

Cruisers 6-week training program



Week 1

- Introduction to each other
- Introduction to the general skills of the game
- Introduction to correct throwing/catching technique

Week 2

- Base running
- Batting

Week 3

- Fielding a ground ball/fly ball
- Playing 1st 3rd base

Week 4

- Throwing
- Batting

Week 5

- Playing outfield
- Base running

Week 6

- Batting
- Pivots

Warm up

Neck Stretching

1. Side-to-Side Neck Stretch

While standing you will bend your neck to the left and hold for 1-2 seconds.

The bend to the right, and repeat. Perform 8-10 reps per side.

2. Downward Flexion

With your shoulder relaxed, you will bend your down straight down so that your chin almost reaches your chest. Hold for 1-2 seconds, return to the starting position, and repeat 8-10 times.

3. Neck Rotations

While looking forward, move your head down into the flexion position, then rotate to your left shoulder, then rotate your head so that you are looking at the sky and the back of your head is almost touching your upper back, continue to the right shoulder, and back to starting position. Perform five rotations each way.

Rotator Cuff Stretching

4. Arm Circles

This is one of the best dynamic stretches for warming up the rotator cuff.

You will simply rotate your arms forward in a circular motion beginning with 5 small, then 5 medium sized, and lastly 5 large rotations. Perform this warm up in a controlled and slow manner. Immediately following the forward rotations, proceed with reverse rotations beginning with large rotations first, medium second, and small last.

Pitchers can use variation with this dynamic stretching exercise by changing your hand positions. The first set of forward and reverse rotations will be with your thumbs facing the sky to simulate a curveball grip. The second set of rotations will be with your palms facing the ground to simulate a fastball grip.

Lastly, the third set will have your thumbs facing the ground to simulate a changeup grip. Perform each set with 15 repetitions forward and backward. This dynamic stretch will ensure that your rotator is properly prepared for throwing.

5. Arm Swings

While standing straight up, you will then swing one arm up over your head with a controlled motion. Then repeat with the other arm. Perform ten repetitions on each arm. This will help warm-up the rotator cuff and upper back.

6. Softball-Specific Rotator Cuff Warm-up

This warm-up involves three sets of ten repetitions.

Start with your elbow bent at 90 degrees, tucked against your side. Your palms should be facing down to simulate a fastball grip. You will then move your elbows back and forth in small movements. Perform ten under control reps.

You will then repeat this same motion except your thumbs will be facing the sky to simulate a curveball grip. Perform ten more under control reps.

The last one motion will be with your palm facing up. Perform all 30 reps in a row.

Lower & Upper Back Stretching

7. Scorpion

This is an excellent dynamic exercise for warming up the lower back. Often times, baseball pitchers neglect warming up their back, but this can be detrimental because the low and upper back is heavily utilized during the pitching delivery.

- Lay on your stomach with your arms extended out at shoulder height.
- Slowly bring one leg over the top of your back toward your opposite hand.

- Slowly return back to starting position.
- Alternate each side back and forth.
- Try to keep your stomach and arm planted on the ground while performing the exercise. 10 repetitions for each side will be sufficient enough for this exercise.

8. Shrugs

This is going to be a three part dynamic stretch. You perform this exercise just like how you would with weights and it will help to warm up your upper back and neck.

- Arms and hands pressed up against your side
- Simply raise your shoulders straight up until you feel a squeeze
- Lower them back down slowly
- In the second part of the dynamic exercise, you will bring your shoulders straight up like the other exercise except you will roll your shoulders backwards. On the last variation you will simply roll your shoulders forward. Perform each portion of the stretch 10 times.

9. Bear Hug

This dynamic exercise will warm up your upper back, and your posterior rotator cuff muscles.

- Start with your arms to your sides at shoulder height
- You will then interlock both arms
- Your hands will grasp the back of your shoulders
- Hold this position for 2-3 seconds
- Slowly return back to the starting position
- Repeat

10. Side Bends

Simply bend to one side bring over the top of your head. You will feel a stretch in the lats, and lower back. Repeat 10 times on each side.

Hamstrings Stretching

11. Hand walks

This is an excellent dynamic stretch for warming up your hamstrings, but it is also very difficult. Perform this exercise for 10 repetitions.

