

Session #2

~ Warm Up ~

SHARK IN THE TANK

Learning Objective: Running, dodging, body awareness, co-operation, agility, power/endurance, multi-directional speed

Time: 5 minutes

Equipment: Pylons for marking playing area

How to:

- 2 or 3 players are the “sharks”, the rest are the “fish”. Mark off a infield area to be used as the “tank”, so that young children can easily visualize
- “Fish” must stay in the tank
- “Sharks” are timed to see how long it takes them to tag all the “fish”. When they do, choose new “sharks”



OVER THE RAINBOW

Learning Objective: Balls, helmets

Time: 10 minutes

Equipment: Grip and wrist/finger coordination

How to:

- Line players up in lines with at least two BIG steps distance in between them facing the coach
- Have the players start facing the instructor with the ball in hand and their arm stretched out in front of them parallel to the ground
- Have them spin the ball to themselves out in front of them, trying to get it at least three feet high
- Beginners can have a parent catch the ball for them or they may let it drop to the ground. A more advanced variation is to have players catch the ball themselves
- Once the player can catch their own ball – proceed to full “Over the Rainbow” and have the player start with their arms outstretched to the side (ball and glove in hand). Have them toss the ball over their head and catch it with their other outstretched hand. Consider helmets for inexperienced players.

~ Main Activities ~

REACTION

Learning Objective: Agility, quickness, running

Time: 5 minutes

Equipment: Pylons to mark playing area

How to:

- Mark out 2 lines 50' – 60' apart
- Players' start on one line
- On "GO", they react and run to the other line
- Vary the body positions at the start. (i.e. all 4's, facing opposite direction, butt on ground, head touching ground, prone, supine, feet in opposite direction)

BATTER'S BONANZA

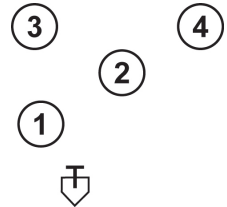
Learning Objective: Hitting, aiming for a target

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 (even if it bounces out)
- Each batter gets three turns and then switch
- The non- batting partner retrieves the ball after each hit



Questions: Is the proper batting technique being used?

GOAL BALL

Learning Objective: Fielding grounders

Time: 10 minutes

Equipment: 1 ball for every 2 players

How to:

- Mark off a “goal” area for each player opposite a partner. The distance depends on skill level (up to 10’ wide)
- Each player tries to score a goal by throwing a grounder by their partner through the marked goal posts
- Defensive players will try to stop ball by fielding it
- You can use softer balls so you don’t need gloves
- Score a point for each goal
- Switch partners occasionally

~ 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.