

Session #3

~ Warm Up ~

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 – side by side
- 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)



GRAB THE BACON

Learning Objective: Running, body awareness, quickness, agility

Time: 5 minutes

Equipment: 1 ball for every 2 players

How to:

- Partners each start on their own baseline, across from each other. A ball is placed at the mid-point between the partners
- On "GO" from the coach each partner runs out, tries to grab the ball (bacon) and get back to their baseline before their partner who didn't get the ball (bacon)
- If the partner without the ball gets to the baseline first the partner with the ball must hand it over
- If the partner with the ball gets back first, they get to keep the ball
- Change partners frequently

Tips/Modifications:

The coach can assign points and challenge the kids to be the first to 5 points

~ Main Activities ~

SKY BALL

Learning Objective: Proper use of glove and positioning when catching fly balls

Time: 15 minutes

Equipment: 1 ball and glove for each player

How to:

- 1 adult for every 2 players
- Coach will demonstrate fly ball progressions as in skill section
- Players will then practice catching high tosses from an adult
- Seeing if they can catch a higher one each time
- How many consecutive catches can they make?
- Throw somewhat away from the player so that they must move to get underneath

Tips/Modifications:

If players are afraid to catch over head- use softer items like bean bags/stuffies/ balloons. Start progression without a glove with soft items so that player feels confident with the skill technique.

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

LEAD ME

Learning Objective: Catching and throwing while moving

Time: 5 minutes

Equipment: 1 ball for every 2 players

How to:

- Partners stand, parallel, facing same direction approximately 20ft apart
- Next set of partners is ready to go as soon as 1st set is out of the way. 2 lines can be going at once
- Partners lead each other with a throw so they both must be moving while throwing and catching

Tips/Modifications:

Players can move back and forward or side stepping while throwing.

— *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.