



Australian Government

Australian Sports Commission

ACTIVE AFTER-SCHOOL COMMUNITIES

playing for life

Softball

COMPANION BOOK



Acknowledgments

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Disclaimer

The Playing for Life companion books have been designed for use with students aged 4–12. Each book assumes that each student is healthy and has no medical condition, disability, illness, impairment or other reason that may impact, limit or restrict their involvement in sport or other physical activity. A student should not be allowed to participate in an activity if any medical, physical or other factor indicates that they are not suited to that activity. Where there are any queries or concerns about such matters, the consent of the student's parent or guardian should be obtained before allowing participation. While care has been taken in the preparation of these books, the publisher and authors do not accept any liability arising from the use of the books including, without limitation, from any activities described in the books.

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About this book



The Playing for Life companion books have been developed to complement the Active After-school Communities (AASC) Playing for Life resource kit. They are primarily designed for members of the local community who will be delivering programs to participating primary school-aged children.

More specifically, they are designed to help people with minimal experience in the sport to deliver activities in line with the Playing for Life philosophy. This places an emphasis on providing safe, fun, engaging activities that ensure maximum participation from all children, regardless of their level of ability.

Playing for Life – what is it?

The Playing for Life philosophy adopts a ‘game sense’ approach to physical activity.

- » **THE GAME IS THE FOCUS** — Players develop skills through fun, game-like activities (by ‘playing the game’) rather than through traditional skills and drills.
- » **COACH IS A FACILITATOR** — Coaches play more of a facilitator role than a director’s role. Rather than instructing players how to perform a particular skill, coaches provide key coaching points for performing the skill then set the players a challenge that they must solve through activity. For example, they might ask:
 - » How many different jumps can you perform in 30 seconds?
 - » Where will you stand to field the ball?
 - » How can you work together to stop the opponents scoring?
 - » How can you include everyone?

This engages players in the activity at a level that suits their own ability, and players learn through self-discovery rather than coach direction.

- » **DISCRETE COACHING** — Coach instructions and demonstrations are kept to a minimum. Allow play to continue and support players to develop their skills on the side in an unobtrusive way during the course of the activity. This maximises player participation and allows players to receive one-on-one coach support where required.
- » **ROLE MODELS** — Use player role models during the activities to demonstrate and emphasise good technique or strategies. Be aware of cultural considerations when adopting this strategy.

Remember!

The activity sets
the challenge

The game asks the
questions, and

The players' response
is the answer

» ASK THE PLAYERS —

The use of player questioning is a valuable strategy to engage the players themselves in changing the activity to increase participation and to make the activity more or less challenging.

- » **CHANGE IT** — Simple variations to activities are introduced to make the activities easier or harder in order to accommodate all player ability levels and backgrounds. Use the CHANGE IT acronym to assist you in modifying the activities, and remember to 'Ask the players':

C

Coaching style e.g. deciding when to direct activities and when to ask the players. Knowing when to provide discrete coaching and when to 'just let the kids play'

H

How you score or win e.g. introduce zones for batting or target games

A

Area (playing area) e.g. make the playing area smaller or larger; alter distances to targets or between players

N

Number of players e.g. consider different team sizes to keep all players active. Have several games of 2 v 2 or, if focusing on defence skills, change to 3 v 2 or 2 v 1 etc

G

Game rules e.g. allow 2 bounces before catching or stopping a ball, or introduce a no-go zone

E

Equipment e.g. use a larger or softer ball; rackets instead of bats; bins or markers for targets

I

Inclusion e.g. modify the game to maximise the involvement of all players. Ask the players how to change the game

T

Time e.g. reduce or extend the time to perform actions; change the number of passes within a time limit; vary the length of time a player can hold the ball

It is more important to follow the concept of **CHANGE IT** than to remember what each letter represents.

If it is not working.... CHANGE IT!!

How do I know when to **CHANGE IT**?

The first step is to play the game and observe player involvement and responses.

