

Game application

500

Groups of 6-10. Batter hits the ball from a tee or pitched ball. Fielders catch or field the ball.

Skill focus

Fielding

Equipment

1 soft core ball per group

4 bases per group

1 glove per player

1 bat

1 set of catchers gear (optional)

1 batting tee



Scoring

- › 100 points for a fly ball
- › 75 points for fielding the ball after one bounce
- › 50 points for fielding a moving ground ball
- › 25 points for fielding a stationary ball

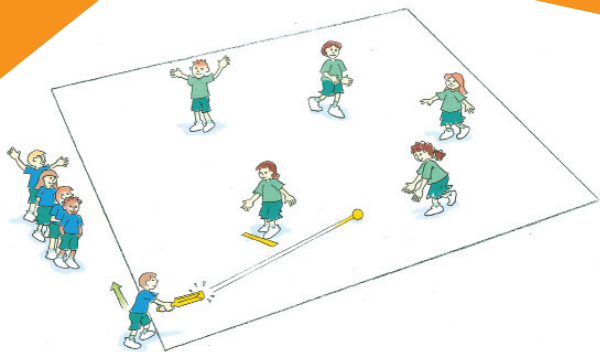
Variations

- › After 10 hits, the highest scoring fielder takes the place of the batter.
- › Alter the points system to include runs, outs, strikes, etc
- › Add targets
- › Allow for negative points

Lesson Plan

Home run, Lesson 8





Game application

Batting running line ball

From a batting team and a fielding team. Batting team hits the ball off the tee. Fielders run to the ball, line up in a straight line and roll the ball between the legs of fielders. Last fielder throws the ball back to the coach at the tee. Runners score by running around a cone 5 metres from the tee.

Skill focus

Batting, fielding team work

Equipment

- 1 collapsible tee (or similar)
- 1 foam bat



Easier

Reduce the distance of the cone.

Harder

Increase the distance between the tee and the base.

Tips

Encourage awareness of other players, ie instruct players to shout 'MINE' or their own name when moving to field the ball.

Ask

How can you work as a team to field the ball quickly?

Safety

Ensure a safe distance is kept around the batter at all times.

Lesson Plans

First base, Lesson 3

First base, Lesson 7





Game application

Beat the ball

Form a batting team and a fielding team. Batting team takes turns to hit the ball off a tee. After the hit, batters attempt to run around bases before the ball is thrown to the home plate. Fielders must field the ball and throw it in turn to 1st, 2nd, 3rd bases and home plate.

Skill focus

Batting, fielding team work

Equipment

- 1 collapsible tee (or similar)
- 1 foam bat



Easier

- › Reduce the distance of the bases
- › Players run around a single cone set 10 metres away

Harder

Players score 1 point for every time they beat the ball

Tips

Encourage awareness of other players - instruct players to shout 'MINE' or their own name when moving to field the ball

Ask

How can you work as a team to field the ball quickly?

Safety

Ensure a safe distance is kept around the batter at all times

Lesson Plans

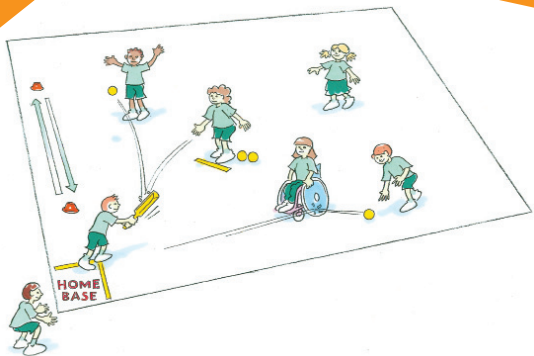
Second base, Lesson 3

Second base, Lesson 7

Second base, Lesson 8

Home run, Lesson 6





Game application

Blast ball

Form a batting and a fielding team. Defensive players take a position in the field. A base runner hits a ball off a tee into the field and attempts to reach the Blast base.

Skill focus

Batting, fielding, teamwork

Equipment

1 collapsible tee, foam bat, 1 foam ball, 1 Blast base



Tips

- › The ideal number of players per team is 5-6. This keeps the game moving quickly and makes the players more active.
- › Blast Ball introduces the basic fundamentals of softball including hitting, throwing, catching, running and fielding. It is designed to put the fun into the game of softball and to generate fast-paced action.
- › Blast Ball can be played indoors or out. Gloves are not required. The field set-up can be adjusted to suit the age and skill levels of the participants.

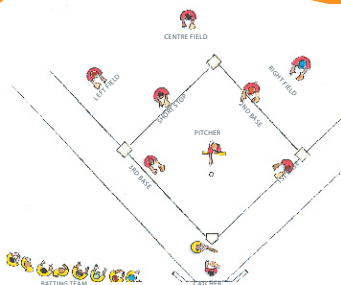
Rules

- › If the batter reaches the base before a defensive player either catches the ball in the air or fields it and yells BLAST, they score a run.
- › The batter can continue running until the fielding team yells BLAST
- › Allow each team to bat through their order before changing over

Lesson Plans

First base, Lesson 4 and 8
Second base. Lesson 8





Game application

Coach pitch

Form a batting team and a fielding team. Players take it in turns to bat the ball, which is pitched underarm by the coach or opposition. The batter runs around the bases while the fielders field the ball.

Skill focus

Introduces the skill of batting a pitched ball, practises fielding and promotes team work.

Equipment

- 2 soft core balls and one bat per group
- 1 batting tee
- 4 bases
- 5 batting helmet
- 1 set of catchers gear



A batter is out when:

- › a batted ball is caught on the full
- › a batted ball is fielded and thrown to 1st base before the batter arrives
- › a fielder with the ball touches a base before the runner arrives at the base

Easier

- › Use a larger ball and foam bat
- › Decrease the distance between the bases

Tips

- › Each batter has 3 attempts to hit the pitched ball. If the player fails to hit the ball into play, the batter may hit the ball from the tee.
- › Provide discrete coaching on the side

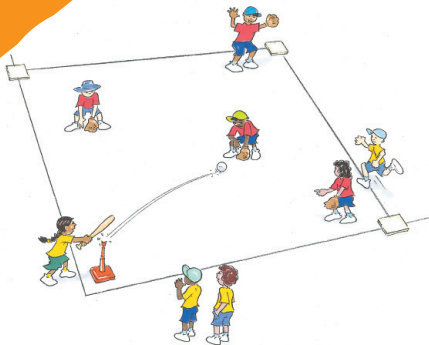
Ask

Where should you stand to field the ball?