- While standing, bend over until you are able to put both of your hands flat on the ground.
- Slowly bring body down to the floor, almost in a pushup position.
- While keeping your legs as straight as possible, inch your feet towards your hands
- Once you are back in starting position, repeat.

12. Single Leg Toe Touches

This dynamic exercise will be performed just like how you would finish a pitch in baseball. Really stretches out, and warms up the hamstrings.

- Step forward with one foot
- Bring the opposite hand to your toe
- Your other leg should be in the air, and your back should be flat
- Switch back and forth for 10 reps on each leg

13. Straight Leg Kick

This dynamic exercise will warm up your hamstrings, and your hip joints.

One of the best dynamic stretches hands down.

- While standing straight up, take one step forward.
- Kick your leg straight up
- Lower it back down
- It's important that you perform this exercise very slowly. Kick upward and downward in a slow and controlled motion. Your leg should only go up as high as it feels comfortable. Don't over do it. Perform 10 repetitions for each leg.

14. Leg Swings

Find something to place on like a wall. You will then bring one leg in front

the other, and swing it sideways and then back across. This will warm-up the hips. Perform 10 reps on each side.

15. Walking Lunge

Dynamic exercise that effectively warms up the hamstrings, glutes, quads, and groin. It is a necessity component to any dynamic stretch routine.

- Start in a standing position
- Lunge forward with one leg
- Keep your body straight while in the lunge position, and do not lean forward
- Return back to starting position
- Lunge out with the opposite leg
- Repeat this exercise for 10 repetitions for each leg. Lunge out slow, and controlled.

16. Side Lunge

This dynamic stretch will warm up your groin, quads, glutes, hips, and hamstrings.

- Start in a standing position
- Lunge your leg directly out to your side
- Return to starting position
- Repeat with same leg until you finish 10 repetitions and then switch

Quadriceps Stretching

17. Walking Quad Pull

Simple exercise that will effectively stretch and prepare your quads and hip flexors for exercise. This will be one of the only dynamic stretches that resembles static stretching.

- Take one step forward
- Grab one foot and pull it towards your glutes
- Hold the stretch for 2-3 seconds and release

- Switch legs
- Perform this stretch 10 times per leg

18. Butt Kicks

This is a simple, but great dynamic exercise that will warm up your quads, hip flexors, hamstrings, and knee joints.

- Find an area that is clear for 10 yards.
- Proceed forward bring your heels to your glutes.
- Slow and controlled motion
- Go the length of 10 yards and back
- Don't forget to pump your arms!

Hips Stretching

19. Over the Fence

Great dynamic stretch to warm up your hips.

- Start in a stand position
- Lift one leg straight up
- Rotate the leg out and around as if you were stepping over a fence.
- Repeat with other leg
- Perform 10 repetitions for each leg
- You are going backwards through this whole exercise

Once you have completed your repetitions, you will then do the opposite:

- Lift one leg to your side
- Rotate it around to the front of your body as if you were stepping over a fence
- Repeat with other leg
- Perform 10 repetitions for each leg
- You are moving forward through the whole exercise

20. High Knees

Difficult exercise to categorize because of how many different muscles it

targets. This dynamic stretch will target the hips, hip flexors, quads, hamstrings, and the groin.

- Find an open space of about 10 yards
- Identical to running form except you are lifting your knees much higher, aim for above your waist
- Try to get explosion off the ground, and perform the exercise relatively fast but under control

10 yards and back is sufficient

Warm up

Neck Stretching

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2. Downward Flexion
3. Neck Rotations

Rotator Cuff Stretching

4. Arm Circles
5. Arm Swings
6. Softball-Specific Rotator Cuff Warm-up

Lower & Upper Back

7. Scorpion
8. Shrugs
9. Bear Hug
10. Side Bends

Hamstrings Stretching

11. Hand walks
12. Single Leg Toe Touches
13. Straight Leg Kick
14. Leg Swings
15. Walking Lunge
16. Side Lunge

Quadriceps Stretching

17. Walking Quad Pull
18. Butt Kicks
19. Over the Fence
20. High Knees

Week 1

- Introduction to each other
- Introduction to the general skills of the game
- Introduction to correct throwing/catching technique

| Time | Skill | Activity |
|---------|----------------|---|
| 15 mins | Warm up | <ul style="list-style-type: none">• Octopus Tag• Stretch• Run to positions |
| 20 mins | Throwing | <ul style="list-style-type: none">• Break the skill down into mechanics• Target throwing• Speed Throwing |
| 20 mins | Catching | <ul style="list-style-type: none">• Demonstrate correct glove position• Fly ball self practice• Small ball toss |
| 5 min | Warm down game | <ul style="list-style-type: none">• Volleyball using gloves and a softer ball |

