

# SECTION

LESSON PLANS

4

## LESSON PLANS

### INTRODUCTION

This section contains lesson plans that are designed to make it easy for coaches who have little or no experience coaching children to run an exciting and effective Softball program for young children. Even experienced coaches will appreciate these well thought out lesson plans and incorporate many of the drills into their practice plans.

A set of 18 lesson plans has been designed to assist you in running a bi-weekly 9 week program. The plans have been designed as a resource. You can use the plans verbatim or as a rough guide. They are adaptable to your skills as a coach and the abilities of your athletes. The extent to which you choose to use the plans will depend on your softball coaching experience and your level of comfort in teaching children.

You have been given 18 lesson plans, but you will realize that some activities may work better than others. We encourage you to be creative – combine some of the plans, create your own name for activities or create your own plan based on the activities that you feel are most effective. Even have the players choose the activity as it's all about their enjoyment.

All lesson plans do require some advance preparation. The following check list will prepare you to run a successful session:

- Review the upcoming **Lesson Plan** prior to the session.
- Become comfortable with how to set up and run each activity (visualize).
- Review the skills of the session.
- Consult the **Softball Skills** section to review how to teach the skill.
- Review the **Notes to Coaches** section of the manual.
- Practice the skill at home (in front of a mirror) to be sure you are comfortable teaching it.
- Check to ensure that you have all the necessary equipment for the activities in the upcoming lesson plan.
- Arrive at the diamond 15 minutes early to ensure the field is safe and discuss the role each coach or adult helper will play during the session. You may also want to use this time to orientate adult helpers (parents/older siblings).

### DURING THE SEASON

There will be two (2) teams on the diamond at once (evenly divide your total number of players by two). One team is placed in the outfield and the other team is placed in the infield. Each team will perform the warm-up activity separately for 5 minutes. Then each team will perform the listed activities for 15 minutes in their designated areas. The two (2) teams will then switch positions (infield group moves to outfield and vice versa) and performs the activities listed for that area. The teams will then play a scrimmage game for 45 minutes.

## LIST OF ACTIVITIES

WARM UP GAMES		LESSON PAGE		HITTING GAMES		LESSON PAGE	
Behind Enemy Lines	17	63	Grand Slam	9, 11, 17	44, 49, 64		
Blob Tag	1, 11	21, 48	Hit and Run	4	30		
Bunnies and Bullfrogs	3	27	Hitting Stations	6, 8, 10, 18	34, 40, 45, 65		
Defend	15	58	Monster Bash	2	25		
Frozen Tag	16	61	Over the Line	15	58		
Grab the Bacon	5	32	Pepper	16	62		
Hook on Tag	14	56	Slugger	7	38		
Kermit and Miss Piggy	12	50	Smoke 'Em	5	33		
Leap Frog Tag	10	45					
Partner Shuttle	8	40	BASERUNNING GAMES		LESSON PAGE		
Partner Tag	2	24	Beep Beep	8, 10	41, 46		
Pip, Squeak and Wilbur	4	29	Gimme 5	1	22		
Shadows	9	43	Gotcha	12	51		
Shark in the Tank	6	34	Jam	7, 11, 15, 17	38, 49, 59, 64		
Take it Back	7	37	Kill the Mosquito	2, 4	25, 30		
Up-N-At-Em	13	53	Slip-N-Slide	9, 16	43, 61		
			Super Shoes	6, 13, 14	35, 54, 57		
THROWING/CATCHING GAMES		LESSON PAGE		LEAD UP GAMES		LESSON PAGE	
Ball of Fire	9	43	Berserk	extra	68		
Ball Red Rover	16	61	BlastBall	extra	71		
Big Foot	3	27	Bucket Ball	extra	72		
Boom-A-Rang	11	48	Crazy Ball	extra	69		
Bull's Eye	7	37	Dizzy Izzy	extra	69		
Champ	1	23	Far Base	extra	72		
Getting to Know You	1	21	Field 3	15	59		
Goal Ball	13	53	500	18	66		
Home Run	4	29	Freeze the Runner	5, 14	32, 57		
Hot Potato	10	47	Help	extra	70		
Lead Me	10	46	Minnie Ball	extra	73		
Leonardo	8	41	Roadrunner	extra	74		
Partner Throws	5, 12	32, 51	Scrub	extra	74		
Pert Gert/Pert Bert	1	22	Semi-Circle Softball	extra	75		
Reach the Coach	2, 3	24, 27	Skip Ball	extra	68		
Sky Ball	3	28	Ten Minute Softball	extra	75		
Spaceshuttle	12	51	Twenty One	extra	70		
Spell Your Name	6	35	Whack-O	extra	67		
Super Scooper	17	63					

# LESSON 1

## WARM UP

### ACTIVITY 1 BLOB TAG (5 min)

<b>SKILLS</b>	running, dodging, agility, co-operation
<b>ORGANIZATION</b>	mark out boundaries of playing area desired. One player is chosen to be the chaser (beginning Blob) and the rest scatter.
<b>ACTIVITY</b>	<ul style="list-style-type: none"> <li>▶ on “Go” the Blob chases, trying to tag others</li> <li>▶ tagged players join hands with Blob</li> <li>▶ when Blob becomes 3 only the outside players can tag</li> <li>▶ when Blob becomes 4 split to make 2 Mini-Blobs</li> </ul>

## TEAM IN THE OUTFIELD

### ACTIVITY 2 GETTING TO KNOW YOU (5 min)

<b>SKILLS</b>	catching, throwing, getting to know teammates
<b>EQUIPMENT</b>	1 ball for every 4 players
<b>ORGANIZATION</b>	3 groups of 4, with each group positioned in a square formation. Distance apart will be according to ability.
<b>ACTIVITY</b>	<ul style="list-style-type: none"> <li>▶ as players throw the ball to a teammate in their square, they call out their own name</li> <li>▶ on second or third round, they call their own name and the name of the player who is to receive the ball</li> <li>▶ change 2 people in groups at a time, so they get to know players in other groups as well</li> </ul>

### ACTIVITY 3 THROWING PROGRESSIONS (10 min)

<b>SKILLS</b>	throwing, catching, co-operation
<b>EQUIPMENT</b>	1 ball for every 2 players
<b>ORGANIZATION</b>	Players line up across from a partner an appropriate distance apart with one adult assigned to every pair.
<b>ACTIVITY</b>	<ul style="list-style-type: none"> <li>▶ coach teaches progressions for learning proper throwing mechanics (keep it short) as outlined in skills section (p. 86)</li> </ul>

- ▶ players start with no ball then progress to throwing a ball to partner
- ▶ this activity can be made FUN by seeing how many throws they can catch consecutively or out of 10

**ACTIVITY 4** **GIMME 5** (5 min)

**SKILLS** running through 1B, speed development

**EQUIPMENT** 4 bases

**ORGANIZATION** put bases down 30'-40' from players. Form 4 groups of 3



**ACTIVITY**

- ▶ players, in turn, take a swing at an imaginary ball, drop bat, run as fast as possible past their base, give coach “high 5”, return to base as if running to 2B, touch base and shout “**GREEN LIGHT**” to next player to leave
- ▶ make sure players are running full speed across the bag, slowing down only after touching it

**TEAM IN OUTFIELD**

**ACTIVITY 5** **PERT GERT OR PERT BERT** (5 min)

**SKILLS** proper use of glove for catching, how to wear it, how to use it

**EQUIPMENT** 1 ball and glove for each player

**ORGANIZATION** each player has a ball and space to work in where they won't bump into others. Objective is to see which “Pert Gert” (girl) or “Bert Bert” (boy) can get under the ball and catch it.