Lesson Plans

Third base, Lessons 6, 7 and 8
Home run, Lessons 1, 7 and 8





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Skill focus

Fielding

Equipment

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- 1 glove per player
- 1 bat
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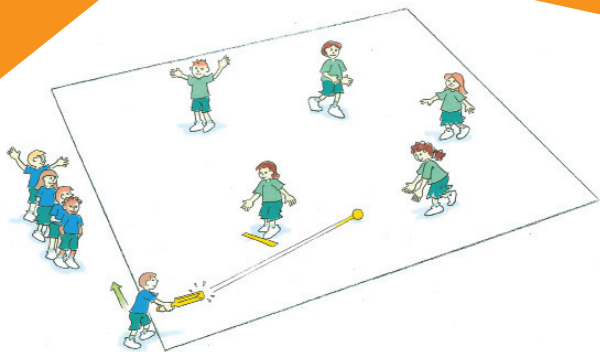
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- › After 10 hits, the highest scoring fielder takes the place of the batter.
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Lesson Plan

Home run, Lesson 8





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Skill focus

Batting, fielding team work

Equipment

- 1 collapsible tee (or similar)
- 1 foam bat



Easier

Reduce the distance of the cone.

Harder

Increase the distance between the tee and the base.

Tips

Encourage awareness of other players, ie instruct players to shout 'MINE' or their own name when moving to field the ball.

Ask

How can you work as a team to field the ball quickly?

Safety

Ensure a safe distance is kept around the batter at all times.

Lesson Plans

First base, Lesson 3

First base, Lesson 7





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Skill focus

Batting, fielding team work

Equipment

- 1 collapsible tee (or similar)
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Easier

- › Reduce the distance of the bases
- › Players run around a single cone set 10 metres away

Harder

Players score 1 point for every time they beat the ball

Tips

Encourage awareness of other players - instruct players to shout 'MINE' or their own name when moving to field the ball

Ask

How can you work as a team to field the ball quickly?

Safety

Ensure a safe distance is kept around the batter at all times

Lesson Plans

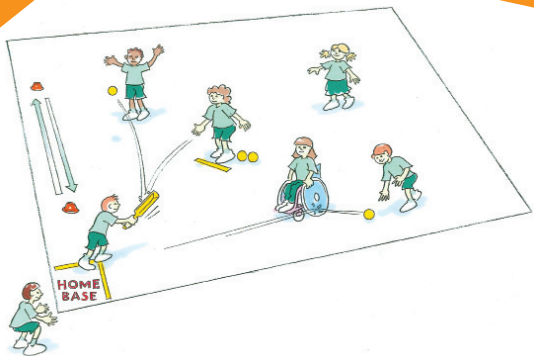
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Second base, Lesson 7

Second base, Lesson 8

Home run, Lesson 6





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Blast ball

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Skill focus

Batting, fielding, teamwork

Equipment

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Tips

- › The ideal number of players per team is 5-6. This keeps the game moving quickly and makes the players more active.
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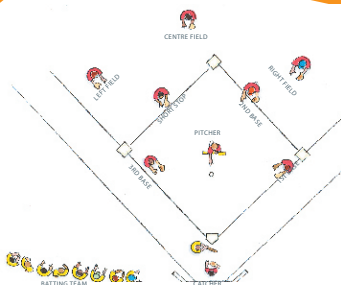
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Lesson Plans

First base, Lesson 4 and 8
Second base. Lesson 8





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Coach pitch

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Skill focus

Introduces the skill of batting a pitched ball, practises fielding and promotes team work.

Equipment

- 2 soft core balls and one bat per group
- 1 batting tee
- 4 bases
- 5 batting helmet
- 1 set of catchers gear



A batter is out when:

- › a batted ball is caught on the full
- › a batted ball is fielded and thrown to 1st base before the batter arrives
- › a fielder with the ball touches a base before the runner arrives at the base

Easier

- › Use a larger ball and foam bat
- › Decrease the distance between the bases

Tips

- › Each batter has 3 attempts to hit the pitched ball. If the player fails to hit the ball into play, the batter may hit the ball from the tee.
- › Provide discrete coaching on the side

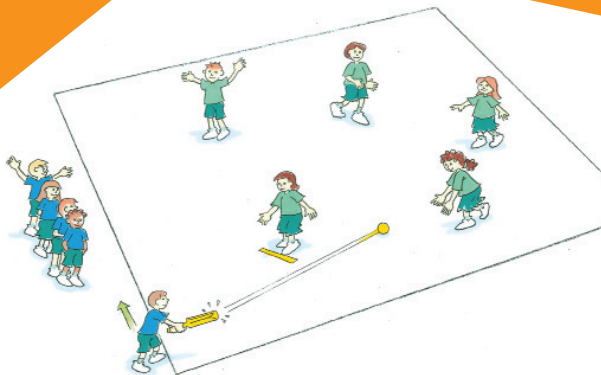
Ask

Where should you stand to field the ball?

Lesson Plans

Third base, Lessons 6, 7 and 8
Home run, Lessons 1, 7 and 8





Game application

Danish rounders

Form a batting team and a fielding team. The coach pitches for both teams. The batter hits the ball and runs as many bases as they like. Fielders must get the ball back to the coach to stop the batter running.

Skill focus

Practises throwing and catching and introduces teamwork

Equipment

4 bases or markers, 1 soft core ball,
1 bat per group, 1 collapsible tee



Easier

Decrease the size of the playing area

Harder

The ball must be passed between 3 teammates before throwing it to the coach

Tips

Use role models to emphasise good examples of throwing and catching

Ask

What can you do to increase your throwing accuracy?

Lesson Plans

Third base, Lesson 1

Third base, Lesson 3

Home run, Lesson 4





Game application

Defend the cone

Form a batting team and a fielding team. Start the game with the ball in the centre. Players pass the ball to each other along the ground to hit the opposite teams cones. Teams must also defend their cones. Score 1 point for each cone hit.

Skill focus

Fielding ground balls, team play

Equipment

1 low impact volleyball per team
6 markers (cones)



Easier

- › Reduce the size of the field
- › Use a larger ball

Harder

Use more than 1 ball at a time

Tips

Encourage awareness of other players - instruct players to shout 'MINE' or their own name when moving to field the ball.

Lesson Plan

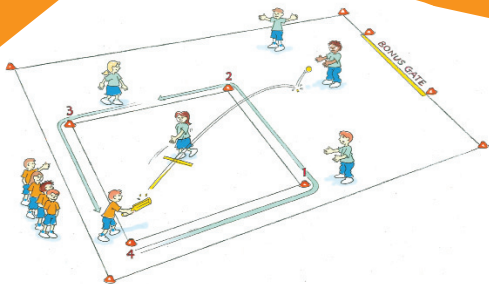
Second base, Lesson 2

Third base, Lesson 3

Home run, Lesson 2

Home run Lesson 4





Game application

Diamond ball

Divide the players into 2 teams of approximately 6 players each. The batter hits the ball off the tee into the field and runs to 1st base. The batter may continue running until the ball is thrown by the fielding team in the direction of the home plate but must stop at the next base once the ball is thrown. All players in the batting team bat and then change over with the fielding team.

