

Session #18

~ Warm Up ~

GOTCHA

Learning Objective: Base running, determination

Time: 5 minutes

Equipment: 4 bases

How to:

- Form groups of 3 with 3 players at each base
- Set up bases in diamond formation 20' – 30' apart
- On “GO”, one player from each group starts running around the bases
- Objective is to run past the person ahead of you
- Score 1 point for your team for every player passed
- Run for a set period (15-30 seconds)



GAME PITCHING

Learning Objective: Review the game pitching sequence and rules

Time: 10 minutes

Equipment: softballs, pitching plates and a hula-hoop hung in a pop-up net or on a fence. Parents may volunteer as catchers if present.

How to:

- Tell pitchers they are to imagine they are pitching in a game.
- Ask them to receive the ball in front of the pitcher's plate, then walk behind the pitcher's plate stopping to take a deep breath before stepping onto it with both feet. If a pitcher is right-handed the right foot is forward and left foot slightly behind and vice versa for the left-handed pitcher.
- Instruct the pitchers to step onto the mound with their hands apart (ball should be in the glove and not in the pitcher's hand) and once on the mound they may bring their hands together and pause.

- There are several starting styles and it is recommended pitchers either keep the hands together or swing the pitching arm backward in a rhythmic motion (see online drill description) to begin the pitching motion.
- Once starting the pitching motion, the pitcher's step toward the catcher and arm circle are coordinated. The pitcher turns sideways to the target mid-motion. Instruct them to imagine stepping along an imaginary line straight to the target.
- After landing, the ball is released inside the back hip at the bottom of the arm circle with the intent to throw on a straight line to the target.
- Follow-through includes staying sideways to the target and bringing the pitching arm to the middle of the chest. See online descriptions for further details.

~ Main Activities ~

PLAYERS CHOICE

Time: 10 minutes

How to:

- Allow the players to choose their favourite game/activity!

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How to:

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*~ 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.