

Session #10

~ Warm Up ~

FITNESS CHALLENGE

Learning Objective: Fitness, determination

Time: 5 minutes

Equipment: N/A

How to:

- See how many activities can be completed in 5 minutes:
 - 20 jumping jacks
 - 2 laps of bases
 - sprint home to 1st base
 - 20 hops
 - 10 push ups
 - 10 sit ups
 - duck walk 10ft
 - crab walk 10ft
 - skip home to 1st base

Tips/Modifications:

Use these results to compare again if you run achievement tests at your FUN day!

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)

— *Main Activities* —

BOOM A RANG

Learning Objective: Throwing from positions in the infield

Time: 10 minutes

Equipment: 2 ball, 8 bases

How to:

- 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
- Catcher throws a grounder to each player in succession
- They field it and throw it to 1st base, who throws it back to the catcher
- 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

Tips/Modifications:

A variation could be to throw flies instead of grounders

SLIP N SLIDE (Sliding Mechanics)

Learning Objective: Bent leg slide

Time: 10 minutes

Equipment: Helmets, players must be wearing pants, bases, sock or no shoes

How to:

- Players line up on a base line to start
- Then break into 3 groups of 4 with 2 adults per group
- **Determining the Sliding Leg**
 - Have players sit down cross-legged
 - Leg tucked under is usually sliding leg
- **Finish Position**
 - Sliding leg bent 90 degrees, tucked under other leg
 - Other leg extended, slightly bent
 - Extended leg foot is 4-6 inches off ground
 - Base is contacted with extended leg
 - Weight of slider is back
 - Chin is tucked into to the chest
 - Arms thrown above head
- **Distance**
 - Start slide about one and a half body lengths from base
- **General Tips**
 - Ensure players are wearing a helmet even in practice.
 - Build confidence by starting easy and progressing gradually
 - Use support people until slider is confident
 - Practice sliding on wet grass, in a sand pit or in a gymnasium
 - Use unfastened bases to start with
 - Teach sliding to players in socks or bare feet
 - To determine where a player should start their slide, have player put feet on the edge of the base and lay on their bellies stretched out as far from the base as possible. Using a marked cone have player place the cone on the ground where their fingers are stretched to. The cone will be a visual aid to help them understand the distance from the base where they should start the slide.
- **Sliding Teaching Progressions**
 - Teach sliding progression in outfield with no shoes on
 - Determine the bent or tucked leg

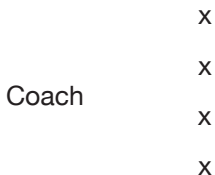
- Have players form a circle around the Coach.
- Have the players sit down cross legged
- They will naturally tuck one leg underneath their body which will be the natural slide leg.
- Demonstrate the finish position
 - Slide leg straight but not locked
 - Bent leg tucked
 - Arms thrown above head
 - Chin tucked into chest.
- Finish position with movement
 - Have players move around in the crab walk position. Coaches use cue words “Hit It” and players get into finish position
 - Using a volunteer player who is lying in the finish position, the Coach will grasp their foot and pull them to simulate the movement of the slide.
- Standing in Finish position
 - While standing, get the players to get into the Finish Position.
 - Be sure they throw their hands back over their head and tuck their chin on their chest.
- Sliding with Support
 - With the aid of two strong coaches, have them hold the slider’s arms and gently lower them into the Finish Position
- Sliding with Support while Jogging
 - Same as above but do a slow jog first from about 10 meters.
 - Instead of two adults supporting slider, you can use two adults holding a broom stick or bat that the slider grabs to lower them to the ground.
- Sliding with Support while Sprinting
 - Same as above but from a sprint
- Bent Leg Slide while Jogging without aid
- Bent Leg Slide while Sprinting without aid

Coaching Tip

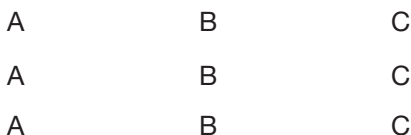
- Have players slide without shoes
- Teach sliding on wet grass or a slippery surface (soapy tarp or a slip and slide)

Relays

- The relay starts with a strong accurate throw from the outfielder
- The outfielder should try to throw the ball to the relay person's glove at about head height.
- The relay person:
 - Gives a big target with both arms in the air and calls for the ball.
 - Stands at a 45-degree angle to the glove side.
 - Pivots towards glove and throws quickly relaying the ball to the next target.
- **Teaching Progression**
 - Demonstrate proper throwing and receiving technique.
 - Practice movement with NO BALL, with players in a line pretending to receive a ball thrown by the Coach then turning to make throw behind them.