Skill focus

Batting, fielding teamwork

Equipment

- 1 foam ball
- 1 collapsible tee
- 1 foam bat
- 4 markers (bases)



Easier

- › Decrease the distance of the bases
- › Players throw the ball into play

Harder

- › Increase the distance between tee and bases

Variation

The batting team scores 1 point for each base reached

Safety

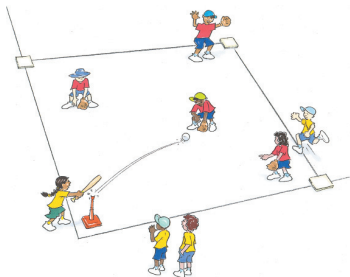
Observe the golden rules of safety as outlined in the Coaches Manual.

Lesson Plans

First base, Lesson 8

Second base, Lesson 8





Game application

Fast track

Form a batting team and a fielding team with 4 bases. Players take it in turns to bat the ball which is pitched underarm by the opposition. The batter runs around the bases while the fielders field the ball.

Skill focus

Pitching, batting, fielding and promotes teamwork

Equipment

- 1 soft core ball per group
- 1 collapsible tee per group (optional)
- 4 bases per group
- 1 glove per player
- 1 set of catchers gear



How to play

- › Each batter has 3 attempts to hit the ball pitched by the
- › opposition. If no ball is hit, the coach pitches a maximum of 2 balls to the player.
- › Batters may run as many bases as they can until the ball is thrown and held on a base ahead of the runner. On a ball pitched by the coach, batters may only run to 1st base.

The batter is out if

- › The ball is caught on the full.
- › A batted ball is fielded and thrown to 1st base before the batter arrives.
- › A fielder with the ball touches the base the batter is running to before the batter arrives.

Easier

Coach pitches the ball

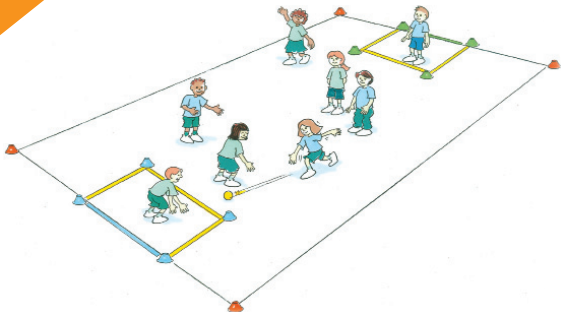
Tips

Provide discrete coaching

Lesson Plan

Home run, Lesson 8





Game application

Fielding soccer

Mark out an area with cones as goal posts. Split the group into 2 teams. Rolling and fielding the ball between their team, players attempt to score goals. The ball can only roll through goals and cannot be lifted into the air. A player cannot run or move off the spot with the ball.

Skill focus

Fielding ground balls, team play

Equipment

1 low impact volleyball (or similar)
6 marker cones



Easier

Reduce the size of the field

Harder

- › Use more than 1 ball at a time
- › Use different size balls
- › Limit the time in the goal area

Tips

- › Encourage awareness of other players - instruct players to shout 'MINE' or their own name when moving to field the ball
- › Introduce number of passes before shooting for goal, ie 5

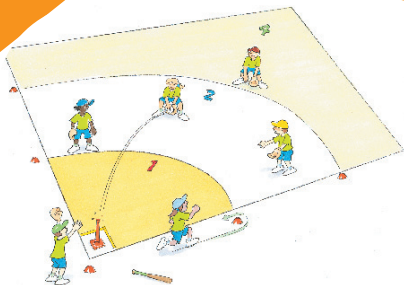
Ask

What can you do to help your teammates receive the ball?

Lesson Plans

First base, Lesson 2





Game application

In the zone

Batter hits the ball from a batting tee or pitched ball, aiming for a zone that will maximise points. Fielders use gloves and return balls to the pitcher. Batters also scores points for what they run before the fielder returns the ball to the pitcher. Play in groups of 6.

Skill focus

Practises batting, fielding throwing and catching, decision making and anticipation.

Equipment

- 1 tee per group (optional)
- 1 soft core ball per group
- 1 glove per player
- 1 batting helmet
- 1 set of catchers gear



Easier

Players bat from a tee.

Harder

Pitch the ball underarm to the batter. The catcher must wear full catching gear and the batter must wear a helmet

Tips

- › When fielding the ball, the fingers of the glove should point up for catches above the waist and down for catches below the waist
- › Fielders score points for catching the ball

Ask

- › Where should the fielders position themselves to keep the batters score down?
- › How do you modify your swing to hit particular areas of the field?

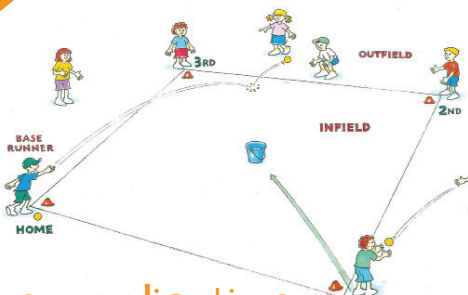
Lesson Plan

Third base, Lesson 5 (Get into it)

Home run, Lesson 3 (Get into it)

Home run, Lesson 5





Game application

Kick ball

Divide the group into batting and fielding teams. Batting team lines up behind kicking line. Players takes turns to kick the ball from the kicking line into the playing area. When the ball is kicked, the batter runs around all the bases trying to make it back to home base. The fielder retrieves the ball and throws it to each team member before throwing the ball to the coach at home base.

Skill focus: Practises throwing, catching and is an introduction to teamwork.

Equipment:

4 markers or bases

Large soft volleyball or similar



Additional equipment (variation)

1 foam ball

1 foam bat

1 collapsible batting tee

Easier

Decrease the distance between the bases

Harder

Players kick the ball rolled by a pitcher

Players hit the ball off a tee

Tips

Use role models to emphasise good examples of throwing and catching.

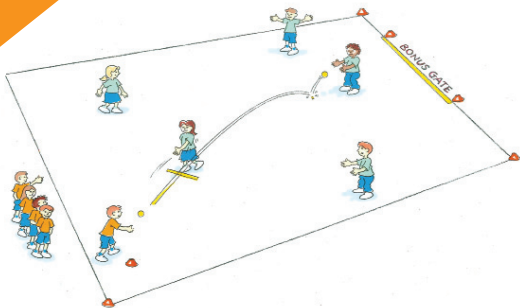
Ask

What can you do to increase your throwing accuracy?