**ACTIVITY**

- ▶ each player tosses the ball in the air for a self-catch
- ▶ coaches emphasize proper use of glove
  - 1) See if they can throw it higher each time.
  - 2) How many consecutive catches can they make?
  - 3) Throw a little away from you and run to get under.
- ▶ a progression would be to have 1 adult toss it to every 2 players
- ▶ if skill level is high enough, players can throw to each other

**ACTIVITY 6 CHAMP** (5 min)

<b>SKILLS</b>	catching, throwing
<b>EQUIPMENT</b>	1 ball for every 2 players
<b>ORGANIZATION</b>	1 adult for every 2 players or players in partners if they are capable of throwing and catching the ball back and forth.
<b>ACTIVITY</b>	<ul style="list-style-type: none"> <li>▶ every time a ball is caught by one of the pair they get a letter of “CHAMP”</li> <li>▶ partners can compete against other partners to see which pair can spell CHAMP first. Letters can be awarded for good throws back to the adult as well</li> <li>▶ for variation have players select other words (i.e. Barney, elephant etc.)</li> </ul>

**ACTIVITY 7 PITCHING CO-ORDINATION DRILL** (5 min)

<b>SKILLS</b>	arm/hip action of windmill pitch
<b>ACTIVITY</b>	▶ coach teaches arm/hip action (from skills section p. 97) with players practicing without a ball

**SCRIMMAGE****ACTIVITY 8 MODIFIED SOFTBALL GAME** (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON

## WARM UP

### ACTIVITY 1 PARTNER TAG (5 min)

#### SKILLS

running, chasing

#### ACTIVITY

- ▶ partners face each other from opposite ends of designated playing area
- ▶ on “GO”, one partner tries to tag the other. When the partner is tagged, the roles are reversed
- ▶ after being tagged, the player performs a task (i.e. 3 jumping jacks) to give the other player time to get away

## TEAM IN INFIELD

### ACTIVITY 2 REACH THE COACH (5 min)

#### SKILLS

proper use of glove and positioning for fielding grounders

#### EQUIPMENT

1 ball for every 2 players

#### ORGANIZATION

1 adult for every 2 players. Each group draws a series of parallel lines 5' - 10' apart.

#### ACTIVITY

- ▶ coach will demonstrate progressions as in skills section p. 89 (keep it short)
- ▶ each pair will start at the line farthest from the coach
- ▶ objective is to get to the coach in the least number of throws
- ▶ a grounder is thrown to each player in turn
- ▶ if caught, the player advances to the next line. 1st player to the coach wins

#### VARIATION

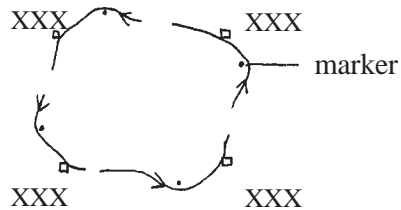
throw fly balls

**ACTIVITY 3 KILL THE MOSQUITO** (10 min)

**SKILLS** rounding 1B

**EQUIPMENT** 4 bases

**ORGANIZATION** 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.



**ACTIVITY**

- ▶ one player at each base 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
- ▶ 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 markers down for them to go around as shown in the diagram

**HITTING**

**ACTIVITY 4 HITTING PROGRESSIONS - STRIDE AND HIP ACTION** (5 min)

**SKILLS** stride and hip action of a good compact swing

**EQUIPMENT** 1 bat per player

- ACTIVITY**
- ▶ teach stride and hip action as in skills section (p. 91)
  - ▶ focus only on these 2 actions, as they are critical to a good swing. They will be unable to handle too much information at once

**ACTIVITY 5 MONSTER BASH - HITTING** (10 min)

**SKILLS** emphasis on stride and hip rotation

**EQUIPMENT** 6 “shoelace sticks”, 6 bases, 1 bat for every player (minimum 1 bat for every 2 players)

**ORGANIZATION** 1 adult for every 2 players. Each group will find a safe area to place their base and swing.

- ACTIVITY**
- ▶ the adult will hold the end of the shoelace (pretend it is a monster or something else appropriate) IN FRONT of the base at various heights
  - ▶ alternate players every 5-10 swings. Other player can be taking practice swings

**ACTIVITY 6** **ARM CIRCLES AND HIP THRUSTS** (10 min)

**SKILLS** arm/hip action of windmill pitch

- ACTIVITY**
- ▶ co-ordination drill from skill section (p. 97)
  - ▶ teach windmill arm action and hip action — no ball (p. 99)

**SCRIMMAGE**

**ACTIVITY 7** **MODIFIED SOFTBALL GAME** (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON 3

## WARM UP

### ACTIVITY 1 BUNNIES AND BULLFROGS (5 min)

**SKILLS** hopping, body awareness

**ORGANIZATION** make a center line between 2 end lines. 2 teams of 6: 1 team of Bunnies and 1 team of Bullfrogs. Teams lie down head to head, opposite each other on center line.

- ACTIVITY**
- ▶ if the coach calls “Bullfrogs”, frogs get up and hop back to their swamp (end line) while Bunnies get up and bunnyhop after them
  - ▶ if a Bunny tags a Bullfrog before the frog reaches the swamp, the Bullfrog becomes a Bunny
  - ▶ if coach calls “Bunnies”, they turn and hop while the Bullfrogs hop in pursuit
  - ▶ coach could surprise players by calling “Bears” or “Birds”. If they rise on a false name, they change sides

## TEAM IN INFIELD

### ACTIVITY 2 BIG FOOT (10 min)

**SKILLS** throwing, catching

**EQUIPMENT** 1 ball for every 2 players

**ORGANIZATION** partners start on lines, facing each other, approximately 10' apart. One adult per pair.

- ACTIVITY**
- ▶ players throw to each other (or adult throws if skill level is too low for accurate throws)
  - ▶ every time they make a catch, they move back one giant step
  - ▶ the pair that gets the farthest apart, still able to catch the ball, gets the BIG FOOT award

### ACTIVITY 3 REACH THE COACH (10 min)

**SKILLS** proper use of glove and positioning for fielding grounders

**EQUIPMENT** 1 ball for every 2 players

**ORGANIZATION** 1 adult for every 2 players. Each group draws a series of parallel lines 5' - 10' apart.

- ACTIVITY**
- ▶ coach will demonstrate progressions as in skills section p. 89 (keep it short)
  - ▶ each pair will start at the line farthest from the coach
  - ▶ objective is to get to the coach in the least number of throws
  - ▶ a grounder is thrown to each player in turn
  - ▶ if caught, the player advances to the next line. 1st player to the coach wins

**VARIATION** throw fly balls

## TEAM IN OUTFIELD

### ACTIVITY 4 SKY BALL (10 min)

**SKILLS** proper use of glove and positioning when catching fly balls

**EQUIPMENT** 1 ball and glove for each player

**ORGANIZATION** 1 adult for every 2 players

- ACTIVITY**
- ▶ coach will demonstrate progressions as in skills section (p. 87)
  - ▶ players will then practice catching high tosses from an adult
- Self-competition can be included by:
- 1) Seeing if they can catch a higher one each time.
  - 2) How many consecutive catches can they make?
  - 3) Throw a little away from the player so they have to move to get underneath.

### ACTIVITY 5 GRIP AND STATIC PITCHING (10 min)

**SKILLS** proper grip on the ball, release point on side of leg

- ACTIVITY**
- ▶ review arm circle and hip thrust from previous lesson (p. 99)
  - ▶ teach and practice static pitching drill with ball (skills section p. 100)

## SCRIMMAGE

### ACTIVITY 6 MODIFIED SOFTBALL GAME (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON 4

## WARM UP

### ACTIVITY 1

**PIP, SQUEAK AND WILBUR** (5 min)

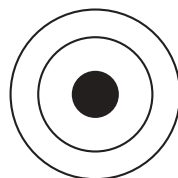
- |                     |  |
|---------------------|--|
| <b>SKILLS</b>       | baserunning  |
| <b>EQUIPMENT</b>    | 4 balls, 4 bases   |
| <b>ORGANIZATION</b> | 4 groups of 3, one group at each base. Bases are set up in diamond formation. Players in each group are named PIP, SQUEAK or WILBUR. 4 balls placed at pitchers plate.   |
| <b>ACTIVITY</b>     | <ul style="list-style-type: none"> <li>▶ when the coach calls out name (PIP, SQUEAK, or WILBUR), the player with that name runs around the bases. When (s)he touches the base they started at, (s)he runs to the center to pick up a ball and brings it back to the group</li> <li>▶ balls are returned to the center for the next person</li> <li>▶ score a point for the 1st person back to their starting base</li> </ul> |

## TEAM IN INFIELD

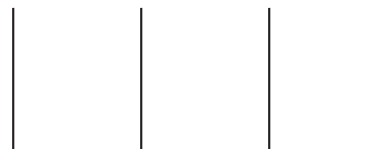
### ACTIVITY 2

**HOME RUN** (10 min).

- |                     |  |
|---------------------|--|
| <b>SKILLS</b>       | throwing accuracy  |
| <b>EQUIPMENT</b>    | 2 targets, 4 balls   |
| <b>ORGANIZATION</b> | 4 groups of 3, with 2 groups of 3 at each target, which is hung on the backstop. Mark out 4 lines at various distances from the target. Distances can be according to ability of the group. A high success rate is wanted. |