- Make groups of 3 positioned as shown. A pretends to throw to B, who mimics a catch and makes a proper relay turn, then pretends to throw to C.



- Rotate all 3 players through center position.
- Use a ball in the drill. Start slowly at first, making sure center player is turning in correct direction for a quick throw.
- If time permits and players are able, this can progress into a relay competition between teams of 3.

*~ 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.

Session #11

~ Warm Up ~

PIP SQUEAK & WILBUR

Learning Objective: Base running, running, multi-directional speed

Time: 5 minutes

Equipment: 4 balls, 4 bases

How to:

- 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 pitcher plate
- When the coach calls out a 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
- Balls are returned to the center for the next person
- Score a point for the 1st person back to their starting base



WHIP IT

Learning Objective: Whipping the ball from the top of the arm circle to the bottom to release it

Time: 10 minutes

Equipment: Softballs in tube socks (6 for each player), hula hoop targets hung at strike zone height

How to:

- Start by showing players where to grip their “whip-it”. Hands should be placed 6-8 inches from the ball up the sock so the pitcher feels there is some control over the ball but can still appreciate a whipping motion with the sock
- Start the players facing sideways to their hula hoop target grasping the sock in their pitching hand and their glove on the other

- Instruct the player to step to the target while making an arm circle with their “whip-it”
- Use the key words of whipping the ball from the top of their arm circle to the bottom, letting it go at the bottom to go straight for the hula hoop
- Have them repeat these 6 times before all players collect their “whip-its” at the same time
- CAUTION: most inexperienced kids will throw the first couple behind them because they hang on to the sock too long. Encourage them to let go sooner and avoid standing directly behind them during the drill

— Main Activities —

BULLS EYE

Learning Objective: Throwing accuracy, fielding

Time: 10 minutes

Equipment: 2 targets, 12 balls

How to:

- 2 groups of 6, each group in a file in front of their target, which is placed on the backstop
- An adult will throw either a fly or a grounder to the 1st person in line, who fields it and throws it at the target
- After the throw, the player moves to the back of the line and the next player takes a turn
- Score 1 point for fielding cleanly and 1 point for hitting the target

Tips/Modifications:

Competition can be to see which team reaches 10-15 first OR which team scores the most points in a given time limit

SWING AWAY

Learning Objective: Hitting, fielding

Time: 10 minutes

Equipment: 4 bats, 2-3 balls per group, 4 tee's if hitting off a tee

How to:

- 4 groups of 3 with at least one adult per group
- In each group an adult will pitch to one batter while the other 2 player's 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

~ 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.

Session #12

— Warm Up —

GRAB THE BACON

Learning Objective: Running, body awareness, quickness, agility

Time: 5 minutes

Equipment: 1 ball for every 2 players

How to:

- Partners each start on their own baseline. A ball is placed at the mid-point between the partners
- On “GO” from the coach each partner runs out, tries to grab the ball (bacon) and get back to their baseline before their partner who didn’t get the ball (bacon)
- If the partner without the ball gets to the baseline first, the partner with the ball must hand it over
- If the partner with the ball gets back first, they get to keep the ball
- Change partners frequently

Tips/Modifications:

The coach can assign points and challenge the kids to be the first to 5 points

OVER THE RAINBOW

Learning Objective: Balls, helmets

Time: 10 minutes

Equipment: Grip and wrist/finger coordination

How to:

- Line players up in lines with at least two BIG steps distance in between them facing the coach
- Have the players start facing the instructor with the ball in hand and their arm stretched out in front of them parallel to the ground
- Have them spin the ball to themselves out in front of them, trying to get it at least three feet high



- Beginners can have a parent catch the ball for them or they may let it drop to the ground. A more advanced variation is to have players catch the ball themselves
- Once the player can catch their own ball – proceed to full “Over the Rainbow” and have the player start with their arms outstretched to the side (ball and glove in hand). Have them toss the ball over their head and catch it with their other outstretched hand. Consider helmets for inexperienced players.