Warm Up

Octopus Tag

One person stands in the middle of the boundary area; in our case it was the gym. The rest of the kids line up at an end of the bounds and when the tagger says go they all run to the other side of the bounds. Whoever the tagger tags then has to stay and help him, except that the additional people that are tagged have to sit down, and can only help "It" by using their arms. This goes back and forth until your down to the last person who then starts the next round. This game is fun when played with a lot of kids.

Run to positions

Players all stand behind home plate. Coach calls out positions and players have to race to the position.

VARIATION: Players have to hold hands with a partner, Drop off: students eliminated if last to the position.

Throwing

Mechanics of throwing

Break the skill down into mechanics: (<http://www.active.com/softball/articles/7-steps-to-perfect-throwing-mechanics-876582>)

Target Throwing

Set up witches hats or spots of the fence that players have got to try and hit.

VARIATION: award points if they hit various targets. Throwing golf, place different witch hats over grounds, they have to try and hit the hats in the least number of throws.

Speed Throwing

Ensure that you teach players to catch with two hands and to try and catch and release in one quick motion. Players work in pairs and try to have the most throws in a set amount of time – or they try to reach a determined number of throws first.

Catching

Hot Tip: Hands Should Form a "W"

To get a better understanding of how your hands need to be positioned to catch the ball, take your glove off. Now, position both of your hands as if you were going to catch the ball. Bring your hands together so they are only about two or three inches apart. Take a closer look at them, what letter do they form? You're right! It's a "W." This position is perfect for learning how to catch. Now, put your glove back on and you're ready to get started!

Read more at: <http://softball.isport.com/softball-guides/how-to-catch-a-softball>

Fly-ball self practice

Players take their glove off and toss the ball up in the air and catch the ball, they then progress to putting their glove on (make sure that there is plenty of space for kids to not hit each other).

Small ball toss

Players stand only 2 metres away from each other and toss the ball gently below the hip to each other.

Warm down game

Volleyball

Split teams into two – map out an area of play with a 2 metre dead zone. Players toss the ball underarm to the opposition. Team have to catch the ball before it hits the ground, if player misses it or it hits the ground next to the closest player they are eliminated. Game continues until there are no players left.

Week 2

- Base running
- Batting

| Time | Skill | Activity |
|---------|----------------|--|
| 15 mins | Warm up | <ul style="list-style-type: none">• Alligator in the swamp• Stretch• Partner races |
| 20 mins | Base running | <ul style="list-style-type: none">• Break down the run to first• Practice running to second base• Team running race• 3,2,1, base running game |
| 20 mins | Batting | <ul style="list-style-type: none">• Demonstrate correct swing – stance, hands, hips etc.• Tennis ball drop• One knee drill• Three tee activity• Throw your bat |
| 5 min | Warm down game | <ul style="list-style-type: none">• Thunder ball |

Warm Up

Alligator in the swamp

The first group is lying on their stomachs (alligators). The second group are the runners.

On the go signal the runners must run across the playing area to the opposite line in order to be safe from the alligators.

The alligators leave their circle to chase the runners. If the runners are tagged by the alligators they must sit out until the next game.

Repeat this from the other side of the playing area each time. When 3 to 5 people are left, start again.

Partner races

Players hold hands in pairs (can not separate hands), threes or as a group and run to a finish point (20 metres).

Play off for the fastest pair

Base Running

Running to first base

- Ensure that you run through the base
- Make sure that you hit the front of the orange base
- Turn towards the fence when coming back to the base
- Only hit white base if you are looking at going to second base

Base running tips: <http://www.humankinetics.com/excerpts/excerpts/methods-of-running-from-first-or-second-base>

Running to second base

Set up witches hats and have players round the base and run towards second base.

