

## Session #14

~ Warm Up ~

### BEHIND ENEMY LINES

**Learning Objective:** Agility, quickness, running, co-operation

**Time:** 5 minutes

**Equipment:** All available balls and other appropriate objects

**How to:**

- Mark out 2 lines 50 to 60ft apart
- 2 teams of 6 line up behind their own line
- Place balls and other objects in “No Man’s Land” in center area
- On “Go”, objective is to place as many objects as possible over the OTHER TEAM’S line
- Only one object at a time can be taken
- Objects must be placed, not thrown, across the line
- If all the objects are gone from “No Man’s Land” they may be taken from own end and placed in opposite end
- When time is called the team with the LOWEST NUMBER of objects in their end wins



### TARGET PITCHING

**Learning Objective:** Pitch the ball through the target rather than to it

**Time:** 10 minutes

**Equipment:** Softballs, pylons, playground balls (i.e. dodge ball, volley-ball, soccer ball, beach ball)

**How to:**

- Divide players into partners
- Start by reminding players of the proper grip and have them sideways to the target (pylon with a light playground ball on it) placed 20 ft away with partner ready to retrieve the “big ball”

- At < 8 years old remaining sideways through the entire pitch progression is preferred
- Have players step to the target while performing an arm circle and throwing the ball with the intent to knock the bigger ball off the pylon. Have all players do this at the same time and tell them to freeze while their partner retrieves both balls and sets them up for the next pitch. Repeat 5 times, and then switch pitchers. Players score one point for each time a ball is knocked off the pylon

~ *Main Activities* ~

**HOT STUFF**

**Learning Objective:** Throwing, charging ground balls, quick feet

**Time:** 10 minutes

**Equipment:** 3 balls

**How to:**

- 3 teams of 4 in shuttle relay position
- P1 and P2 line up one behind the other facing P3 and P4
- P1 throws a grounder to P3 then goes to end of opposite line behind P4
- P3 moves forward and fields the grounder then turns and throws to P4
- P3 then goes to end of opposite line
- P4 catches the ball and throws a grounder to P2 who repeats the sequence
- P4 then goes to end of opposite line
- Player movement is always to follow throw

**JACK RABBIT**

**Learning Objective:** Running, throwing, catching

**Time:** 10 minutes

**Equipment:** 2 balls, 8 bases, 2 helmets

**How to:**

- Set up 2 sets of bases in diamond formation with one set of bases on the inside of the other set
- Form 2 groups-4 players will be the “Hunters” and 2 players will be the “Rabbit”
- Place 1 “Hunter” on each of the outside bases
- 1 player at a time will be the “Rabbit”
- The ball starts with the “Hunter” at home plate.
- The “Rabbit” starts at home and tries to run around their set of bases before the “Hunters” can throw the ball around the outside bases and back to home
- Score a point for the “Rabbits” if s/he makes it home before the ball reaches home
- Score 1 point for the “Hunters” if the ball gets there first
- Rotate “Hunters” around the bases so all “Hunters” get a chance at every base
- Alternate the “Rabbits” on each throw around the bases by the “Hunters”
- Once the “Hunters” have thrown from each base, choose 2 new “Rabbits”
- Make sure all runners are wearing a helmet

**Tips/Modifications:**

If the competition is not close, adjustments can be made by having the ball go around twice or counting bases touched.

*~ 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.