— Main Activities —

BATTLE BALL

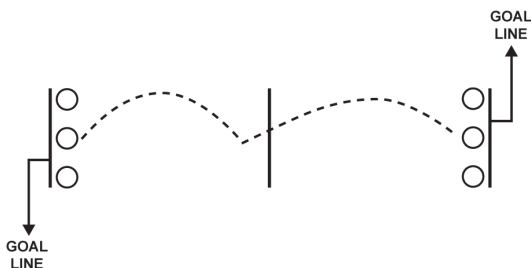
Learning Objective: Fielding ground balls

Time: 10 minutes

Equipment: 1 ball for every 6 players

How to:

- 3 players on each team
- Mark two goal lines at a distance apart that is appropriate for the players' ability levels
- Mark a center line between each team's goal line
- Spread the players along their goal
- One team throws grounders to another team trying to get it passed their goal line
- Ball must bounce at least once before crossing the center line
- Player receiving the ball tries to stop it before it crosses the goal line
- Whoever fields the ball will throw it back to the other team
- Score 1 point for each ball that crosses the other team's goal line



Tips/Modifications:

If more action is required, make teams of 2 instead of 3

BEAT LIZZIE

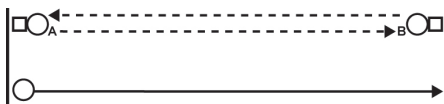
Learning Objective: Leaving a base, throwing, catching

Time: 10 minutes

Equipment: 8 bases, 4 balls

How to:

- 4 groups of 3 with each group set up as shown here
- Player A and B stand with their foot on their respective base
- Player B has the ball
- “Lizzie”, the runner, starts on a line that is even with the line that player A and B are on, at a safe distance
- On “Go”, “Lizzie”, the runner, tries to run to the other line before player B can throw the ball to player A who must then throw it back to player B
- Rotate players until they have had a turn at each position



— 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.

Session #13

~ Warm Up ~

BEEP BEEP

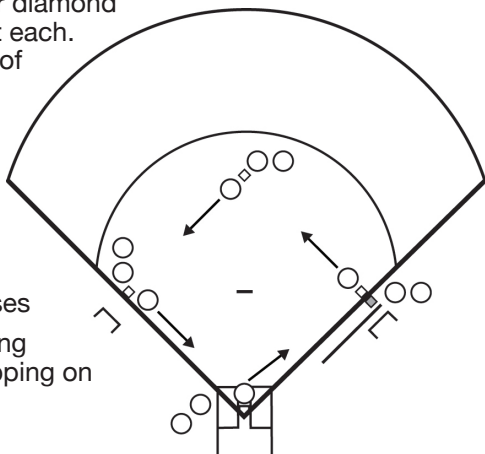
Learning Objective: Rounding the bases, speed development, conditioning

Time: 10 minutes

Equipment: 4 bases

How to:

- Put bases down in proper diamond location, with 3 players at each. One player starts in front of the base and extra players stand behind
- On “GO”, the first player in each group runs around all the bases and returns to tag the next player in line and then they run the bases
- Emphasize proper rounding techniques including stepping on the inside corner



WHIP IT

Learning Objective: Whipping the ball from the top of the arm circle to the bottom to release it

Time: 10 minutes

Equipment: Softballs in tube socks (6 for each player), hula hoop targets hung at strike zone height

How to:

- Start by showing players where to grip their “whip-it”. Hands should be placed 6-8 inches from the ball up the sock so the pitcher feels there is some control over the ball but can still appreciate a whipping motion with the sock
- Start the players facing sideways to their hula hoop target grasping the sock in their pitching hand and their glove on the other
- Instruct the player to step to the target while making an arm circle with their “whip-it”
- Use the key words of whipping the ball from the top of their arm circle to the bottom, letting it go at the bottom to go straight for the hula hoop
- Have them repeat these 6 times before all players collect their “whip-its” at the same time
- CAUTION: most inexperienced kids will throw the first couple behind them because they hang on to the sock too long. Encourage them to let go sooner and avoid standing directly behind them during the drill