TARGET



SINGLE    DOUBLE    TRIPLE    HOMERUN

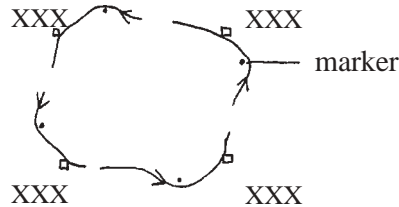
- |                 |   |
|-----------------|---|
| <b>ACTIVITY</b> | <ul style="list-style-type: none"> <li>▶ players choose which distance they throw from in order to hit the target</li> <li>▶ points are awarded as follows: single – 1 pt.; double – 2 pts.; triple – 3 pts.; homerun – 4 pts.</li> <li>▶ objective can be to see if each player can get more points on each consecutive throw or it can be made competitive with other groups by totaling each group’s points</li> </ul> |
|-----------------|---|

**ACTIVITY 3 KILL THE MOSQUITO** (10 min)

**SKILLS** rounding 1B

**EQUIPMENT** 4 bases

**ORGANIZATION** 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.



**ACTIVITY**

- ▶ one player at each base 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
- ▶ 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 markers down for them to go around as shown in the diagram

**ACTIVITY 4 HIT AND RUN** (10 min)

**SKILLS** hitting and dropping bat rather than throwing it

**EQUIPMENT** 3 batting T’s, at least 2 balls per T, 3 bases

**ORGANIZATION** 3 groups of 4 ( 1 batter, 1 on deck, 2 fielders) and at least 1 adult per group. Set up 3 T’s in front of a carpet Home plate. Draw a circle on the ground where bat should be dropped before running. Place a 1B 30’-40’ from where T is set up.

**ACTIVITY**

- ▶ 1st player hits off a T, drops the bat in marked circle, runs to base. Then returns to be an on deck batter
- ▶ 2 fielders retrieve the ball and throw it to the adult, who is in charge of replacing the ball on the T
- ▶ while ball is being retrieved, the on deck batter prepares to hit
- ▶ divide the total amount of time you have left after set up by 2, then give each pair that amount of time to hit — they will be the fielders while the other pair hit

**ACTIVITY 5** **STATIC PITCHING** (10 min)**SKILLS**

wrist snap off side of leg

**ACTIVITY**

- ▶ review arm circle and hip thrust from previous lesson (p. 99)
- ▶ teach and practice static pitching drill with ball (skills section p. 100)

**SCRIMMAGE****ACTIVITY 6** **MODIFIED SOFTBALL GAME** (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON 5

## WARM UP

### ACTIVITY 1 GRAB THE BACON (5 min)

- |                     |  |
|---------------------|--|
| <b>SKILLS</b>       | running, dodging, body awareness, quickness, agility   |
| <b>EQUIPMENT</b>    | 1 ball for every 2 players   |
| <b>ORGANIZATION</b> | partners each start at their own baseline. A ball is placed at the mid-point between partners.   |
| <b>ACTIVITY</b>     | <ul style="list-style-type: none"> <li>▶ on “GO” from the coach each partner runs out, tries to grab the ball (bacon) and get back to their baseline without being tagged by their partner who didn’t get the bacon</li> <li>▶ change partners frequently</li> </ul> |

## TEAM IN INFIELD

### ACTIVITY 2 PARTNER THROWS (5 min)

- |                     |  |
|---------------------|--|
| <b>SKILLS</b>       | throwing, catching   |
| <b>EQUIPMENT</b>    | 1 ball for every 2 players   |
| <b>ORGANIZATION</b> | partners stand opposite each other at a distance commensurate with ability   |
| <b>ACTIVITY</b>     | <ul style="list-style-type: none"> <li>▶ partners throw ball back and forth</li> <li>▶ various goals can be set (i.e. how many consecutive throws and catches without a miss; how many throws in specified time (30 sec.); throw high balls; grounders; side to side; etc).</li> </ul> |

### ACTIVITY 3 FREEZE THE RUNNER - THROWING (15 min)

- |                     |  |
|---------------------|--|
| <b>SKILLS</b>       | throwing, catching, baserunning, co-operation, teamwork  |
| <b>EQUIPMENT</b>    | 1 ball, 4 bases, 4 helmets, 2 bats   |
| <b>ORGANIZATION</b> | 2 teams of 6: 1 team on offence and 1 team on defence.   |
| <b>ACTIVITY</b>     | <ul style="list-style-type: none"> <li>▶ offensive “batter” THROWS the ball into the playing area and runs around the bases until “FREEZE” is shouted. “FREEZE” may have to be shouted more than once at this age</li> <li>▶ ball is fielded, then thrown so EVERY fielder catches the ball. The last fielder to catch the ball shouts “FREEZE”</li> </ul> |

- ▶ score points by counting the number of bases touched. If caught between bases, the last base touched counts
- ▶ after everyone has had a turn, switch defence and offence
- ▶ keep total bases touched for each team
- ▶ emphasize proper rounding of bases by using markers as in “Kill the Mosquito” drill

**Note:** Players on defence will likely need help from adults to keep them from all running after the ball at once and in knowing where to throw it next. Lack of catching ability will likely mean there is little actual catching going on but at least each player will get to touch and throw the ball.

**VARIATION** ▶ instead of throwing, offensive team could hit off a T or soft toss

## TEAM IN OUTFIELD

### ACTIVITY 4 SMOKE 'EM (15 min)

- SKILLS** hitting, fielding
- EQUIPMENT** 4 bats, 2-3 balls per group, 4 T's if hitting off a T
- ORGANIZATION** 4 groups of 3 with at least one adult per group
- ACTIVITY**
- ▶ in each group an adult will pitch to one batter while the other 2 players field
  - ▶ fielding players get 2 points for catching a fly and 1 for a ground ball
  - ▶ offensive players get 3 points for a line drive, 2 points for a long fly ball or hard grounder, 1 point for pop fly or easy grounder
  - ▶ see who can get 10 points first
  - ▶ rotate batters every 2 min., so that they all get a turn to bat

### ACTIVITY 5 HIP PITCHING (5 min)

- SKILLS** wrist snap of ball off side of leg from stride position
- ACTIVITY**
- ▶ review static pitching drill (p. 100)
  - ▶ teach and practice hip pitching drill with a ball (in skills section p. 101)

## SCRIMMAGE

### ACTIVITY 6 MODIFIED SOFTBALL GAME (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON

## WARM UP

### ACTIVITY 1 SHARK IN THE TANK (5 min)

- SKILLS** running, dodging, body awareness, co-operation, agility
- ORGANIZATION** 2 or 3 players are the “Sharks”, the rest are the “Fish”. Mark off a playing area to be the “tank”.
- ACTIVITY**
- ▶ fish must stay in the tank
  - ▶ 3 “Sharks” are timed to see how long it takes them to catch all the fish. When they do, choose 3 new “Sharks”

## TEAM IN INFIELD

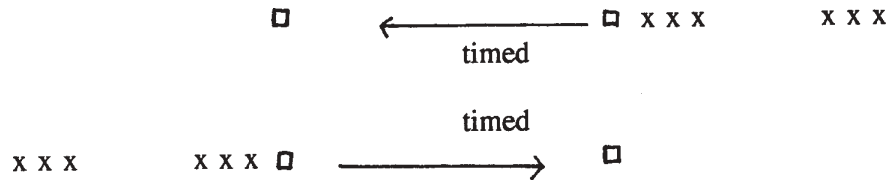
### ACTIVITY 2 HITTING STATIONS (15 min)

- SKILLS** proper grip on bat, stride and hip rotation
- EQUIPMENT** 1 bat per player, 3 T’s, 3 whiffle balls on a rope, 6 carpet Home plates
- ORGANIZATION** 1 adult in charge of every 2 players. 3 T stations and 3 whiffle ball stations, with 2 players at each station. Set T’s up IN FRONT of Home plates.
- ACTIVITY**
- ▶ 6 players will practice hitting off a T
  - ▶ 6 players practice hitting 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 stations after 5 min. That will give each player approximately 2 min. of hitting at each activity

**NOTE:** Make sure players are shown proper bat grip, and that stride and hip rotation is emphasized. Watch for heel to sky on swing. Make sure batters swing right through and finish with the bat in the middle of their back. Make sure ball is placed IN FRONT of plate.

**ACTIVITY 3 SUPER SHOES** (5 min)

- SKILLS** baserunning, speed development
- EQUIPMENT** bases set up on diamond, 2 stopwatches
- ORGANIZATION** 2 groups of 6, 1 group between 1B and 2B and the other between 2B and 3B. Each of the groups is broken into 2 groups of 3.