When observing the game being played, and player involvement and responses, ask yourself the following questions:

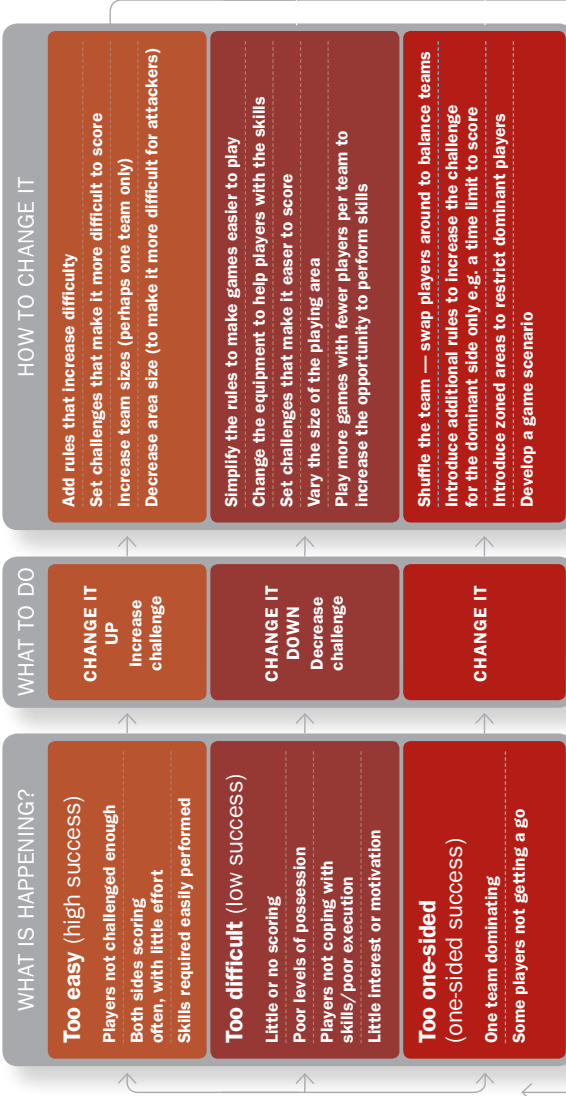
- » Is the game safe?
- » Are all players having fun?
- » Are all players engaged in the game?
- » Is the game working?
- » Do all players understand the game?
- » Is the objective of the game being achieved?
- » Are all the players being included?
- » Is participation being maximised?
- » Is the game appropriate to the ability level of each player?
- » Are all players being challenged?

If the answer to any of the above questions is No, then **CHANGE IT**.

The diagram on the following page provides a step-by-step guide about when and how to apply the **CHANGE IT** principles.



When and how to apply the CHANGE IT principles



PLAY THE GAME AGAIN · OBSERVE RESPONSES · MAKE FURTHER VARIATIONS AS NECESSARY

OBSERVATION

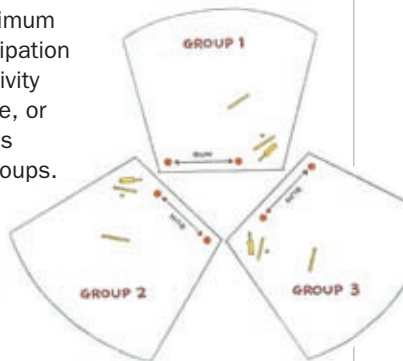
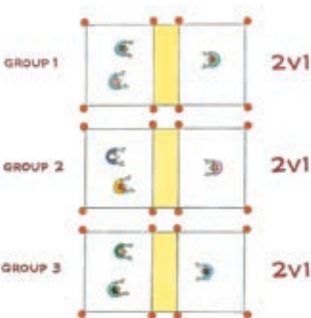
Play the game

Observe player involvement and responses:

- Is the purpose being achieved?
- Are all players engaged?
- Are players coping with the skills required?
- Is it safe?
- Are players enjoying the game?

