

Session #6

~ 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 ~

BEANBAG TO BALL ARM CIRCLES

Learning Objective: Releasing the beanbag inside the hip to get it to hit the target

Time: 10 minutes

Equipment: Beanbags, softballs, hula-hoops hung on the fence at a low height, mat to kneel on (if available)

How to:

- Start with beanbags instead of balls. Have players kneel on the mat facing sideways to their target wearing a glove on one hand and grasping a beanbag in the other
- Instruct the player to “step” toward the target remaining on their knees making an arm circle at the same time “pitching” the beanbag into the hula-hoop

- Focus on the importance of releasing the beanbag inside the back hip and staying sideways to the target
- Once pitchers are comfortable with their release point, give them a ball to experiment with (be aware of park rules regarding throwing balls into fences)

Tips/Modifications:

- Use Duct Tape to put flappers on the back thigh to indicate release point.
- Have players release before and after the thigh to get an understanding of control.
- Then put a low target, middle target and high target and have them practice hitting the various levels.

Questions: Do the players understand where the release point is and if the ball is going high or low, why?

SUPER SCOOTER

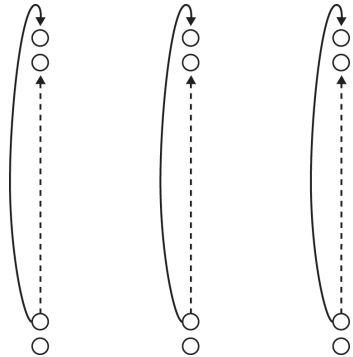
Learning Objective: Fielding ground balls, throwing

Time: 10 minutes

Equipment: 3 balls

How to:

- 3 teams of 4 in shuttle relay formation
- 1st player in each line throws a grounder to teammate on other side then goes to the end of the opposite line
- Player receiving it throws a grounder to the next player and follows throw to end of that line and so on until they get back to their original positions



Tips/Modifications:

Use a stopwatch and see how many well fielded balls and throws they can make in a set time. Repeat and try to beat their previous record. Count 21 fielded balls and 21 throws. The required number of outs in a regular game.

Questions: are the players fielding the ball correctly? Are they transferring the ball from the glove to the throwing position properly?

JAM & DIVE

Learning Objective: Rounding base and jamming to stop, diving back to base

Time: 10 minutes

Equipment: 4 bases, 4 bats

How to:

- 4 groups of 3 with 3 at each base
- Bases set up in diamond formation
- Each player takes a full swing at an imaginary ball, runs to the next base. Use proper rounding technique taught earlier
- After rounding the base, player “jams and dives” back to their base using correct technique as in Base Running Progressions in the Softball Skills section

Tips/Modifications:

Have a coach receive an imaginary throw and put a tag on as the player dives back

Questions: Is the player staying low to the ground? Do they understand the distance needed to reach the bag when diving back? Are they turning their head away from the throw?

— 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.