- ACTIVITY**
- ▶ each player takes a swing with a bat at an imaginary ball and runs to the next base as fast as possible
  - ▶ total the times of each team of 3
  - ▶ keep a record of the lowest scores for future trials

**TEAM IN OUTFIELD**

**ACTIVITY 4 SPELL YOUR NAME** (10 min)

- SKILLS** throwing, catching
- EQUIPMENT** 1 ball for every 2 players
- ORGANIZATION** partners should be selected by ability and spaced accordingly.

- ACTIVITY**
- ▶ partners throw the ball back and forth overhand
  - ▶ they get a letter in their name every time they make a catch
  - ▶ when they complete their name, they move back 2 giant steps
  - ▶ continue the process to time limit or success rate gets low

**Note:** Adult may have to be the thrower if skill level is not advanced enough.

- VARIATION**
- ▶ this drill can be modified to give the points to the thrower for throwing accuracy
  - ▶ it can be made increasingly more challenging by making the target more difficult (i.e. only get a letter if the partner can catch it only moving 1 foot or not moving at all).

**ACTIVITY 5 HIP PITCHING** (5 min)

**SKILLS**

wrist snap ball off side of leg from stride position

**ACTIVITY**

- ▶ review static pitching drill (p. 100)
- ▶ teach and practice hip pitching drill with a ball (in skills section p. 101)

**SCRIMMAGE**

**ACTIVITY 6 MODIFIED SOFTBALL GAME** (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON

## WARM UP

### ACTIVITY 1 TAKE IT BACK (5 min)

<b>SKILLS</b>	agility, quickness, teamwork
<b>EQUIPMENT</b>	20-25 balls and/or other small objects, 4 markers
<b>ORGANIZATION</b>	4 teams of 3. One team at each of the 4 markers, which are placed in a diamond formation (bases could be used instead of markers). Objects are placed in center where pitcher's location would be.
<b>ACTIVITY</b>	<ul style="list-style-type: none"> <li>▶ on "GO", one player at a time from each team runs out and picks up 1 of the objects and returns</li> <li>▶ after tagging the returning player's hand, the next player leaves</li> <li>▶ play continues until all objects are gone</li> <li>▶ the team with the most objects wins</li> </ul>

## TEAM IN INFIELD

### ACTIVITY 2 BULL'S EYE (10 min)

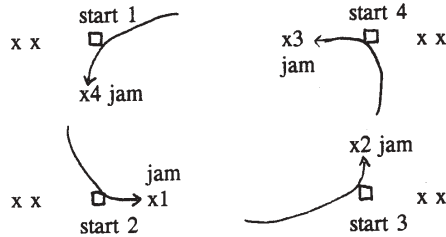
<b>SKILLS</b>	throwing accuracy, fielding
<b>EQUIPMENT</b>	2 targets, 12 balls
<b>ORGANIZATION</b>	2 groups of 6, each group in a file in front of their target, which is placed on the backstop.
<b>ACTIVITY</b>	<ul style="list-style-type: none"> <li>▶ an adult will throw either a fly or a grounder to the 1st person in line, who fields it and throws at the target</li> <li>▶ after the throw, the player moves to the back of the line and the next player takes a turn</li> <li>▶ score 1 point for fielding cleanly and 1 point for hitting the target</li> <li>▶ competition can be to see which team reaches 10-15 first OR which team scores the most points in a given time limit</li> </ul>

**ACTIVITY 3 JAM** (10 MIN)

**SKILLS** rounding base and jamming to stop

**EQUIPMENT** 4 bases

**ORGANIZATION** 4 groups of 3 with 3 at each base. Bases set up in diamond formation.



**ACTIVITY**

- ▶ each player takes a full swing at an imaginary ball, runs to the next base. Use proper rounding technique taught earlier in “Kill the Mosquito”. After rounding the base, player “jams” (see skills section p. 94)

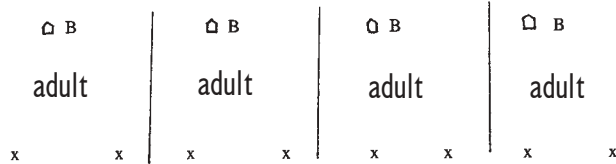
**TEAM IN OUTFIELD**

**ACTIVITY 4 SLUGGER** (15 min)

**SKILLS** hitting, fielding

**EQUIPMENT** 4 bats, 4 balls, 4 carpet Home plates

**ORGANIZATION** 4 groups of 3, with an adult with each group.



**ACTIVITY**

- ▶ adult pitches to the 3 players in their group
- ▶ 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 the batter’s swing

**ACTIVITY 5 HIP PITCHING** (5 min)**SKILLS**

wrist snap ball off side of leg from stride position

**ACTIVITY**

- ▶ review static pitching drill (p. 100)
- ▶ teach and practice hip pitching drill with a ball (in skills section p. 101)

**SCRIMMAGE****ACTIVITY 6 MODIFIED SOFTBALL GAME** (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON 8

## WARM UP

### ACTIVITY 1 PARTNER SHUTTLE (5 min)

- SKILLS** agility, quickness, teamwork
- ORGANIZATION** players form partners and make 2 end lines with partners starting at one end.
- ACTIVITY**
- ▶ partners, joined, move back and forth to end lines using various combinations of body parts touching the ground (i.e. 3 legs; 2 legs; 4 legs + 2 hands; 2 hands + 2 legs; 1 hand + 3 feet etc)
  - ▶ can also be done as singles, using various movements (i.e. skip; shuffle step; carioka; frog hop; duck walk)

## TEAM IN INFIELD

### ACTIVITY 2 HITTING STATIONS (15 min)

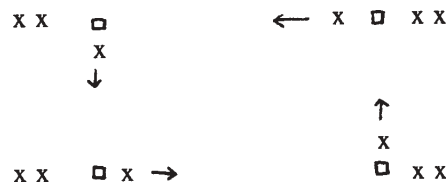
- SKILLS** hitting off T, hitting off soft toss, emphasis on stride and hip rotation
- EQUIPMENT** 12 bats, 5 whiffle balls on a rope, 4 T's
- ORGANIZATION** there will be 3 different stations set up for 4 players to perform the same drill at the same time
- ▶ Station 1 - 4 Soft Toss
  - ▶ Station 2 - 4 Batting T's
  - ▶ Station 3 - 4 Whiffle Balls on a Rope
- 1 adult at each of the soft toss stations, and 1 supervising all 4 T stations; and 1 at each of the whiffle ball on a rope stations.
- ACTIVITY**
- ▶ players will hit at one station for approximately 4 min. then all 4 players will rotate to the next station. (Time will depend on how much time you have left after set up. Just divide the time you have into 3.)
  - ▶ players will do all three hitting stations in the allotted time
  - ▶ emphasize stride and hip action
  - ▶ make sure ball is placed IN FRONT of plate. Carpet Home plates should be used to indicate where players should stand and where ball should be placed to hit

**ACTIVITY 3 BEEP BEEP** (5 min)

**SKILLS** rounding the bases, speed development, conditioning

**EQUIPMENT** 4 bases

**ORGANIZATION** put bases down in proper diamond location, with 3 players at each. One player starts in front of base and extra players stand behind.



- ACTIVITY**
- ▶ on “GO”, the first player in each group runs around all the bases and returns to tag the next player in line
  - ▶ first team to finish gets the “BEEP BEEP” award
  - ▶ emphasize proper rounding techniques including stepping on the inside corner

**TEAM IN OUTFIELD**

**ACTIVITY 4 LEONARDO** (10 min)

**SKILLS** grounders, throwing

**EQUIPMENT** 1 ball for every 2 players

**ORGANIZATION** adult helper for every 2 players, standing an appropriate distance from players.

- ACTIVITY**
- ▶ coach throws grounders to each player (one at a time)
  - ▶ every time a ball is picked up cleanly and thrown back accurately the pair gets a letter in “LEONARDO” (or any word they wish to spell)
  - ▶ partners can compete against each other OR other teams

**ACTIVITY 5 HIP - STRIDE ACTION - NO BALL** (10 min)

**SKILLS** wrist snap off side of leg from stride position, taking stride

- ACTIVITY**
- ▶ practice static pitching drill (p. 100)
  - ▶ practice hip pitching with ball (from skills section p. 101)
  - ▶ teach stride action with NO BALL (from skills section p. 102)

**SCRIMMAGE**

**ACTIVITY 6 MODIFIED SOFTBALL GAME** (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON 9

## WARM UP

### ACTIVITY 1 SHADOWS (5 min)

**Note:** A sunny day is necessary for this activity.

**SKILLS** chasing, dodging, co-operation

**ORGANIZATION** 2 players designated as chasers, others scatter.

- ACTIVITY**
- ▶ on “GO” players scatter, while chasers try to step on their shadows
  - ▶ count how many shadows are stepped on
  - ▶ change chasers often

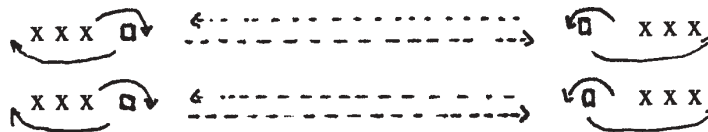
## TEAM IN INFIELD

### ACTIVITY 2 BALL OF FIRE (10 min)

**SKILLS** catching, touching base, throwing

**EQUIPMENT** 4 bases

**ORGANIZATION** 2 groups of 6. Place bases a distance apart according to ability (30' - 60'). Players line up in columns behind a base - 3 behind each base.



