

Session #8

~ Warm Up ~

DUMPING GROUND

Learning Objective: Running, agility, co-operation

Time: 5 minutes

Equipment: 1 ball for each player

How to:

- 4 teams of 3 located at each of the 4 bases
- Each team will have 3 balls on the ground
- Stipulate a time for the game. (i.e. 2 to 3 minutes)
- On “Go”, each player runs with a ball and puts it in another teams’ corner
- They can also pick up a ball while there and put it in another teams’ corner
- Objective is to have the least number of balls in your teams’ corner when time is up
- Players can remove balls from their corner and place them in the other teams’ corner
- Each player can only move 1 ball at a time



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?

~ *Main Activities* ~

CUT THE CORNER

Learning Objective: Rounding the bases, throwing, catching

Time: 10 minutes

Equipment: 3 balls, 3 helmets, 6 bases

How to:

- 3 groups of 4
- Set up each of the groups
- Runner runs from home around 1st base and on to 2nd base
- After the runner touches 1st base, the catcher throws to 1st, who throws to 2nd to try to get the ball to 2nd base before the runner gets there
- Rotate after each runner

Tips/Modifications:

Coach can put cones out in a C shape near 1st to reinforce rounding the base

PLANET PASS

Learning Objective: Catching, throwing, quick feet

Time: 10 minutes

Equipment: 1 ball, 4 bases, stopwatch

How to:

- 3 teams of 4
- 1 player from each team at a base
- The 4 bases are in diamond formation
- Set the distance between the bases according to ability of players
- The ball starts at one base
- On “Go” that team throws the ball around to their teammate at each base and back to where they started
- The coach times them to see how long it takes to complete
- Each team of 4 will get a turn in succession
- Competition between teams or each team can try to improve their last score

Tips/Modifications:

Throw in the other direction or see how many bases they can throw to in a set time (i.e. 20 sec.)

Questions: Are players pivoting correctly to throw in a different direction from where they received it?

~ 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.