Lesson Plan

First base, Lesson 3





Game application

Long ball

Set up an area with a pitching plate, home plate and long base. Players form 2 teams, 1 catching, 1 fielding. Pitcher pitches to a catcher who catches or blocks the ball then throws it as far as possible into the field before attempting to run to the long base.

Skill focus

Practises pitching and catching a pitched ball

Equipment

- 1 soft core ball per player
- 1 glove per player
- 3 catchers helmets
- 3 marker cones



Easier

- › Players score 1 point when they reach the long base.
- › Players are out if the ball is caught on the full or they are tagged out.

Tips

Use role models to emphasise good examples of pitching and catching.

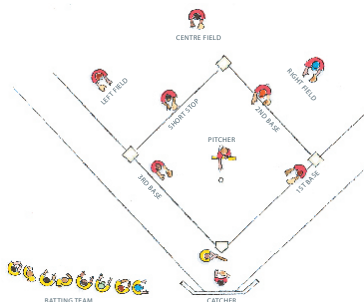
Ask

Where should you throw the ball to increase your chances of making it to the long base?

Lesson Plans

Third base, Lesson 3
Home run, Lesson 4





Game application

Progressive coach pitch

A variation of Coach Pitch. Players play as one team and take it in turns to bat the ball, which is pitched underarm by the coach. The batter attempts to run around the bases while the rest of the players field the ball. Once a player goes out, they pick up a glove and join the fielding team at right field and the remaining fielders rotate one place.

Skill focus

Batting, fielding, teamwork

Equipment

- 1 soft core ball per group
- 1 glove per player, 4 bases
- 5 batting helmets, 1 set of catchers gear



Easier

Players hit the ball from the tee

Tips

- › Encourage awareness of other players - instruct players to shout 'MINE' or their own name when moving to field the ball
- › Make sure all players rotate around the field

Ask

How can you position players to defend each hit?

Lesson Plans

Third base, Lesson 8
Home run, Lesson 8





Game application

Rebound catch

Groups stand 3-4 metres away from a wall. 1 player starts by throwing a ball at the wall. Players attempt to take rebound catches and field the ball. Change feeder every 3 throws.

Skill focus

Throwing and catching

Equipment

1 foam ball per group



Easier

Each player finds their own space on the wall and catches their own rebound throws

Ask

How can you make sure you field as many balls as possible as a group?

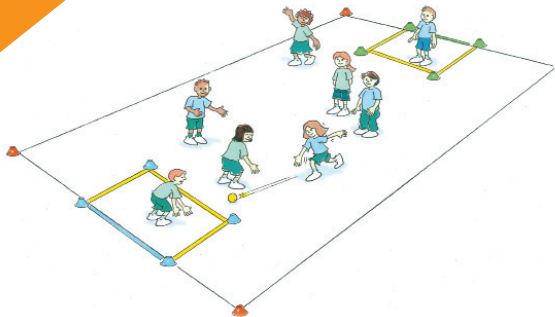
Safety

Ensure players are ready and facing the wall before the ball is thrown

Lesson Plan

First base, Lesson 6





Game application

Roll a goal

Mark out an area as illustrated above. Divide the group into teams of 3-4 players. Teams stand at opposite ends and try to roll the ball through the neutral zone towards their opponents. The aim is to roll the ball over the goal line before it is intercepted.

Skill focus

Fielding ground balls, team play

Equipment

6 soft core balls or similar
Additional balls (optional)
6 markers (cones)



Easier

- › Reduce the size of the field
- › Use a larger ball

Harder

Play with 2 or more balls

Tips

- › Encourage awareness of other players - instruct players to shout 'MINE' or their own name when moving to field the ball
- › Encourage correct fielding technique

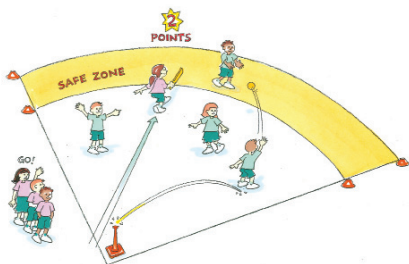
Ask

How can you work as a team to stop the other team from scoring?

Lesson Plans

Third base, Lesson 3
Home run, Lesson 3





Game application

Safety softball

Form a batting team and a fielding team. Batters take turns to hit the ball off a tee and run to the 'SAFE ZONE' marked by cones. Batters may choose to stay in the safe area or run straight back across the batting line to score a run. Fielders attempt to field the ball and hit the runner (below the shoulders) with the ball. Fielders may pass the ball between them but must not move when they have the ball.

Skill focus

Batting, throwing, catching

Equipment

1 batting tee per group
3 foam balls per group



Easier

Batters kick the ball into play. Players score a run for each end that they reach

Harder

Batters may have no more than 3 players in the safe zone at once

Ask

- › Batters - where should you hit the ball to score the most runs?
- › Fielders - how can you work together to intercept the ball and prevent runs being scored?

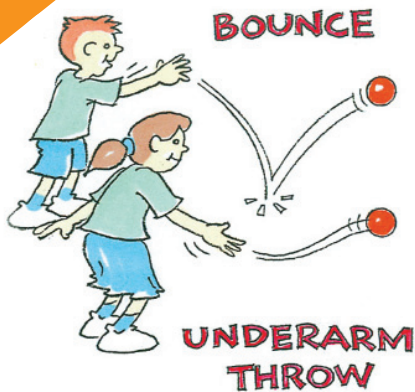
Safety

- › The batting line must wait their turn outside the batting area
- › Observe the golden rules of safety as outlined in the Coaches Manual

Lesson Plan

Second base, Lesson 6





Game application

Spot the specky

Players work in pairs. 1 player kneels facing the standing player about 5 metres, apart. The standing player throws the ball so that it lands just short or to the side of the kneeling player, causing them to dive, trying to catch the ball. Score a point for each catch.

Skill focus

Throwing and catching

Equipment

1 foam ball per player



Easier

- › Players stand and move to the ball
- › Use a larger ball

Ask

How can you make sure you field as many balls as possible as a group?

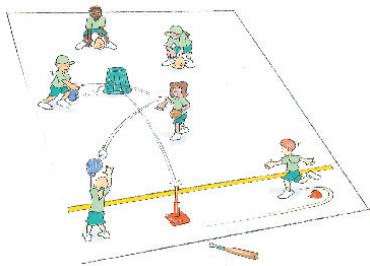
Safety

- › Ensure the activity is conducted on soft surface, ie grass
- › Follow the golden rules of safety outlined in the Coaches Manual

Lesson Plans

Second base, Lesson 6
Third base, Lesson 6





Game application

Target hit and run

1 player hits a ball at a target and then attempts to run around the bases before the fielders throw the ball to the catcher.