- ACTIVITY**
- ▶ player receiving the ball steps in front of the base to receive the ball, catches it, tags the base with one foot, then throws the ball to the opposite base, then goes to end of line
  - ▶ process is repeated until each player has desired repetitions

### ACTIVITY 3 SLIP-N-SLIDE (10 min)

**SKILLS** bent leg slide

**ORGANIZATION** players on a line to start. Then 3 groups of 4 with 2 adults per group.

- ACTIVITY**
- ▶ teach progressions for sliding as in skills section (p. 95)

## TEAM IN OUTFIELD

### ACTIVITY 4 GRAND SLAM (15 min)

<b>SKILLS</b>	hitting, fielding
<b>EQUIPMENT</b>	3 T's, 3 balls, ball gloves, 3 bats
<b>ORGANIZATION</b>	groups of 4 - each group has a batting T and 1 whiffle ball or another type of ball depending on ability.
<b>ACTIVITY</b>	<ul style="list-style-type: none"><li>▶ one batter hits to 3 fielders</li><li>▶ when a fielder catches 2 fly balls OR 4 grounders, they become new batter</li><li>▶ players can't bat a 2nd time until everybody has batted</li></ul>

**NOTE:** Number of catchers may have to be adjusted to accommodate time available and ability of players.

### ACTIVITY 5 HIP - STRIDE ACTION - NO BALL (5 min)

<b>SKILLS</b>	wrist snap off side of leg from stride position, taking stride
<b>ACTIVITY</b>	<ul style="list-style-type: none"><li>▶ practice static pitching drill (p. 100)</li><li>▶ practice hip pitching with ball (from skills section p. 101)</li><li>▶ teach stride action with NO BALL (from skills section p. 102)</li></ul>

## SCRIMMAGE

### ACTIVITY 6 MODIFIED SOFTBALL GAME (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON

## WARM UP

### ACTIVITY 1 LEAP FROG TAG (5 min)

- SKILLS** running, dodging, body awareness
- ORGANIZATION** designate 2 or 3 Frog Catchers. The rest are frogs who try to avoid being caught.
- ACTIVITY**
- ▶ when tagged, the frog is frozen into a frog position
  - ▶ frozen frogs can be released by another frog leap-frogging over top of them
  - ▶ change the Frog Catchers often

## TEAM IN INFIELD

### ACTIVITY 2 HITTING STATIONS (15 min)

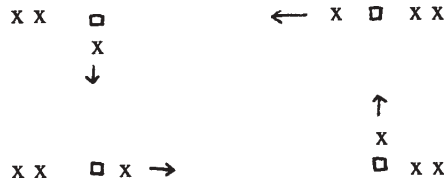
- SKILLS** learning to hit off self toss (fungo hit), hitting technique, hand-eye coordination
- EQUIPMENT** 4T's, 12 balls, 12 bats, carpet home plates or bases
- ORGANIZATION** there will be 3 different stations set up for 4 players to perform the same drill at the same time
- ▶ Station 1 – 4 fungo stations
  - ▶ Station 2 – 4 batting T stations
  - ▶ Station 3 – 4 Soft Toss stations
- 1 adult at each of the soft toss stations (4), 1 adult at the T stations, and 1 adult at the fungo stations.
- ACTIVITY**
- ▶ divide time you have left after set 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 the time is up
  - ▶ emphasize stride and hip rotation
  - ▶ 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.

**ACTIVITY 3 BEEP BEEP** (5 min)

**SKILLS** rounding the bases, speed development, conditioning

**EQUIPMENT** 4 bases

**ORGANIZATION** put bases down in proper diamond location, with 3 players at each. One player starts in front of base and extra players stand behind.



- ACTIVITY**
- ▶ on “GO”, the first player in each group runs around all the bases and returns to tag the next player in line
  - ▶ first team to finish gets the “BEEP BEEP” award
  - ▶ emphasize proper rounding techniques including stepping on the inside corner

**TEAM IN OUTFIELD**

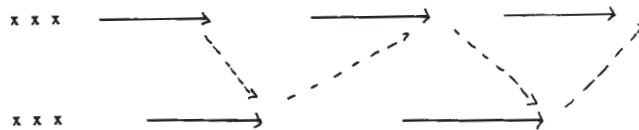
**ACTIVITY 4 LEAD ME** (5 min)

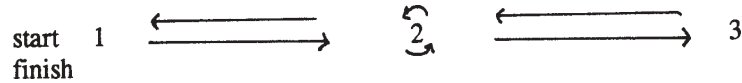
**SKILLS** catching and throwing while moving

**EQUIPMENT** 1 ball for every 2 players

**ORGANIZATION** partners stand, parallel, facing same direction approximately 20’ apart. Next set of partners is ready to go as soon as 1st set is out of the way. 2 lines can be going at once.

- ACTIVITY**
- ▶ partners lead each other with a throw so they both have to be moving while throwing and catching



**ACTIVITY 5 HOT POTATO** (5 min)**SKILLS** relaying ball from one player to another, catching, throwing**EQUIPMENT** 1 ball for every 3 players**ORGANIZATION** 4 teams of 3 lined up as shown.**ACTIVITY**

- ▶ in groups of 3, the ball is relayed from 1 to 2 to 3 and back.
- ▶ go slowly at first to concentrate on proper turn in center
- ▶ rotate players in all 3 positions, so each gets experience as a relay player in the center.
- ▶ in relay position, emphasize making a quick turn (in skills section p. 96)
- ▶ it can be made into a relay competition if skill level is high enough

**ACTIVITY 6 COMPLETE PITCH ACTION** (10 min)**SKILLS** windmill pitching

- ACTIVITY**
- ▶ practice hip pitching drill with ball (in skills section p. 101)
  - ▶ teach and practice complete pitch action without ball (in skills section p. 103)

**SCRIMMAGE****ACTIVITY 7 MODIFIED SOFTBALL GAME** (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON 11

## WARM UP

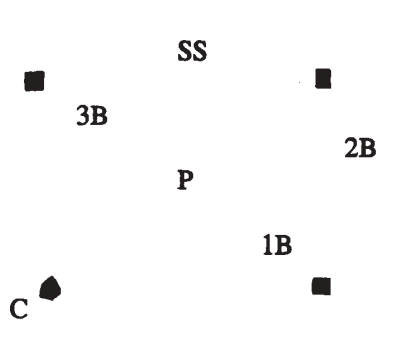
### ACTIVITY 1 BLOB TAG (5 min)

- SKILLS** running, dodging, agility, co-operation
- ORGANIZATION** mark out boundaries of playing area desired. One player is chosen to be the chaser (beginning Blob) and the rest scatter.
- ACTIVITY**
- ▶ on “Go” the Blob chases, trying to tag others
  - ▶ tagged players join hands with Blob
  - ▶ when Blob becomes 3 only the outside players can tag
  - ▶ when Blob becomes 4 split to make 2 Mini-Blobs

## TEAM IN INFIELD

### ACTIVITY 2 BOOM-A-RANG (5 min)

- SKILLS** throwing from positions in the infield
- EQUIPMENT** 2 balls, 8 bases
- ORGANIZATION** 2 groups of 6. Set up bases to make 2 diamonds with 6 players at each. 5 players in infield position including pitching and catching position



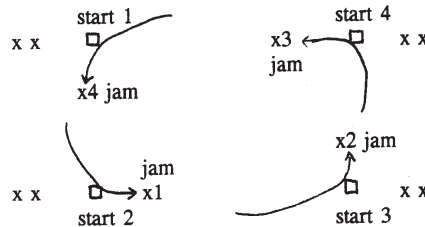
- ACTIVITY**
- ▶ catcher throws a grounder to each player in succession
  - ▶ they field it, throw to 1st base, who throws it back to C
  - ▶ rotate positions after each sequence so all players get a chance to throw from each position
  - ▶ score 1 point for each successful throw and catch
  - ▶ see how many points can be scored per sequence (max. 11)
- VARIATION** throw flies instead of grounders

**ACTIVITY 3 JAM AND DIVE** (10 min)

**SKILLS** rounding base and jamming to stop, diving back to base

**EQUIPMENT** 4 bases

**ORGANIZATION** 4 groups of 3 with 3 at each base. Bases set up in diamond formation.



**ACTIVITY**

- ▶ 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. (see skills section P. 94)

**TEAM IN OUTFIELD**

**ACTIVITY 4 GRAND SLAM** (15 min)

**SKILLS** hitting, fielding

**EQUIPMENT** 3 T's, 3 balls, ball gloves, 3 bats

**ORGANIZATION** groups of 4 - each group has a batting T and 1 whiffle ball or another type of ball depending on ability.