Tips for delivery

- » Do not limit yourself to the structure of the lesson plans provided. Be creative and add your own flair as you become more confident as a deliverer.
- » Use the Easier and Harder variations to modify the games to suit the ability levels of the players. Remember to use your own CHANGE IT variations and 'Ask the players'.
- » Use the Tips section to provide discrete coaching where needed to develop players' skill levels.
- » As the lessons progress, the games evolve to become more complex and similar to the sport itself. However, remember to match the game with the ability of the players and modify it as necessary.
- » On the other hand, if the players grasp the games quickly, you may find you complete them in a shorter timeframe than estimated. In these circumstances, introduce games that the children enjoyed from previous lessons, to fill in time.
- » Remember some games may not work with one group, whereas they could work really well with another. Don't be afraid to CHANGE IT to suit the needs of your group or even replace the game completely.
- » Keep group sizes to a minimum to ensure maximum participation of all children. Run the activity with several groups at once, or set up stations with various activities and rotate the groups.





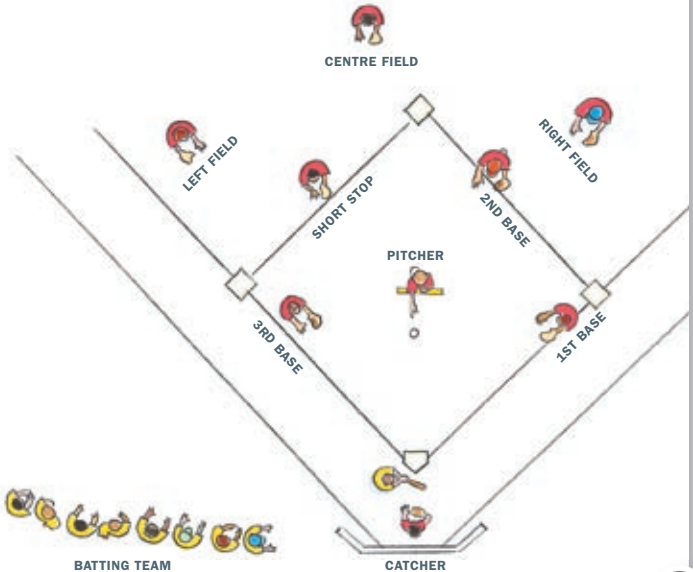
SOFTBALL

Introduction to softball



What is softball?

- » Softball is a bat-and-ball sport, played between 2 teams of 9 players.
- » It is a high-tempo, low-scoring game.
- » It is generally played outdoors on a diamond-shaped field made up of a home-plate and three bases.



- » The aim is to score more runs than the other team. A run is scored when a batter hits a fair ball and runs around all the bases anti-clockwise to the home-plate.
- » The fielding team must try and get the batting team out (by dismissing 3 players) and keep them from reaching the home-plate to score a run.
- » Once the fielding team has dismissed the opposing team, it is their turn to bat, and so on. This is referred to as an inning.
- » There are two forms of softball — slow pitch and fast pitch. Fast pitch softball is widely played in Australia, especially at competition level, while slow pitch softball is promoted as a recreational sport. This book introduces players to fast pitch softball only.
- » In a normal game of fast pitch softball, each game has 7 innings, with 3 'outs' in each inning.

Modified softball rules

Softball is a sport in which people of all ages and abilities can play for recreation or competition. With rule modifications and variations in equipment, softball has pathways that will cater for participants as young as 5 years old through to masters competitions.

For the purpose of this book, two modified games will be used — tee-ball and 3-pitch softball.

Tee-ball rules

Tee-ball is recommended for children under 9 years of age (or equivalent ability). It is designed to introduce young players to softball and help them develop basic softball skills in a fun way. Following is a summary of the key rules of tee-ball:

- » There is no pitcher or catcher — batters hit the ball from a batting tee which is placed in front of the home-plate. The batting tee is adjusted to a suitable height for each batter to strike.
- » The coach acts as the catcher, and no 'outs' may be played at home-plate.

