

Session #15

~ Warm Up ~

UP AND AT 'EM

Learning Objective: Quickness, running, power/endurance, multi-directional speed

Time: 5 minutes

Equipment: N/A

How to:

- Split into partners
- One partner (chaser) stands on the end line with hand out
- The other partner (runner) slaps (softly) the outreached hand and runs in the opposite direction to get safely across the other line without being tagged
- The partner, whose hand was slapped, tries to catch the runner before (s)he gets to the safe line



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 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 ~

QUEEN/KING

Learning Objective: Eye-hand co-ordination, fungo hitting (self-toss)

Time: 10 minutes

Equipment: 6 bats, 6 balls (whiffle balls can be used if batter can't control their hits)

How to:

- 1 partner is a batter and the other is a fielder who stands an appropriate distance from the batter and a safe distance from other partners
- One partner fungo (self-toss) hits the ball directly to the other partner, (either grounders or fly balls)
- If the batter completes a hit within 3 tries, the batter gets a letter in "Queen/King"
- If the fielder catches the ball cleanly, the field gets a letter in "Queen/King"
- Whichever one of the partners spell "Queen/King" first is the DIAMOND QUEEN/KING
- Switch around so both get a chance to field and fungo hit

Tips/Modifications:

Use the entire diamond and have groups spread apart for safety reasons

Questions: How important is it to keep your eye on the ball?

ADD 'EM UP**Learning Objective:** Throwing**Time:** 10 minutes**Equipment:** 3 pylons, 1 ball, 1 bat**How to:**

- Divide the group into 2 teams
- One batter hits off a tee and then the batting team moves as a group between the base and home. One point is scored for each time the batting team touches the base.
- A fielder fields the ball and then the ball must be passed to each member of the team before it can be thrown home. Once the ball reaches home the batting team must stop running.
- Batting team and fielding team switch once all the batters have had a chance to hit.

Tips/Modifications:

Depending on skill level you may want to have the batting team hit off a pitch, or have them throw the ball out to the fielders

~ Modified Game ~

MODIFIED SOFTBALL GAME**Learning Objective:** All softball skills**Time:** 60 minutes**Equipment:** Ball, bat, bases**How to:**

- Pitchers pitch until there is 4 balls, then parent comes in to finish the bat; either a hit or strike out
- 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.