**ACTIVITY**

- ▶ one batter hits to 3 fielders
- ▶ when a fielder catches 2 fly balls OR 4 grounders, they become new batter
- ▶ players can't bat a 2nd time until everybody has batted

**NOTE:** Number of catches may be adjusted to accommodate time available and ability of players.

**ACTIVITY 5 COMPLETE PITCH ACTION** (10 min)

**SKILLS** windmill pitching

**ACTIVITY**

- ▶ practice hip pitching drill with ball (in skills section p. 101)
- ▶ teach and practice complete pitch action without a ball (in skills section p. 103)

**SCRIMMAGE**

**ACTIVITY 6 MODIFIED SOFTBALL GAME** (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON

## WARM UP

### ACTIVITY 1 KERMIT AND MISS PIGGY (5 min)

<b>SKILLS</b>	hopping, body awareness, co-operation, catching, throwing
<b>EQUIPMENT</b>	ball
<b>ORGANIZATION</b>	2 teams of 6: a throwing team (Kermits) and a fielding team (Miss Piggies). Kermits stand along 1 end line, while Miss Piggies scatter about the playing area.
<b>ACTIVITY</b>	<ul style="list-style-type: none"> <li>▶ one of the Kermits throws the ball high into the air</li> <li>▶ as soon as it leaves the thrower's hand, all the Kermits HOP quickly to the opposite side of the playing area</li> <li>▶ once the Miss Piggies have caught the ball, the leader Miss Piggy yells "Catch Kermit" and they all try to tag the Kermits before they reach safety</li> <li>▶ tagged Kermits must sit down immediately to avoid confusion</li> <li>▶ switch Kermits and Miss Piggies so each get a chance to hop</li> </ul>

## TEAM IN INFIELD

### ACTIVITY 2 BULL'S EYE (10 min)

<b>SKILLS</b>	throwing accuracy, fielding
<b>EQUIPMENT</b>	2 targets, 12 balls
<b>ORGANIZATION</b>	2 groups of 6, each group in a file in front of their target, which is placed on the backstop.
<b>ACTIVITY</b>	<ul style="list-style-type: none"> <li>▶ an adult will throw either a fly or a grounder to the 1st person in line, who fields it and throws at the target</li> <li>▶ after the throw, the player moves to the back of the line and the next player takes a turn</li> <li>▶ score 1 point for fielding cleanly and 1 point for hitting the target</li> <li>▶ competition can be to see which team reaches 10-15 first OR which team scores the most points in a given time limit</li> </ul>

**ACTIVITY 3 GOTCHA** (10 min)

<b>SKILLS</b>	baserunning, determination, conditioning
<b>EQUIPMENT</b>	4 bases
<b>ORGANIZATION</b>	4 groups of 3 with 3 players at each base. Set up bases in diamond formation 20' - 30' apart.
<b>ACTIVITY</b>	<ul style="list-style-type: none"> <li>▶ on “GO”, one player from each group starts running around the bases</li> <li>▶ objective is to run past the person ahead of you</li> <li>▶ score 1 point for your team for every player passed</li> <li>▶ run for a set period of time (15-30 seconds)</li> </ul>

**TEAM IN OUTFIELD****ACTIVITY 4 PARTNER THROWS** (5 min)

<b>SKILLS</b>	throwing, catching
<b>EQUIPMENT</b>	1 ball for every 2 players
<b>ORGANIZATION</b>	partners stand opposite each other at a distance commensurate with ability
<b>ACTIVITY</b>	<ul style="list-style-type: none"> <li>▶ partners throw ball back and forth</li> <li>▶ various goals can be set (i.e. how many consecutive throws and catches without a miss; how many throws in specified time (30 sec.); throw high balls; grounders; side to side ; etc).</li> </ul>

**ACTIVITY 5 SPACESHUTTLE** (5 min)

<b>SKILLS</b>	throwing for distance, low level competition against each other
<b>EQUIPMENT</b>	1 ball for every 2 players
<b>ORGANIZATION</b>	1 adult and 1 ball (spaceshuttle) for every 2 players. 1 marker for each player. Try to assign partners as close in ability as possible.
<b>ACTIVITY</b>	<ul style="list-style-type: none"> <li>▶ partners stand behind a line and see how far they can throw (send the ball into space)</li> <li>▶ their adult leader can be in the area of the throw to mark the spot</li> <li>▶ competition can be introduced by seeing if they can throw farther each time and by competing against each other</li> </ul>

**ACTIVITY 6** **COMPLETE PITCH ACTION** (10 min)

**SKILLS**

windmill pitching

**ACTIVITY**

- ▶ practice hip pitching drill with ball (in skills section p. 101)
- ▶ teach and practice complete pitch action without ball (in skills section p. 103)

**SCRIMMAGE**

**ACTIVITY 7** **MODIFIED SOFTBALL GAME** (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON 13

## WARM UP

### ACTIVITY 1 UP'N AT 'EM (5 min)

**SKILLS** quickness, running

**ORGANIZATION** partners

- ACTIVITY**
- ▶ one partner (chaser) stands on the end line with hand out
  - ▶ the other partner (runner) slaps (softly) the outreached hand and runs in the opposite direction to get safely across the other end line without being tagged
  - ▶ the partner, whose hand was slapped, tries to catch the runner before (s)he gets to the safe line

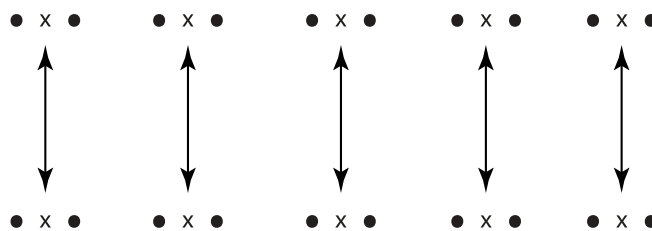
## TEAM IN INFIELD

### ACTIVITY 2 GOAL BALL (10 min)

**SKILLS** fielding grounders

**EQUIPMENT** 1 ball for every 2 players.

**ORGANIZATION** mark off a “goal” area for each player opposite a partner. The distance depends on skill level (up to 10' wide).



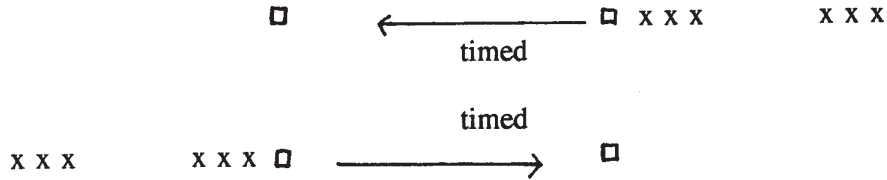
- ACTIVITY**
- ▶ each player tries to score a goal by throwing a grounder by the partner through the marked goal posts
  - ▶ score a point for each goal
  - ▶ switch partners occasionally

**ACTIVITY 3 SUPER SHOES** (10 min)

**SKILLS** baserunning, speed development

**EQUIPMENT** bases set up on diamond, 2 stopwatches

**ORGANIZATION** 2 groups of 6, 1 group between H and 1B and the other between 2B and 3B. Each of the groups is broken into 2 groups of 3.