Skill focus

Practises batting and fielding

Equipment

- 1 batting tee per group (optional)
- 1 bat per group
- 3 soft core balls or similar
- 1 target
- 1 glove per person
- 1 set of catchers gear



Easier

- › Players hit the ball from a tee at a defined target
- › Players run around a cone and back

Harder

- › Players hit a pitched ball.
- › Decrease the size of the target
- › Fielders must pass the ball to each player before returning the ball to the batting tee or pitcher

Ask

- › How do you get the ball back on the tee quickly?
- › Where should you hit the ball to score the most runs?
- › How can you work together to intercept the ball and prevent runs being scored?

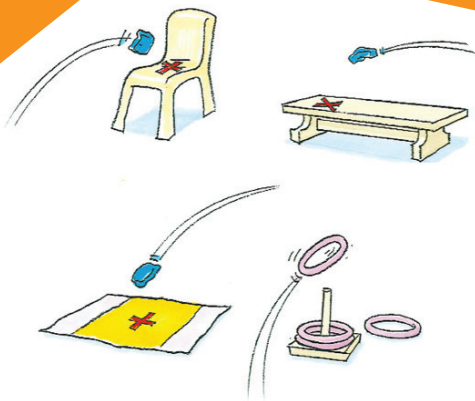
Safety

Allow 1 fielder only to enter the no-go zone surrounding the batting tee

Lesson Plans

Third base, Lesson 4
Home run, Lesson 6





Game application

Target throw

Players line up behind a cone and take it in turns to throw at a target approximately 3-5 metres away. Next in line retrieves the ball and takes their turn at throwing from the cone. Coach can allocate points for each target.

Skill focus

Throwing accuracy

Equipment

1 foam ball per player
A variety of targets



Easier

Use a larger target.

Harder

Use smaller targets or increase the distance thrown

Tips

Encourage the correct throwing technique

Ask

How can you make your throw more accurate?

Safety

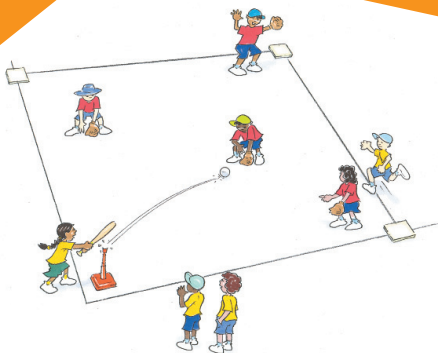
Ensure children stand behind the thrower while waiting for their turn

Lesson Plans

First base, Lesson 6

Third base, Lesson 6





Game application

T-Ball

Form a batting and a fielding team, with 4 bases. Each batter hits the ball into the field from a batting tee, then tries to run around the bases while fielders field the ball. Play in teams of 4 or more.

Skill focus

Practises game skills

Equipment

1 soft core ball per group

1 batting tee per group

4 bases

1 bat per group

5 batting helmets per group



A batter is out when

- › A batted ball is caught on the full
- › A batted ball is fielded and thrown to 1st base before the player arrives. A fielder with the ball touches a base before the
- › runner arrives at the base

Tips

- › Rotate players in the field regularly
- › Score 1 point for each base touched
- › No base stealing is allowed

Easier

- › Use a larger ball and bat
- › Players throw the ball into play

Ask

How can you work as a team to stop players scoring runs?

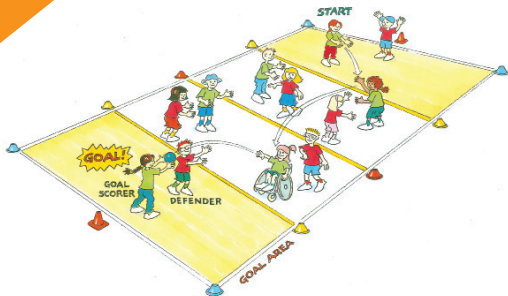
Lesson Plans

Second base, Lessons 5, 7 and 8

Third base, Lessons 1, 5 7 and 8

Home run, Lesson 7





Game application

Ultimate

A team tries to pass the ball among themselves up the field without dropping it, until it is caught by a team member in the end zone, which scores a point. The ball turns over when the thrower misses the target and the ball falls to the ground, or if it is intercepted by the other team. Play in teams of 7.

Skill focus

Throwing, catching, teamwork

Equipment

- 1 soft core ball
- 1 glove per player (optional)
- 8 marker cones



Tips

- › Encourage long throws as well as short passes
- › Encourage players to call 'MINE' when moving to the ball

Ask

How can you make the ball easier to catch?

How can you make your throws more accurate?

Lesson Plans

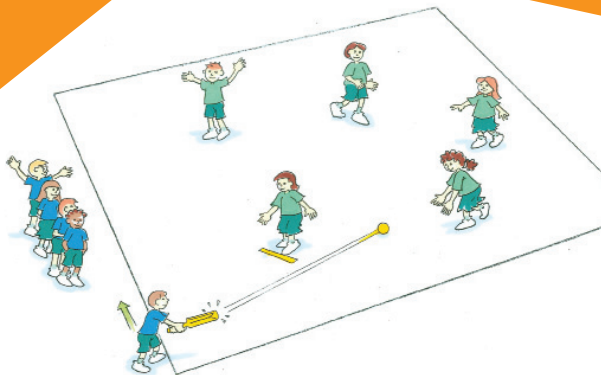
Third base, Lesson 8

Third base, Lesson 8

Home run, Lesson 1

Home run Lesson 8





Game application

Danish rounders

Form a batting team and a fielding team. The coach pitches for both teams. The batter hits the ball and runs as many bases as they like. Fielders must get the ball back to the coach to stop the batter running.

Skill focus

Practises throwing and catching and introduces teamwork

Equipment

4 bases or markers, 1 soft core ball,
1 bat per group, 1 collapsible tee



Easier

Decrease the size of the playing area

Harder

The ball must be passed between 3 teammates before throwing it to the coach

Tips

Use role models to emphasise good examples of throwing and catching

Ask

What can you do to increase your throwing accuracy?