~ Main Activities ~

SURE HAND LUKE

Learning Objective: Quick hands for underhand toss, throw to 1st base

Time: 10 minutes

Equipment: 4 balls, 4 bases

How to:

- 4 groups of 3 with an adult leader with each group
- Set up groups in a rectangle formation, with the adult standing 6 ft. from 1st base and player 3 at third base
- The leader throws a grounder to player 1 who fields it, gets it out of the glove quickly, and gives an underhand toss to player 2 who throws to player 3 at 1st base
- Rotate so every player gets a chance at all 3 positions
- Points can be scored every time a clean catch is made and if player 3 can catch the ball with their foot on the base

Tips/Modifications:

Move the distance of the bases closer or further to adjust for stronger/weaker groups

PEPPER

Learning Objective: Eye/hand co-ordination, teamwork, co-operation

Time: 10 minutes

Equipment: 1 bat, 1 whiffle ball and home plate for every 4 players

How to:

- 3 groups of 4 – 1 batter and 3 fielders in each group
- The ball is tossed to the batter by whoever has the ball
- Batter tries to chop it back on the ground
- This is NOT a complete swing, but a hand-eye 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
- Batter stays at base if they hit 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 fielder's head
- When batter is out, fielders rotate

— *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.

Session #14

— Warm Up —

BEHIND ENEMY LINES

Learning Objective: Agility, quickness, running, co-operation

Time: 5 minutes

Equipment: All available balls and other appropriate objects

How to:

- Mark out 2 lines 50 to 60ft apart
- 2 teams of 6 line up behind their own line
- Place balls and other objects in “No Man’s Land” in center area
- 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 LOWEST NUMBER of objects in their end wins



TARGET PITCHING

Learning Objective: Pitch the ball through the target rather than to it

Time: 10 minutes

Equipment: Softballs, pylons, playground balls (i.e. dodge ball, volley-ball, soccer ball, beach ball)

How to:

- Divide players into partners
- Start by reminding players of the proper grip and have them sideways to the target (pylon with a light playground ball on it) placed 20 ft away with partner ready to retrieve the “big ball”

- At < 8 years old remaining sideways through the entire pitch progression is preferred
- Have players step to the target while performing an arm circle and throwing the ball with the intent to knock the bigger ball off the pylon. Have all players do this at the same time and tell them to freeze while their partner retrieves both balls and sets them up for the next pitch. Repeat 5 times, and then switch pitchers. Players score one point for each time a ball is knocked off the pylon

— *Main Activities* —

HOT STUFF

Learning Objective: Throwing, charging ground balls, quick feet

Time: 10 minutes

Equipment: 3 balls

How to:

- 3 teams of 4 in shuttle relay position
- P1 and P2 line up one behind the other facing P3 and P4
- P1 throws a grounder to P3 then goes to end of opposite line behind P4
- P3 moves forward and fields the grounder then turns and throws to P4
- P3 then goes to end of opposite line
- P4 catches the ball and throws a grounder to P2 who repeats the sequence
- P4 then goes to end of opposite line
- Player movement is always to follow throw

JACK RABBIT

Learning Objective: Running, throwing, catching

Time: 10 minutes

Equipment: 2 balls, 8 bases, 2 helmets

How to:

- Set up 2 sets of bases in diamond formation with one set of bases on the inside of the other set
- Form 2 groups-4 players will be the “Hunters” and 2 players will be the “Rabbit”
- Place 1 “Hunter” on each of the outside bases
- 1 player at a time will be the “Rabbit”
- The ball starts with the “Hunter” at home plate.
- The “Rabbit” starts at home and tries to run around their set of bases before the “Hunters” can throw the ball around the outside bases and back to home
- Score a point for the “Rabbits” if s/he makes it home before the ball reaches home
- Score 1 point for the “Hunters” if the ball gets there first
- Rotate “Hunters” around the bases so all “Hunters” get a chance at every base
- Alternate the “Rabbits” on each throw around the bases by the “Hunters”
- Once the “Hunters” have thrown from each base, choose 2 new “Rabbits”
- Make sure all runners are wearing a helmet

Tips/Modifications:

If the competition is not close, adjustments can be made by having the ball go around twice or counting bases touched.

*~ 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.