Team race

Split team in two – team 1 lines up at home plate, team 2 lines up at 2nd base. The players run around the bases to meet with their team where they started, the first team to get through their entire team is the winner.

3-2-1

Place three balls equal distance apart about three-fourths of the way from third to home. Have a runner (team 1) and have a fielder on third base and one on 2nd base (team 2).

When you say "go", the runner must reach 2nd base before the fielder fields and throws the balls to the fielder at second base. All throws must be accurate. If the fielders get all balls to second base before the runner gets there, the fielders get 1 point. If the runner gets there first, they get 1 point.

Batting

Tennis Ball Drop

This drill works your trigger and timing. Your partner will stand on a bench or step ladder so she is elevated above the ground. Your partner will drop a tennis ball from her elevated position onto home plate. The batter will time the bounce so that as it reaches its apex, she has loaded and is swinging through the tennis ball.

If your timing and swing are good, you'll hit the tennis ball solidly through its middle each time. After a bucket of tennis balls, switch to an advanced form of the drill. Your partner will bounce the ball at an angle from *behind* you so that the ball reaches its apex in front of you. Focus on keeping your eyes on the ball and your timing for a solid hit

Read more at: <http://softball.isport.com/softball-guides/hitting-drills-for-softball>

One Knee Drill

To isolate your upper body, kneel on the ground with your back knee and extend your front leg out in front of you for balance. Using a tee, a soft-toss machine, or a partner for soft toss, you'll practice three different swings.

Use at least two buckets per swing and devote at least one to quick toss. For the first two swings, it's often easier to choke up on the handle and wrap your free hand around your waist to get it out of the way:

- **First round:** Using only your bottom hand, mimic the "bam bam" drill (leading with the elbow) before swinging through the ball.
- **Second round:** Using only your top hand, swing through the ball and focus on a strong follow through.
- **Third round:** Using both hands, practice perfect form as you swing.

Three Tees

This drill calls for at least three tees, a net, and a bucket of balls. The point of the drill is to focus on arm extension:

- Place the first tee 10 feet from the net.
- Place the second tee at least 10 feet away from the first tee.
- Place the third tee 10 feet from the second.

All of the tees should be in straight line leading towards the net. The batter should be set up for a pitch as if it were down the middle. Every subsequent hit should go straight into the net if you have good swinging mechanics.

Take about five balls off the first tee. If the hits are solid and fly straight into the net, graduate to the next tee. After at least 10 solid hits from that tee, you may graduate to the next. As the tees get farther and farther away from the net, the distance forces you to focus on really throwing your hands at the pitcher.

Throw Your Bat

This drill requires a lot of open space and offers an immediate evaluation of your swing. Get into your batting stance, swing, and release the bat at the point where you would make contact with the ball. The bat should fly straight forward in a perfect spiral rotation.

If your mechanics are wrong, where your bat lands will give you feedback on what went wrong with your swing. For example, if you pull your head off the ball, your bat is likely to fly to the left.

Warm down game

Thunder Ball

Have a fielder on first base and one on third base (team 1). Place a ball on a tee or soft toss it to a hitter (team 2). The hitter hits the ball and runs to as many bases as she can reach before both fielders have touched the ball. For each base she reaches before the fielders touch the ball, her team gets 1 point.

Week 3

- Fielding a ground ball/fly ball
- Playing 1st 3rd base

| Time | Skill | Activity |
|---------|--|--|
| 15 mins | Warm up | <ul style="list-style-type: none">• Captains Deck• Stretch• Relay race |
| 20 mins | Fielding a ground ball/Fly Ball | <ul style="list-style-type: none">• Rapid Fire• Triangles• Around the diamond• Fly ball pop up• Under the ball with helmet• Small ball toss |
| 20 mins | Playing 1 st 3 rd base | <ul style="list-style-type: none">• Demonstrate correct playing position• 1st base and third base practice |
| 5 min | Warm down game | <ul style="list-style-type: none">• Softball/Soccer/Netball |

Warm Up

CAPTAINS DECK

Orders:

To the ship: run to the captain's right

To the island: run to the captain's left

Hit the deck: lay down on your stomach (or if players don't want to get dirty, they can crouch down)

Attention on deck: salute and yell, "Aye, aye captain!" -- players may not move now until the captain gives the order of, "At ease!" (i.e. even if the captain gives a different order such as "to the ship" the crew must continue to remain at attention until told "at ease")

Three men in a boat: the crew must form groups of three and sing "Row, row, row your boat" Anybody who is not in a group of three is out.