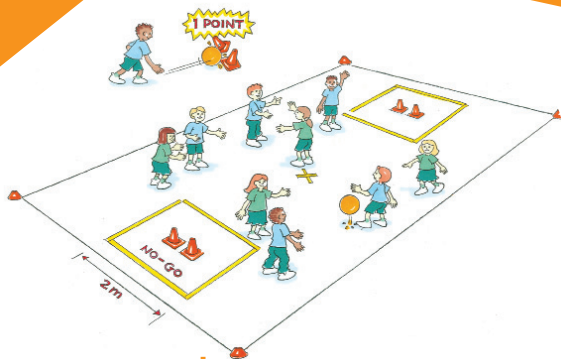
Lesson Plans

Third base, Lesson 1

Third base, Lesson 3

Home run, Lesson 4





Game application

Defend the cone

Form a batting team and a fielding team. Start the game with the ball in the centre. Players pass the ball to each other along the ground to hit the opposite teams cones. Teams must also defend their cones. Score 1 point for each cone hit.

Skill focus

Fielding ground balls, team play

Equipment

1 low impact volleyball per team
6 markers (cones)



Easier

- › Reduce the size of the field
- › Use a larger ball

Harder

Use more than 1 ball at a time

Tips

Encourage awareness of other players - instruct players to shout 'MINE' or their own name when moving to field the ball.

Lesson Plan

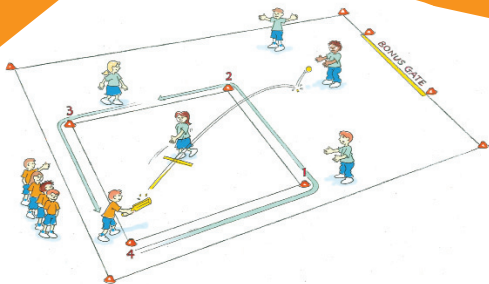
Second base, Lesson 2

Third base, Lesson 3

Home run, Lesson 2

Home run Lesson 4





Game application

Diamond ball

Divide the players into 2 teams of approximately 6 players each. The batter hits the ball off the tee into the field and runs to 1st base. The batter may continue running until the ball is thrown by the fielding team in the direction of the home plate but must stop at the next base once the ball is thrown. All players in the batting team bat and then change over with the fielding team.

Skill focus

Batting, fielding teamwork

Equipment

- 1 foam ball
- 1 collapsible tee
- 1 foam bat
- 4 markers (bases)



Easier

- › Decrease the distance of the bases
- › Players throw the ball into play

Harder

- › Increase the distance between tee and bases

Variation

The batting team scores 1 point for each base reached

Safety

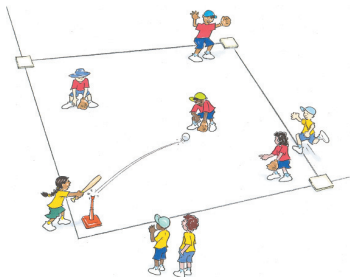
Observe the golden rules of safety as outlined in the Coaches Manual.

Lesson Plans

First base, Lesson 8

Second base, Lesson 8





Game application

Fast track

Form a batting team and a fielding team with 4 bases. Players take it in turns to bat the ball which is pitched underarm by the opposition. The batter runs around the bases while the fielders field the ball.

Skill focus

Pitching, batting, fielding and promotes teamwork

Equipment

- 1 soft core ball per group
- 1 collapsible tee per group (optional)
- 4 bases per group
- 1 glove per player
- 1 set of catchers gear



How to play

- › Each batter has 3 attempts to hit the ball pitched by the
- › opposition. If no ball is hit, the coach pitches a maximum of 2 balls to the player.
- › Batters may run as many bases as they can until the ball is thrown and held on a base ahead of the runner. On a ball pitched by the coach, batters may only run to 1st base.

The batter is out if

- › The ball is caught on the full.
- › A batted ball is fielded and thrown to 1st base before the batter arrives.
- › A fielder with the ball touches the base the batter is running to before the batter arrives.

Easier

Coach pitches the ball

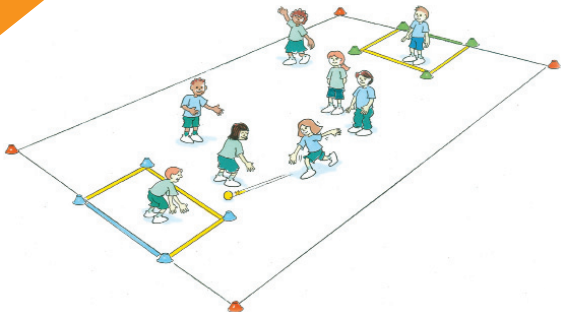
Tips

Provide discrete coaching

Lesson Plan

Home run, Lesson 8





Game application

Fielding soccer

Mark out an area with cones as goal posts. Split the group into 2 teams. Rolling and fielding the ball between their team, players attempt to score goals. The ball can only roll through goals and cannot be lifted into the air. A player cannot run or move off the spot with the ball.

Skill focus

Fielding ground balls, team play

Equipment

1 low impact volleyball (or similar)
6 marker cones



Easier

Reduce the size of the field

Harder

- › Use more than 1 ball at a time
- › Use different size balls
- › Limit the time in the goal area

Tips

- › Encourage awareness of other players - instruct players to shout 'MINE' or their own name when moving to field the ball
- › Introduce number of passes before shooting for goal, ie 5

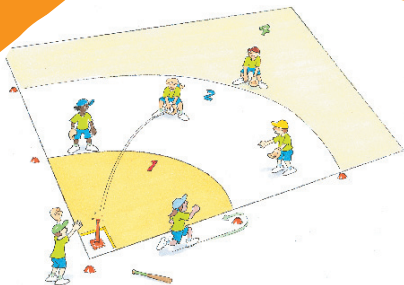
Ask

What can you do to help your teammates receive the ball?

Lesson Plans

First base, Lesson 2





Game application

In the zone

Batter hits the ball from a batting tee or pitched ball, aiming for a zone that will maximise points. Fielders use gloves and return balls to the pitcher. Batters also scores points for what they run before the fielder returns the ball to the pitcher. Play in groups of 6.

Skill focus

Practises batting, fielding throwing and catching, decision making and anticipation.

Equipment

- 1 tee per group (optional)
- 1 soft core ball per group
- 1 glove per player
- 1 batting helmet
- 1 set of catchers gear



Easier

Players bat from a tee.

Harder

Pitch the ball underarm to the batter. The catcher must wear full catching gear and the batter must wear a helmet

Tips

- › When fielding the ball, the fingers of the glove should point up for catches above the waist and down for catches below the waist
- › Fielders score points for catching the ball

Ask

- › Where should the fielders position themselves to keep the batters score down?
- › How do you modify your swing to hit particular areas of the field?