- ACTIVITY**
- ▶ each player takes a swing with a bat at an imaginary ball and runs to the next base as fast as possible
  - ▶ total the times of each team of 3
  - ▶ keep a record of the lowest scores for future trials

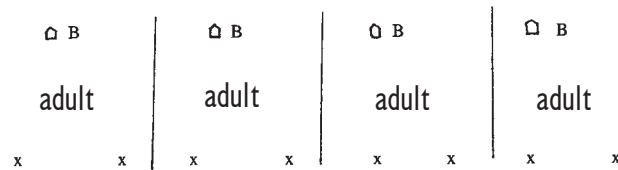
**TEAM IN OUTFIELD**

**ACTIVITY 4 SLUGGER** (15 min)

**SKILLS** hitting, fielding

**EQUIPMENT** 4 bats, 4 balls, 4 carpet Home plates

**ORGANIZATION** 4 groups of 3, with an adult with each group.



- ACTIVITY**
- ▶ adult pitches to the 3 players in their group
  - ▶ 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 the batter's swing

**ACTIVITY 5 COMPLETE PITCH ACTION** (5 min)**SKILLS**

windmill pitching

**ACTIVITY**

- ▶ practice hip pitching and stride drill with ball (in skills section p. 101)
- ▶ teach and practice complete pitch action with a ball (in skills section p. 103)

**SCRIMMAGE****ACTIVITY 6 MODIFIED SOFTBALL GAME** (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON 14

## WARM UP

### ACTIVITY 1 HOOK ON TAG (5 min)

<b>SKILLS</b>	quickness, running, dodging, fair play
<b>ORGANIZATION</b>	mark out playing area. 1 player selected to be the runner. 1 player selected to be the chaser. All others find a partner, link elbows and find a space.
<b>ACTIVITY</b>	<ul style="list-style-type: none"> <li>▶ on “GO” everyone runs, with the chaser trying to tag the runner</li> <li>▶ if the runner links elbows with a pair, then the outside member of that pair becomes the runner</li> <li>▶ if the chaser tags the runner they exchange roles</li> </ul>

## TEAM IN INFIELD

### ACTIVITY 2 HITTING STATIONS (15 min)

<b>SKILLS</b>	learning to hit off self toss (fungo hit), hitting technique, hand-eye coordination
<b>EQUIPMENT</b>	4T's, 12 balls, 12 bats, carpet home plates or bases
<b>ORGANIZATION</b>	<p>there will be 3 different stations set up for 4 players to perform the same drill at the same time</p> <ul style="list-style-type: none"> <li>▶ Station 1 — 4 fungo stations</li> <li>▶ Station 2 — 4 batting T stations</li> <li>▶ Station 3 — 4 Soft Toss stations</li> </ul> <p>1 adult at each of the soft toss stations (4), 1 adult at the T stations, and 1 adult at the fungo stations.</p>
<b>ACTIVITY</b>	<ul style="list-style-type: none"> <li>▶ divide time you have left after set up into three so that players get an equal amount of time at all 3 stations</li> <li>▶ all four players rotate to a different station when the time is up</li> <li>▶ emphasize stride and hip rotation</li> <li>▶ 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.</li> </ul>

**ACTIVITY 3 SUPER SHOES - 2B** (5 min)

**SKILLS** rounding 1B, speed development

**EQUIPMENT** 2 or 3 stopwatches, 6 bases

**ORGANIZATION** 3 groups of 4. Set up 1B and 2B for each group



- ACTIVITY**
- ▶ time each player as they run from Home to 2B. Encourage proper rounding of 1B
  - ▶ keep track of times so players can try to beat their own time

**TEAM IN OUTFIELD**

**ACTIVITY 4 FREEZE THE RUNNER** (20 min)

**SKILLS** throwing, catching, baserunning, co-operation, teamwork

**EQUIPMENT** 1 ball, 4 bases, 4 helmets, 2 bats

**ORGANIZATION** 2 teams of 6: 1 team on offence and 1 team on defence.

- ACTIVITY**
- ▶ offensive “batter” THROWS the ball into the playing area and runs around the bases until “FREEZE” is shouted. “FREEZE” may have to be shouted more than once at this age
  - ▶ ball is fielded, then thrown so EVERY fielder catches the ball. The last fielder to catch the ball shouts “FREEZE”
  - ▶ score points by counting the number of bases touched. If caught between bases, the last base touched counts
  - ▶ after everyone has had a turn, switch defence and offence
  - ▶ keep total bases touched for each team
  - ▶ emphasize proper rounding of bases by using markers as in “Kill the Mosquito” drill

- VARIATION**
- ▶ instead of throwing the ball, have the batter either hit off a batting T, off a soft toss, or off an adult pitcher.

**SCRIMMAGE**

**ACTIVITY 5 MODIFIED SOFTBALL GAME** (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON 15

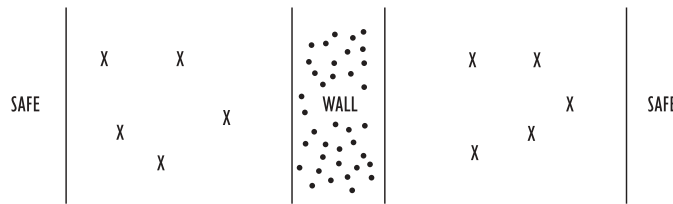
## WARM UP

### ACTIVITY 1 DEFEND (5 min)

**SKILLS** agility, quickness, running, teamwork

**EQUIPMENT** balls

**ORGANIZATION** mark out a “safe” area at both ends of the playing area and an area to be defended in between them. Place balls in the area to be defended (wall). Select 3-4 players to defend the “wall”. Rest of the players are scattered in the playing area.



### ACTIVITY

- ▶ “defenders” try to keep the others from grabbing a ball and getting it back to a “safe” area without being tagged
- ▶ if caught, they become a defender
- ▶ game ends when all balls are in safe area OR all players are caught and are defenders

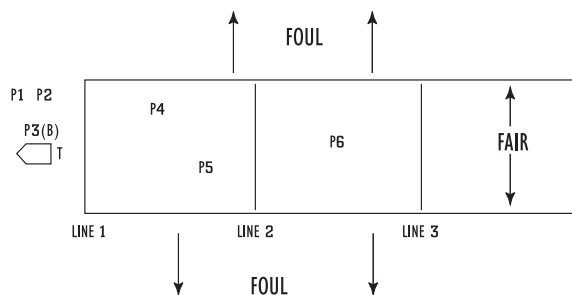
## TEAM IN INFIELD

### ACTIVITY 2 OVER THE LINE (15 min)

**SKILLS** hitting, fielding

**EQUIPMENT** 2 balls, 2 bats, helmets, 2 Home plates, 2 marked off playing areas

**ORGANIZATION** 4 teams of 3. Set up 2 separate playing areas. 2 teams of 3 play in one playing area. One team on defense and one team on offense.



**ACTIVITY**

- ▶ batters hit off T, fungo hit, soft toss, or adult pitcher (depending on what the coach wants to practice) trying to get it in the air over line 1. If hit between line 1 and 2, it is worth 1 pt; between 2 and 3 - 2 pts; over line 3 - 3 pts.
- ▶ fielders locate in fair territory. No point is awarded if a fielder catches it before it hits the ground

**VARIATION**

Count 1 pt. if ball is a grounder past line 2 and 2 pts. if a grounder past line 3. If keeping score is too complicated, simply set up the lines with markers and challenge the players to hit the ball past them.

**ACTIVITY 3 JAM** (5 min)

**SKILLS**

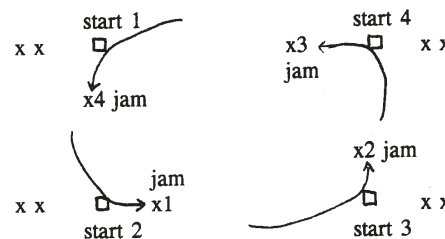
rounding base and jamming to stop

**EQUIPMENT**

4 bases

**ORGANIZATION**

4 groups of 3 with 3 at each base. Bases set up in diamond formation.



**ACTIVITY**

- ▶ 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” (see skills section p. 94)

**TEAM IN OUTFIELD**

**ACTIVITY 4 FIELD 3** (10 min)

**SKILLS**

hitting, fielding, catching, throwing

**EQUIPMENT**

2 bats, 2 balls, 2 sets of catcher’s equipment, 2 helmets, 2 sets of bases

**ORGANIZATION**

2 teams of 6: 1 batter, 1 catcher, the rest fielders. 2 separate activity areas set up a safe distance apart. 1 adult pitcher in each area for each group of 6. Set up bases on diamond.