The love boat: Crewmembers grab a partner and dance. Anybody without a partner is out.

Clear the deck: everyone must have their feet up off the floor

Scrub the deck: everyone on their knees scrubbing

Captain's Quarters: everyone ran towards the captain.

Man-over-board: Players must find a partner as quickly as possible. One partner must lie on their stomach while the other places their foot on their partner's back. Children without a partner or pairs that are too slow are eliminated.

A Periscope: Every player falls on their back and sticks one leg in the air. The last ones are eliminated.

SHARK!!!!: Everyone must run to a designated base (multiple bases can be used). The last player to the base is eliminated.

Crow's nest: All players must find a partner. The lightest player rides on their partner's back. Those without partners or who assemble the crow's nest too slowly are eliminated.

Three maids in a row: Children form groups of three and sit in a vertical row. The players who are the odd-man-out are eliminated.

Sick turtle: Everyone falls onto their backs and waves hands and feet in the air.

Bow: Run to the front of the boat

Stern: Run to the back

Port: Run to the left side of the boat

Starboard: Run to the right side of the boat.

Row the Boat: Each player finds a partner, sits face-to-face, holds hands, and pretends to row a boat. Players who can't find partners or who are too slow are eliminated.

Relay Race

Split the team into two even teams and have the players have a running relay race.

Fielding a ground ball

Rapid Fire

This drill can be done in the infield on any field. Set up two cones roughly 10-12 feet apart. Players will stand at each cone to act as catchers. An infielder will start in the middle of the two cones, ready to field 25 grounders from the coach. The infielder will field each ball and toss it to either player standing at a cone. The grounders should be hit rapidly. Once the fielder has released the ball, the next grounder should be on its way.

Triangles

This drill is done with partners. One player gets in her fielding stance and draws a triangle in the dirt so that its base lies along her toes and the tip is pointed at her partner, underneath her extended glove.

The fielder's partner should throw hard grounders and short hops. They should not be easy.

The fielder will field each ball, gather it into her stomach and make an accurate toss back. After 20 balls, the partners may switch. The second round should be grounders to the back-hand side.

Around the Diamond

This drill involves the entire infield. The team will be split up into the five infield positions (excluding pitcher). The coach, standing at the plate, will start the drill by hitting the ball to the shortstop:

- The shortstop fields the ball and makes the throw to first base.
- The first baseman catches the ball, and throws a hard grounder to the third baseman.
- The third baseman fields the grounder and makes a throw to the second baseman covering second base.
- The second baseman catches the throw, makes a sweeping tag at the bag, and then makes a throw to the catcher at the plate.
- The catcher receives the ball while making a sweeping tag at home to finish the round.

Catching Fly balls

Fly Ball Pop-Up Drill

We begin with one ball and the kids run away from where I am standing. I throw a pop up or fly ball that they have to run underneath and catch.

It teaches them that they can often reach balls that they wouldn't normally believe they could reach.

After they go through the drill a few times, we add a ball.

This time they run straight out and catch the fly ball, but then they turn toward their glove side and sprint across the field where I throw another ball they have to catch running sideways.

This drill can even add a third ball. After they catch the second ball, they drop one of them and sprint out away from me again, and I hit them with a Hail Mary they have to position themselves under.

Get Under Ball with Helmet

No gloves needed on this drill. You need a batting helmet with a face mask for each player in the drill.

The coach stands about 15 feet away from a player and tosses a tennis ball into the air. The player runs to get under the ball. If it hits his helmet, he gets one point. If it hits the facemask, he gets two points. As players get better, make the distance longer. This is a fun drill and players enjoy seeing who gets the most points.

Small ball toss

Players stand only 2 metres away from each other and toss the ball gently below the hip to each other.

1st and 3rd Base

Explain and demonstrate the fielding position when playing 1st and 3rd. Here is a link that may help you out with this: <http://www.qcbaseball.com/skills/infield-playing-first-base.aspx>

Have players rotate through fielding a ball at first base and also what they do when a bunt is hit.