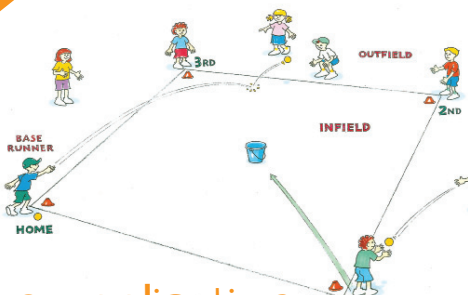
Lesson Plan

Third base, Lesson 5 (Get into it)

Home run, Lesson 3 (Get into it)

Home run, Lesson 5





Game application

Kick ball

Divide the group into batting and fielding teams. Batting team lines up behind kicking line. Players take turns to kick the ball from the kicking line into the playing area. When the ball is kicked, the batter runs around all the bases trying to make it back to home base. The fielder retrieves the ball and throws it to each team member before throwing the ball to the coach at home base.

Skill focus: Practises throwing, catching and is an introduction to teamwork.

Equipment:

4 markers or bases

Large soft volleyball or similar



Additional equipment (variation)

1 foam ball

1 foam bat

1 collapsible batting tee

Easier

Decrease the distance between the bases

Harder

Players kick the ball rolled by a pitcher

Players hit the ball off a tee

Tips

Use role models to emphasise good examples of throwing and catching.

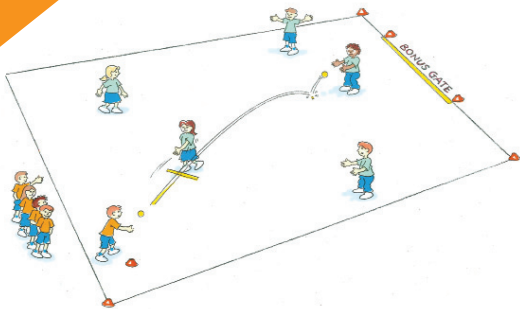
Ask

What can you do to increase your throwing accuracy?

Lesson Plan

First base, Lesson 3





Game application

Long ball

Set up an area with a pitching plate, home plate and long base. Players form 2 teams, 1 catching, 1 fielding. Pitcher pitches to a catcher who catches or blocks the ball then throws it as far as possible into the field before attempting to run to the long base.

Skill focus

Practises pitching and catching a pitched ball

Equipment

- 1 soft core ball per player
- 1 glove per player
- 3 catchers helmets
- 3 marker cones



Easier

- › Players score 1 point when they reach the long base.
- › Players are out if the ball is caught on the full or they are tagged out.

Tips

Use role models to emphasise good examples of pitching and catching.

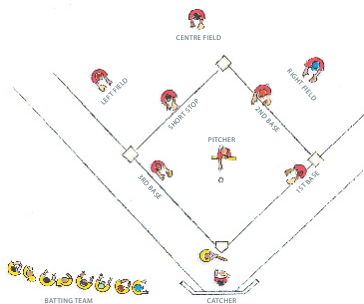
Ask

Where should you throw the ball to increase your chances of making it to the long base?

Lesson Plans

Third base, Lesson 3
Home run, Lesson 4





Game application

Progressive coach pitch

A variation of Coach Pitch. Players play as one team and take it in turns to bat the ball, which is pitched underarm by the coach. The batter attempts to run around the bases while the rest of the players field the ball. Once a player goes out, they pick up a glove and join the fielding team at right field and the remaining fielders rotate one place.

Skill focus

Batting, fielding, teamwork

Equipment

- 1 soft core ball per group
- 1 glove per player, 4 bases
- 5 batting helmets, 1 set of catchers gear



Easier

Players hit the ball from the tee

Tips

- › Encourage awareness of other players - instruct players to shout 'MINE' or their own name when moving to field the ball
- › Make sure all players rotate around the field

Ask

How can you position players to defend each hit?

Lesson Plans

Third base, Lesson 8
Home run, Lesson 8





Game application

Rebound catch

Groups stand 3-4 metres away from a wall. 1 player starts by throwing a ball at the wall. Players attempt to take rebound catches and field the ball. Change feeder every 3 throws.

Skill focus

Throwing and catching

Equipment

1 foam ball per group



Easier

Each player finds their own space on the wall and catches their own rebound throws

Ask

How can you make sure you field as many balls as possible as a group?

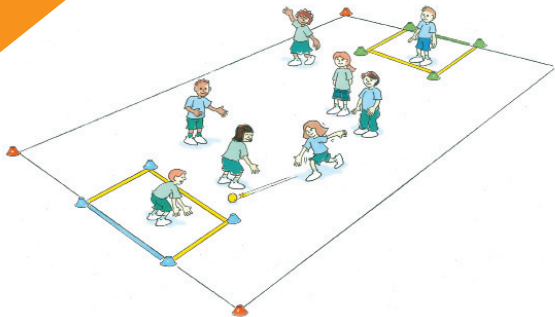
Safety

Ensure players are ready and facing the wall before the ball is thrown

Lesson Plan

First base, Lesson 6





Game application

Roll a goal

Mark out an area as illustrated above. Divide the group into teams of 3-4 players. Teams stand at opposite ends and try to roll the ball through the neutral zone towards their opponents. The aim is to roll the ball over the goal line before it is intercepted.

Skill focus

Fielding ground balls, team play

Equipment

6 soft core balls or similar
Additional balls (optional)
6 markers (cones)



Easier

- › Reduce the size of the field
- › Use a larger ball

Harder

Play with 2 or more balls

Tips

- › Encourage awareness of other players - instruct players to shout 'MINE' or their own name when moving to field the ball
- › Encourage correct fielding technique

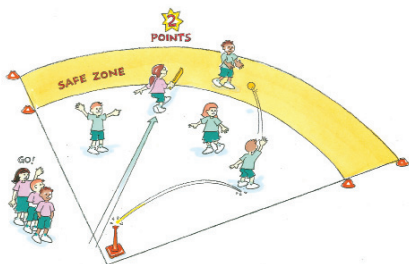
Ask

How can you work as a team to stop the other team from scoring?

Lesson Plans

Third base, Lesson 3
Home run, Lesson 3





Game application

Safety softball

Form a batting team and a fielding team. Batters take turns to hit the ball off a tee and run to the 'SAFE ZONE' marked by cones. Batters may choose to stay in the safe area or run straight back across the batting line to score a run. Fielders attempt to field the ball and hit the runner (below the shoulders) with the ball. Fielders may pass the ball between them but must not move when they have the ball.

Skill focus

Batting, throwing, catching

Equipment

1 batting tee per group
3 foam balls per group



Easier

Batters kick the ball into play. Players score a run for each end that they reach

Harder

Batters may have no more than 3 players in the safe zone at once

Ask

- › Batters - where should you hit the ball to score the most runs?
- › Fielders - how can you work together to intercept the ball and prevent runs being scored?

