: 10 minutes

Equipment: 4 bases

How to:

- Put bases down in proper diamond location, with 3 players at each. One player starts in front of the base and extra players stand behind
- On “GO”, the first player in each group runs around all the bases and returns to tag the next player in line and then they run the bases
- Emphasize proper rounding techniques including stepping on the inside corner



WHIP IT

Learning Objective: Whipping the ball from the top of the arm circle to the bottom to release it

Time: 10 minutes

Equipment: Softballs in tube socks (6 for each player), hula hoop targets hung at strike zone height

How to:

- Start by showing players where to grip their “whip-it”. Hands should be placed 6-8 inches from the ball up the sock so the pitcher feels there is some control over the ball but can still appreciate a whipping motion with the sock
- Start the players facing sideways to their hula hoop target grasping the sock in their pitching hand and their glove on the other
- Instruct the player to step to the target while making an arm circle with their “whip-it”
- Use the key words of whipping the ball from the top of their arm circle to the bottom, letting it go at the bottom to go straight for the hula hoop
- Have them repeat these 6 times before all players collect their “whip-its” at the same time
- CAUTION: most inexperienced kids will throw the first couple behind them because they hang on to the sock too long. Encourage them to let go sooner and avoid standing directly behind them during the drill

~ Main Activities ~

SURE HAND LUKE

Learning Objective: Quick hands for underhand toss, throw to 1st base

Time: 10 minutes

Equipment: 4 balls, 4 bases

How to:

- 4 groups of 3 with an adult leader with each group
- Set up groups in a rectangle formation, with the adult standing 6 ft. from 1st base and player 3 at third base
- The leader throws a grounder to player 1 who fields it, gets it out of the glove quickly, and gives an underhand toss to player 2 who throws to player 3 at 1st base
- Rotate so every player gets a chance at all 3 positions
- Points can be scored every time a clean catch is made and if player 3 can catch the ball with their foot on the base

Tips/Modifications:

Move the distance of the bases closer or further to adjust for stronger/weaker groups

PEPPER

Learning Objective: Eye/hand co-ordination, teamwork, co-operation

Time: 10 minutes

Equipment: 1 bat, 1 whiffle ball and home plate for every 4 players

How to:

- 3 groups of 4 – 1 batter and 3 fielders in each group
- The ball is tossed to the batter by whoever has the ball
- Batter tries to chop it back on the ground
- This is NOT a complete swing, but a hand-eye co-ordination drill
- Batters should start in a very open stance, with feet in pivot bunt position

- Hands start back at shoulder and bat is gripped in extreme choke position or with split hands to make it easier to chop the ball down with bat control
- Batter stays at base if they hit the ball back on the ground, within reach of fielders
- Batter is out if ball is swung at and missed, or hits it over the fielder's head
- When batter is out, fielders rotate

— *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.