Have the coach stand only a few metres from the base – approx. 5m and gently throw the ball to the player, they work on their footwork when catching the ball at the base.

Warm down game

Softball soccer/netball

Split teams into two – map out an area of play. Players roll the ball along the ground – must not go above the knees and try to shoot a goal. If the team fumbles the ball the ball is handed over, the players must be at least 1 metre from the player when defending the ball.

Week 4

- Throwing
- Batting

| Time | Skill | Activity |
|---------|----------------|---|
| 15 mins | Warm up | <ul style="list-style-type: none">• Amoeba Tag• Stretch• Sprint to second base |
| 20 mins | Throwing | <ul style="list-style-type: none">• Relay throw• Specific relay throw |
| 20 mins | Batting | <ul style="list-style-type: none">• Demonstrate correct glove position• Fly ball self practice• Small ball toss |
| 5 min | Warm down game | <ul style="list-style-type: none">• Dizzy Lizzy |

Warm Up

Amoeba tag

Two people are it. They hold hands and chase people, the person they catch joins the chain by linking hands. When another person is caught they can stay together or split 2 and 2 they must split even numbers and can link together at will. This game is played till' nobody is left.

Sprint to second base

Working on the base running that the players worked on a few weeks ago – have the players warm up with a sprint through to second. Then have players pair up one partner starts on home plate the other starts at least 2 meters in front. The player behind has to try and catch the runner in front. Players swap roles and try to catch the other partner.

Throwing

Relay throw

You will need cones, balls, and fielding gloves. Make equal teams. Place 1 cone and ball directly in front of each group (normal cutoff distance for age group). Teams should stand behind their own cone. At the starting signal, the first person in line runs to the cone. The next person in line throws the ball to his/her partner in cutoff fashion. Fielders should yell, "Hit me!" with their arms up. On a successful catch the receiver then runs with the ball back to his or her team, and puts the ball back at the front of the line. The two partners must slap gloves with one person sprinting to the cone and the other returning to the back of the line. The rotation keeps going until every person has thrown the ball at least once.

For smaller group sizes, have each person throw the ball five times. For overthrows, the person must retrieve the ball, run back and tag the cone, and only then return to the team. Add in tags (at the cone) after successful catches. Always have throws going away from the group, so errant tosses do not hit anyone else.

Specific relay throw game

Play on a field appropriate for the age group, with three players – one at right field, one at second base, and one at third base (for slow pitch, you might also include the short fielder in addition to or in place of the second base player to give her experience at relaying throws). Hit or throw the ball so the right fielder needs to move to get it. The fielder throws to the second base player, who is acting as the relay to throw the ball to third. Award one point for a successful catch or stop by the right fielder, one point for throws caught in the air by the second base player, and one point for relays to third base in which the third base player catches the ball in good position to make a tag play. After the three players have scored six points, rotate them to different positions – the right fielder becomes the third base player, and the third base player becomes the right fielder. When each player has had the chance to practice each part of the relay, bring in three new players.

Batting

Bounce in Front

To practice the hitting rhythm and the trigger and the learn to hit the ball at the top of the bounce.

The partner stands six feet to the side and three feet in front of the batter and tosses a tennis ball that bounces up into the strike zone in front of the plate. As the ball bounces the batter "triggers" and gets her hands started into the swing. She waits until the ball is at the height of the bounce before swinging and driving it into a net.

Pepper Game

To develop bat control and a short, quick swing. Stand approximately 22 feet away from the three fielders who position themselves two feet apart. Hit the ball using a short, quick, downward stroke. Hit the ball sharply with one or two hops (ground balls) to the fielders. A fielder fields the ball and quickly tosses a half to three quarter speed pitch back to be hit. Hit the ball where it is pitched.

Preferably use four players in this drill and not more than five. Hit the inside pitch to the fielder to your left (for a right-handed batter). Hit the pitch in the middle to the fielder directly in front of you. Hit the outside pitch to the fielder to your right (for a right-handed batter).

To make the drill more difficult, use two softballs at once; keeping the hitter constantly ready to swing and fielders always heads-up.

Blind tee drill

Have players hit a ball off the tee 5 times. Then have them close their eyes and hit 5 balls off the tee. This drill increases batters concentration and also their muscle memory.