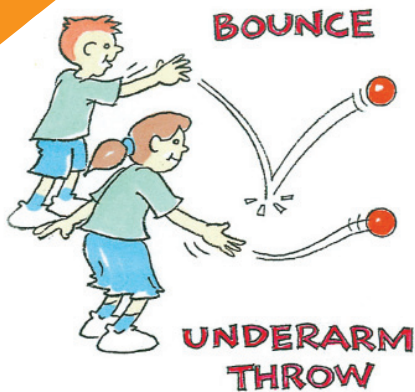
Safety

- › The batting line must wait their turn outside the batting area
- › Observe the golden rules of safety as outlined in the Coaches Manual

Lesson Plan

Second base, Lesson 6





Game application

Spot the specky

Players work in pairs. 1 player kneels facing the standing player about 5 metres, apart. The standing player throws the ball so that it lands just short or to the side of the kneeling player, causing them to dive, trying to catch the ball. Score a point for each catch.

Skill focus

Throwing and catching

Equipment

1 foam ball per player



Easier

- › Players stand and move to the ball
- › Use a larger ball

Ask

How can you make sure you field as many balls as possible as a group?

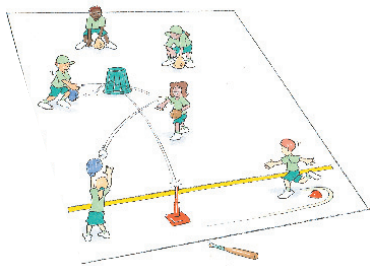
Safety

- › Ensure the activity is conducted on soft surface, ie grass
- › Follow the golden rules of safety outlined in the Coaches Manual

Lesson Plans

Second base, Lesson 6
Third base, Lesson 6





Game application

Target hit and run

1 player hits a ball at a target and then attempts to run around the bases before the fielders throw the ball to the catcher.

Skill focus

Practises batting and fielding

Equipment

- 1 batting tee per group (optional)
- 1 bat per group
- 3 soft core balls or similar
- 1 target
- 1 glove per person
- 1 set of catchers gear



Easier

- › Players hit the ball from a tee at a defined target
- › Players run around a cone and back

Harder

- › Players hit a pitched ball.
- › Decrease the size of the target
- › Fielders must pass the ball to each player before returning the ball to the batting tee or pitcher

Ask

- › How do you get the ball back on the tee quickly?
- › Where should you hit the ball to score the most runs?
- › How can you work together to intercept the ball and prevent runs being scored?

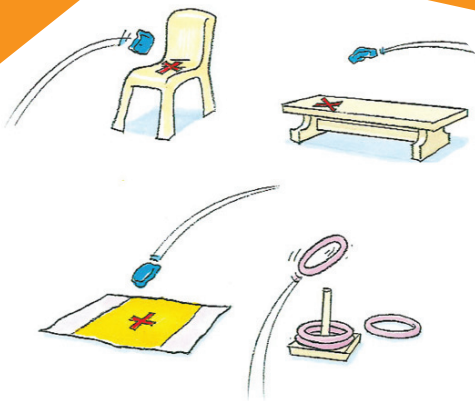
Safety

Allow 1 fielder only to enter the no-go zone surrounding the batting tee

Lesson Plans

Third base, Lesson 4
Home run, Lesson 6





Game application

Target throw

Players line up behind a cone and take it in turns to throw at a target approximately 3-5 metres away. Next in line retrieves the ball and takes their turn at throwing from the cone. Coach can allocate points for each target.

Skill focus

Throwing accuracy

Equipment

1 foam ball per player
A variety of targets



Easier

Use a larger target.

Harder

Use smaller targets or increase the distance thrown

Tips

Encourage the correct throwing technique

Ask

How can you make your throw more accurate?

Safety

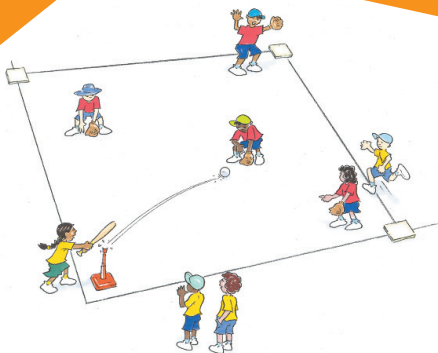
Ensure children stand behind the thrower while waiting for their turn

Lesson Plans

First base, Lesson 6

Third base, Lesson 6





Game application

T-Ball

Form a batting and a fielding team, with 4 bases. Each batter hits the ball into the field from a batting tee, then tries to run around the bases while fielders field the ball. Play in teams of 4 or more.

Skill focus

Practises game skills

Equipment

1 soft core ball per group

1 batting tee per group

4 bases

1 bat per group

5 batting helmets per group



A batter is out when

- › A batted ball is caught on the full
- › A batted ball is fielded and thrown to 1st base before the player arrives. A fielder with the ball touches a base before the
- › runner arrives at the base

Tips

- › Rotate players in the field regularly
- › Score 1 point for each base touched
- › No base stealing is allowed

Easier

- › Use a larger ball and bat
- › Players throw the ball into play

Ask

How can you work as a team to stop players scoring runs?

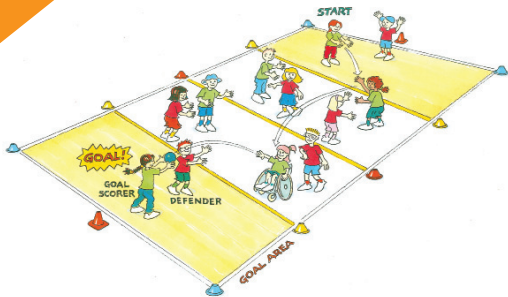
Lesson Plans

Second base, Lessons 5, 7 and 8

Third base, Lessons 1, 5 7 and 8

Home run, Lesson 7





Game application

Ultimate

A team tries to pass the ball among themselves up the field without dropping it, until it is caught by a team member in the end zone, which scores a point. The ball turns over when the thrower misses the target and the ball falls to the ground, or if it is intercepted by the other team. Play in teams of 7.

Skill focus

Throwing, catching, teamwork

Equipment

- 1 soft core ball
- 1 glove per player (optional)
- 8 marker cones



Tips

- › Encourage long throws as well as short passes
- › Encourage players to call 'MINE' when moving to the ball

Ask

How can you make the ball easier to catch?

How can you make your throws more accurate?

Lesson Plans

Third base, Lesson 8

Third base, Lesson 8

Home run, Lesson 1

Home run Lesson 8

