

Session #4

~ Warm Up ~

HOOK ON TAG

Learning Objective: Quickness, running, dodging, fair play

Time: 5 minutes

Equipment: Pylons to mark playing area

How to:

- Mark out a playing area
- 1 player is selected to be the runner, 1 player is selected to be the chaser
- All others find a partner, link elbows and find a space
- On “GO” everyone runs, with the chaser trying to tag the runner
- If the runner links elbows with a pair, then the outside member of that pair becomes the runner (they leave arms linked)
- If the chaser tags the runner, they exchange roles
- Change chaser periodically if the runner is not caught



KNEE CLAPS

Learning Objective: Bringing the knees together at the end of a pitch

Time: 5 minutes

Equipment: N/A

How to:

- Line players up in a line with at least two BIG steps distance in between them facing the instructor
- Have players start facing the instructor with their hands clasped behind their backs standing on one foot on the line
- Taking a big step sideways, have players step and slide their knees together finishing standing on their other leg
- Once players have mastered the lower body step-slide motion, add the upper body by having the pitcher clap as their legs come together. Say step-clap, step-clap as they go through the movement 10 times

~ Main Activities ~

KILL THE MOSQUITO

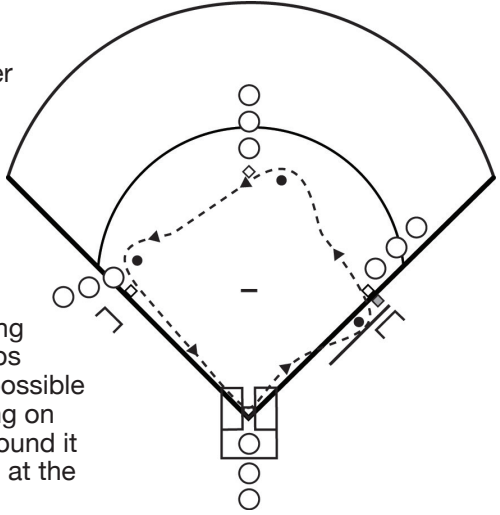
Learning Objective: Rounding 1st base

Time: 10 minutes

Equipment: 4 bases, 4 markers, 4 bats

How to:

- Put bases down in proper locations on diamond, with 3 players at each one
- Pretend there is a mosquito on the INSIDE corner of each base
- One player at each base concurrently takes a swing at an imaginary ball, drops the bat, runs as fast as possible to the next base, stepping on the “Mosquito” as they round it (4 players will be running at the same time)
- They then wait their turn at the base they just rounded
- Remind players it will be easier to step on the “Mosquito” if they run a little to the outside of the base line as they approach the base.
- It would be helpful to put some marks down for them to go around as shown in the diagram

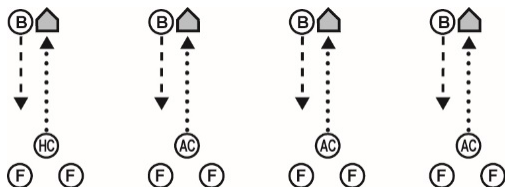


Tips/Modifications:

Important to have to coach demonstrate this activity. Coaches can use stickers or a mark on the base in order to help players know where to step.

SLUGGER**Learning Objective:** Hitting, fielding**Time:** 15 minutes**Equipment:** 4 bats, 4 balls, 4 carpet (or throw down) home plates**How to:**

- 4 groups of 3, with an adult with each group
- Adult pitches to the 3 players in their group – one at a time
- Batters hit the ball out to 2 fielders
- Fielders get 2 points for a fly ball and 1 point for a grounder
- Emphasize stride and hip action in batter's swing

**Tips/Modifications:**

Make sure areas are designated for each team.

~ 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.