**ACTIVITY**

- ▶ one batter at a time bats off an adult pitcher, with a catcher in catching equipment
- ▶ when a fielder has successfully fielded 3 grounders or caught 1 fly ball, they become the batter

#### 4 lesson plans

- ▶ players rotate positions
- ▶ make sure all players get an opportunity to bat and catch

#### **ACTIVITY 5** COMPLETE PITCH ACTION (10 min)

##### **SKILLS**

windmill pitching

##### **ACTIVITY**

- ▶ practice hip pitching and stride drill with ball (in skills section p. 101)
- ▶ teach and practice complete pitch action with a ball (in skills section p. 103)

#### **SCRIMMAGE**

#### **ACTIVITY 6** MODIFIED SOFTBALL GAME (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON 16

## WARM UP

### ACTIVITY 1 FROZEN TAG (5 min)

- SKILLS** chasing, running, co-operation
- ORGANIZATION** select 1 or 2 chasers, while the others scatter
- ACTIVITY**
- ▶ when players are tagged they have to stand with their legs “spread eagle” until a teammate crawls or slides underneath to free them
  - ▶ change chasers often

## TEAM IN INFIELD

### ACTIVITY 2 BALL RED ROVER (10 min)

- SKILLS** fielding grounders
- EQUIPMENT** 2 balls, ball gloves
- ORGANIZATION** 2 groups of 6, each playing a separate Red Rover game. 3 players on each team line up facing the other 3. 10'-20' feet apart. Place markers or draw lines to show goal area.
- |   |   |
|---|---|
| • | • |
| x | x |
| x | x |
| x | x |
| • | • |
- ACTIVITY**
- ▶ a player on one line throws the ball along the ground to try to get it past the players on the other line
  - ▶ if successful, a player from the side who let the ball get by is picked to join the other line
  - ▶ adjust the width of the goal line based on the number of players on the line

### ACTIVITY 3 SLIP-N-SLIDE (10 min)

- SKILLS** bent leg slide
- ORGANIZATION** players on a line to start. Then 3 groups of 4 with 2 adults per group.
- ACTIVITY**
- ▶ teach progressions for sliding as in skills section (p. 95)

## TEAM IN OUTFIELD

### ACTIVITY 4 PEPPER (10 min)

**SKILLS** eye/hand co-ordination, teamwork, co-operation

**EQUIPMENT** 1 bat, 1 whiffle ball and Home plate for every 4 players

**ORGANIZATION** 3 groups of 4 – 1 batter and 3 fielders in each group



### ACTIVITY

- ▶ the ball is tossed to the batter by whoever has the ball
- ▶ batter tries to chop it back on the ground
- ▶ this NOT a complete swing, but a eye/hand co-ordination drill. Batters should start in a very open stance, with feet in pivot bunt position. Hands start back at shoulder and bat is gripped in extreme choke position or with split hands to make it easier to chop the ball down with bat control (start position as shown)
- ▶ batter stays at base as long as she hits the ball back on the ground, within reach of fielders
- ▶ batter is out if ball is swung at and missed, or hits it over the fielders head
- ▶ when batter is out fielders rotate

**NOTE:** This may have to be adjusted to the skill level of the players. eg. Batter gets 3-6 tries to hit the ball instead of being out if the ball is missed.

### ACTIVITY 5 COMPLETE PITCH ACTION (10 min)

**SKILLS** windmill pitching

- ACTIVITY**
- ▶ practice hip pitching and stride drill with ball (in skills section p. 101)
  - ▶ teach and practice complete pitch action with a ball (in skills section p. 103)

## SCRIMMAGE

### ACTIVITY 6 MODIFIED SOFTBALL GAME (45 min)

- ▶ see scrimmage modifications (p. 12)

# LESSON 17

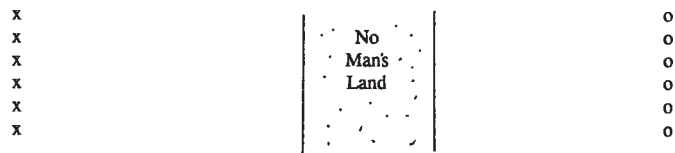
## WARM UP

### ACTIVITY 1 BEHIND ENEMY LINES (5 min)

**SKILLS** agility, quickness, running, co-operation

**EQUIPMENT** all available balls and other appropriate objects

**ORGANIZATION** mark out 2 lines 50' - 60' apart. 2 teams of 6 line up behind their own end line. Place balls and other objects in "No Man's Land" centre area.



- ACTIVITY**
- ▶ on "Go" objective is to place as many objects as possible over the OTHER TEAM'S line
  - ▶ only one object at a time can be taken
  - ▶ objects must be placed, not thrown, across the line
  - ▶ if all the objects are gone from "No Man's Land" they may be taken from own end and placed in opposite end
  - ▶ when time is called the team with the LEAST NUMBER of objects in their end wins

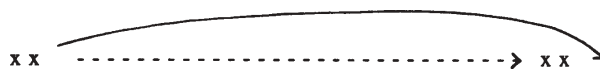
## TEAM IN INFIELD

### ACTIVITY 2 SUPER SCOOPER (10 min)

**SKILLS** fielding ground balls, throwing

**EQUIPMENT** 3 balls

**ORGANIZATION** 3 teams of 4 in shuttle relay formation



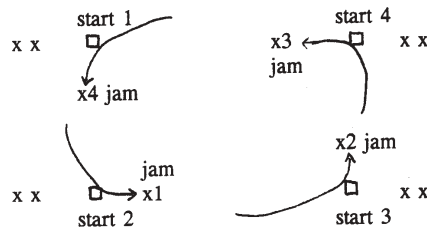
- ACTIVITY**
- ▶ 1st player in each line throws a grounder to teammate on other side then goes to the end of the opposite line
  - ▶ player receiving it throws a grounder to the next player and follows throw to end of that line and so on until they get back to their original positions

**ACTIVITY 3 JAM AND DIVE** (10 min)

**SKILLS** rounding base and jamming to stop, diving back to base

**EQUIPMENT** 4 bases

**ORGANIZATION** 4 groups of 3 with 3 at each base. Bases set up in diamond formation.



**ACTIVITY**

- ▶ 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. (see skills section P. 94)

**TEAM IN OUTFIELD**

**ACTIVITY 4 GRAND SLAM** (15 min)

**SKILLS** hitting, fielding

**EQUIPMENT** 3 T's, 3 balls, ball gloves, 3 bats

**ORGANIZATION** groups of 4 - each group has a batting T and 1 whiffle ball or another type of ball depending on ability.

**ACTIVITY**

- ▶ one batter hits to 3 fielders
- ▶ when a fielder catches 2 fly balls OR 4 grounders, they become new batter
- ▶ players can't bat a 2nd time until everybody has batted

**ACTIVITY 5 COMPLETE PITCH ACTION** (5 min)

**SKILLS** windmill pitching

**ACTIVITY**

- ▶ practice hip pitching and stride drill with ball (in skills section p. 101)
- ▶ teach and practice complete pitch action with a ball (in skills section p. 103)

**SCRIMMAGE**

**ACTIVITY 6 MODIFIED SOFTBALL GAME** (45 min)

▶ see scrimmage modifications (p. 12)

# LESSON 18

## WARM UP

### ACTIVITY 1 (5 min)

Allow the players to choose their favorite warm-up game.

## TEAM IN INFIELD

### ACTIVITY 2 HITTING STATIONS (15 min)

#### SKILLS

learning to hit off self toss (fungo hit), hitting technique, hand-eye coordination

#### EQUIPMENT

4T's, 12 balls, 12 bats, carpet home plates or bases

#### ORGANIZATION

there will be 3 different stations set up for 4 players to perform the same drill at the same time

- ▶ Station 1 – 4 fungo stations
- ▶ Station 2 – 4 batting T stations
- ▶ Station 3 – 4 Soft Toss stations

1 adult at each of the soft toss stations (4), 1 adult at the T stations, and 1 adult at the fungo stations.

#### ACTIVITY

- ▶ divide time you have left after set 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 the time is up
- ▶ emphasize stride and hip rotation
- ▶ 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.

### ACTIVITY 3 (5 min)

Allow the players to choose their favorite baserunning game.

## TEAM IN OUTFIELD

### ACTIVITY 4 500 (20 min)

- |                     |   |
|---------------------|---|
| <b>SKILLS</b>       | hitting, fielding, catching, throwing   |
| <b>EQUIPMENT</b>    | 2 bats, 4 balls   |
| <b>ORGANIZATION</b> | 2 groups of 6 each with their own activity area. 1 bats, while the other 5 field. The other group does the same.  |
| <b>ACTIVITY</b>     | <ul style="list-style-type: none"><li>▶ batter will bat off a T or adult pitcher</li><li>▶ each batter gets 10 swings or hits</li><li>▶ fielder can get points by fielding the ball<ul style="list-style-type: none"><li>• 100 for caught fly</li><li>• 50 for one bouncer</li><li>• 25 for a grounder</li></ul></li><li>▶ objective is to reach 500 then that player gets to bat. At this level, the batter will likely have to be changed prior to anyone getting 500 so that they all get to bat</li></ul> |

## SCRIMMAGE

### ACTIVITY 5 MODIFIED SOFTBALL GAME (45 min)

- ▶ see scrimmage modifications (p. 12)