Fungo Competition

Players line up at home plate try to hit the ball the as far as they can. They need to toss the ball up themselves and then hit the ball. This drill works on their timing and using fast hands.

Hands to the ball

This drill helps the batters to take their hands towards the ball. The pitcher tosses the ball to the batter and the batter needs to hit the ball with the knob of the bat – no swing occurs in this drill. .

Warm down game

Dizzy Lizzy

Split teams into two – one team is fielding the other is batting. Before swinging the batter needs to put the knob of the bat on her forehead and the other end on the ground. The batter then spins around 5-7 times and takes her swing and runs the bases. The fielding team needs to field the ball and then all line up behind the player that fielded the ball before the runner runs around the bases.

Week 5

- Playing outfield
- Base running

| Time | Skill | Activity |
|---------|----------------|---|
| 15 mins | Warm up | <ul style="list-style-type: none">• Octopus Tag• Stretch• Run to positions |
| 20 mins | Throwing | <ul style="list-style-type: none">• Break the skill down into mechanics• Target throwing• Speed Throwing |
| 20 mins | Catching | <ul style="list-style-type: none">• Demonstrate correct glove position• Fly ball self practice• Small ball toss |
| 5 min | Warm down game | <ul style="list-style-type: none">• Volleyball using gloves and a softer ball |

Warm Up

Octopus Tag

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Run to positions

Players all stand behind home plate. Coach calls out positions and players have to race to the position.

VARIATION: Players have to hold hands with a partner, Drop off: students eliminated if last to the position.

Throwing

Mechanics of throwing

Break the skill down into mechanics: (<http://www.active.com/softball/articles/7-steps-to-perfect-throwing-mechanics-876582>)

Target Throwing

Set up witches hats or spots of the fence that players have got to try and hit. VARIATION: award points if they hit various targets. Throwing golf, place different witches hats over grounds, they have to try and hit the hats in the least number of throws.

Speed Throwing

Ensure that you teach players to catch with two hands and to try and catch and release in one quick motion. Players work in pairs and try to have the most throws in a set amount of time – or they try to reach a determined number of throws first.

Catching

Hot Tip: Hands Should Form a "W"

To get a better understanding of how your hands need to be positioned to catch the ball, take your glove off. Now, position both of your hands as if you were going to catch the ball. Bring your hands together so they are only about two or three inches apart. Take a closer look at them, what letter do they form? You're right! It's a "W." This position is perfect for learning how to catch. Now, put your glove back on and you're ready to get started!

Read more at: <http://softball.isport.com/softball-guides/how-to-catch-a-softball>

Fly-ball self practice

Players take their glove off and toss the ball up in the air and catch the ball, they then progress to putting their glove on (make sure that there is plenty of space for kids to not hit each other).

Small ball toss

Players stand only 2 metres away from each other and toss the ball gently below the hip to each other.

Warm down game

Volleyball

Split teams into two – map out an area of play with a 2 metre dead zone. Players toss the ball underarm to the opposition. Team have to catch the ball before it

hits the ground, if player misses it or it hits the ground next to the closest player they are eliminated. Game continues until there are no players left.

Week 6

- Batting
- Pivots

| Time | Skill | Activity |
|---------|----------------|---|
| 15 mins | Warm up | <ul style="list-style-type: none">• Octopus Tag• Stretch• Run to positions |
| 20 mins | Throwing | <ul style="list-style-type: none">• Break the skill down into mechanics• Target throwing• Speed Throwing |
| 20 mins | Catching | <ul style="list-style-type: none">• Demonstrate correct glove position• Fly ball self practice• Small ball toss |
| 5 min | Warm down game | <ul style="list-style-type: none">• Volleyball using gloves and a softer ball |

Warm Up

Octopus Tag

One person stands in the middle of the boundary area; in our case it was the gym. The rest of the kids line up at an end of the bounds and when the tagger says go they all run to the other side of the bounds. Whoever the tagger tags then has to stay and help him, except that the additional people that are tagged have to sit down, and can only help "It" by using their arms. This goes back and forth until your down to the last person who then starts the next round. This game is fun when played with a lot of kids.

Run to positions

Players all stand behind home plate. Coach calls out positions and players have to race to the position.

VARIATION: Players have to hold hands with a partner, Drop off: students eliminated if last to the position.

Throwing

Mechanics of throwing

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