

Session #17

~ Warm Up ~

BRONCO TAG

Learning Objective: Running, dodging, body awareness, co-operation, agility

Time: 5 minutes

Equipment: N/A

How to:

- 1 player is the “Outlaw” and another is the “Ranch Hand” while the rest of the players are “Partners”
- One “Partner” stands behind the other “Partner” holding onto the front “Partner’s” waist with their hands
- The two “Partners” form a pair of wild Broncos.
- The “Outlaw” tries to tag the “Ranch Hand”
- If the “Ranch Hand” can grab hold of the waist of the back “Broncos”, they are safe and can’t be tagged by the “Outlaw”
- The player who is on the front of that threesome now becomes the “Ranch Hand” and must run and be chased by the “Outlaw”
- If the “Outlaw” tags the “Ranch Hand”, the players switch roles
- The more the “Broncos” try to avoid the “Ranch Hand” linking on, the more action is involved



~ Main Activities ~

BATTER'S BONANZA

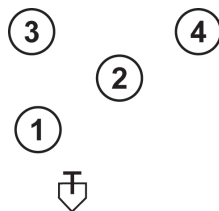
Learning Objective: Hitting, aiming for a target

Time: 10 minutes

Equipment: Hula hoops, batting tee, ball, bat

How to:

- Have players split into partners
- Teams will spread hula hoops out in front of the batting tee and assign a point value to each hula hoop
- Partners will play rock, paper, scissors for first bat
- Batters aim to hit the ball off the tee and into a hula hoop-if they get the ball in the hoop, they earn the points assigned to that hoop
- Each batter gets three turns and then switch
- The non- batting partner retrieves the ball after each hit



Tips/Modifications:

Coaches make sure the hula hoops are appropriate distances. This can be done with whiffle balls and progress to balls.

Questions: Was it hard to hit certain hula hoops? Why?

TRIPLE RIPPLE

Learning Objective: Catching, throwing, relaying ball to a teammate

Time: 10 minutes

Equipment: 1 ball for every 3 players

How to:

- 4 groups of 3
- Each group at a separate station
- 3 players line up on start line (distance apart according to ability)
- Put markers down approximately every 20 ft. to indicate next line

- 3 players on start line throw the ball back and forth (P1 throws to P2 who throws to P3 who throws back to P2 who throws to P1)
- When the ball is returned to starting player (P1), they move to the next line and repeat
- Teams of 3 move back and forth from start to finish and back again
- Score a point every time one of the end lines is reached
- See how many points can be scored in set time limit

Tips/Modifications:

Coaches watch players to make sure they are following their glove on the turn to throw to the next partner.

HOT POTATO

Learning Objective: Quick turn when relaying ball from one player to another, catching, throwing

Time: 5 minutes

Equipment: 1 ball for every 3 players

How to:

- 4 teams of 3 lined up
- In groups of 3, the ball is relayed from 1 to 2 to 3 and back
- Go slowly at first to concentrate on proper turn in center
- Rotate players in all 3 positions, so each gets experience as a relay player in the center
- It can be made into a relay competition if skill level is high enough

Tips/Modifications:

Real softballs do not have to be used – nerf balls, squishy balls, lite flights

~ 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.