

Session #7

~ Warm Up ~

POISON BALL

Learning Objective: Throwing accuracy, catching, quickness, running

Time: 5 minutes

Equipment: 1 ball for every group of 6 (no gloves are required)

How to:

- 2 groups of 6: 2 games going on at the same time
- 4 players form a circle with the other 2 players outside the circle without a ball.
- One of the 4 players in the circle has the ball
- The ball is thrown from player to player or across to one another
- The 2 players on the outside try to tag one of the 4 players while they have the ball
- When the outside player is successful, they change places
- If the ball is dropped the player who dropped it becomes a tagger and the tagger who has been out the longest takes their place in the circle

Tips/Modifications:

If tags are made too easily use only 1 player as a tagger



~ Main Activities ~

HITTING STATIONS

Learning Objective: Proper grip on bat, stride and hip rotation

Time: 15 minutes

Equipment: 1 bat per player, 3 tee's, 3 whiffle balls on a rope, 6 carpet home plates

How to:

- 1 adult in charge of every 2 players
- 3 tee stations and 3 whiffle ball stations, with 2 players at each station

- Set tee's up IN FRONT of home plates.
- 6 players will practice hitting off a tee
- 6 players practice off a hanging whiffle ball which an adult can hold in FRONT of a home plate
- The partner awaiting their turn can be taking practice swings
- Groups switch when total time allotted to the hitting stations is half over. That will give each player an equal amount of time at both activities.

Tips/Modifications:

Make sure proper batting technique is used especially hip rotation, swinging through the ball and finishing with bat in middle of back.

SPELL YOUR NAME

Learning Objective: Throwing, catching

Time: 5 minutes

Equipment: 1 ball for every 2 players

How to:

- Partners should be selected by ability and spaced accordingly
- Line the players up, facing their partner or coach
- Remind everyone of the proper way to throw and to catch a ball
- Tell them that the name of the partnership is a combination of both players' names. Coach designates which line of partners gets to be the first name (i.e. players on the north side or south side)
- Have the players call out the name of their team (i.e. Jane Bobby)
- Partners throw the ball back and forth overhand
- They get a letter in their team name every time they make a catch
- When they complete their name, they move back 2 giant steps
- Continue the process to time limit

Tips/Modifications:

Adult may have to be the thrower if skill level is not advanced enough

~ 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.