

Session #9

~ Warm Up ~

ROTTEN EGGS

Learning Objective: Running, catching

Time: 5 minutes

Equipment: 2 balls

How to:

- Make 2 groups of 6 with 1 player or coach from each group standing in the middle with a ball while the other 5 form a circle around that player or coach
- The player in the middle throws the ball high in the air and calls out the name of a player
- The player who is called runs into the circle to catch or retrieve the ball while the rest of the players scatter
- When the player gets the ball and calls “Stop” all the players must stand still
- The ball is then thrown to the one FARTHEST away
- Repeat the process as time allows



~ Main Activities ~

HITTING STATIONS 2

Learning Objective: Hitting off tee, hitting off soft toss, emphasis on stride and hip rotation

Time: 15 minutes

Equipment: 4 tee's, 12 bats, 12 bats, 5 whiffle balls on a rope (shoe-lace sticks), 12 carpet home plates or bases

How to:

- There will be 3 different stations set up with 4 players to perform the same drill at the same time:
 - Station 1 – 4 Soft Toss
 - Station 2 – 4 Batting tee's
 - Station 3 – 4 Whiffle Balls on a Rope stations

- 1 adult at each of the soft toss stations, 1 adult at each of the tee stations, and 1 adult at each of the whiffle ball on a rope stations
- Divide time you have left after setting up into three so that players get an equal amount of time at all 3 stations
- All four players rotate to a different station when time is up
- Emphasize stride and hip action
- Make sure ball is placed IN FRONT of plate
- Home plate or bases should be used for each player, so they get the proper feeling of a standing at a plate to hit

CHANGE OF DIRECTION

Learning Objective: Proper footwork for fielding fly balls

Time: 10 minutes

Equipment: 6 balls

How to:

- 4 groups of 3
- An adult leader is with each group
- One player at a time faces the adult leader who has a ball ready to throw
- The adult holds the ball over their head with their arm extended so the players can see it and moves their hand alternately left and right
- The player moves diagonally backward in the direction (left or right) as indicated by the adult
- After the player fielding the ball has made 2 or 3 direction changes, the adult throws a long fly
- Be sure that the player keeps their chest pointed at the adult and does not turn their back to the ball when changing directions

~ 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.