- » Teams consist of 5 to 7 players.
- » The length of games is 60 minutes.
- » One inning goes for 10 minutes, regardless of how many batters are out. Each player has at least one turn to bat each inning.
- » Players in the field are regularly rotated.
- » A strike occurs when the batter swings and misses the ball on the tee. A foul ball counts as a strike, and after 3 strikes the batter retires.
- » Play stops after the ball is fielded and thrown to a base (the player does not have to catch the ball properly).
- » A player is out when:
 - a batted ball is caught on the full
 - a batted ball is fielded and thrown to first base before the batter arrives
 - a fielder with the ball touches a base before a forced runner, or
 - a tag is made with the ball on the runner (whether the ball is held in the tag or not).
- » No base stealing is allowed. Base-runners must keep their foot on the base until the ball is hit.
- » On a fly ball, runners must stay in contact with the base until the ball is touched by a player or touches the ground, before they advance.
- » One point is scored for each base touched (by the batting team) and one point for each 'out' (for the fielding team).

3-pitch softball rules

- » The game of 3-pitch softball is recommended for children under 12 years of age (or equivalent ability). Following are the key changes to the above tee-ball rules:
- » The coach pitches underarm to their own team.
- » Catchers are introduced and must wear full catching gear. Catchers should stand a safe distance behind the batter.
- » Each player has a maximum of 3 pitches per turn (no walks are given). If the batter does not hit the pitches, they are permitted one swing off the tee. If no contact is made, or the ball is foul, the batter retires.
- » On a safe hit off the tee, the batter may advance to first base only.

Tips for delivering softball

Following are some specific tips for delivering Playing for Life softball:

- » Where this book refers to balls, use 10.5' or 11' soft-core balls or similar low-impact balls (e.g. tennis balls or foam balls).
- » Use a softball or tee-ball bat of suitable length and weight for players, with a non-slip grip on the handle. Foam bats are recommended for children 7 or under (depending on ability).
- » Official tee-ball or softball bases can be used. If these are not available, use rubber mats, markers or something similar.
- » Batting helmets should be used when batting a pitched ball or running bases.
- » Catcher's gear, which includes a chest protector, leg guards, helmet and face mask with a throat protector, is required for 3-pitch softball.
- » A collapsible batting tee is preferred. If these are not available, witches hats or similar may also be used.
- » All players must wear a glove when fielding.

Golden rules of safety

Bats and balls are potentially dangerous, so safety must come first. Following are the golden safety rules:

- » Make sure there is enough space between fielders to allow for safety when throws are inaccurate.
- » Always check the playing surface for hazards (stones, pot holes etc).
- » The fielder must roll the ball back to the person feeding the tee.
- » The feeder stands on the opposite side of the tee, facing the batter.
- » The batting line should sit at least 5 metres to the right and behind the feeder.
- » There are no practice swings, unless instructed.

- » Bats should be placed (not thrown) on the ground when not in use.
- » Batters should run on the inside of bases, and fielders should throw to the outside of bases.

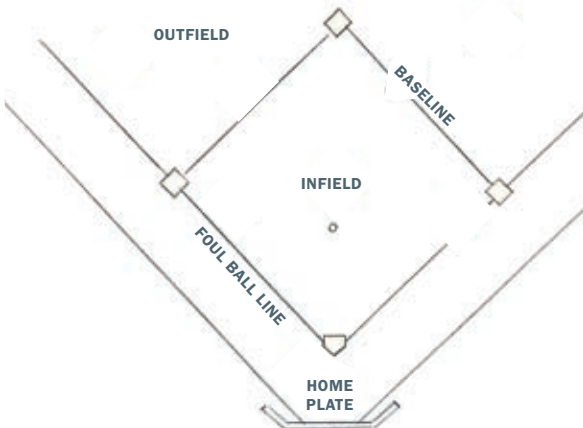
Introduction to basic softball terms and skills

General

- » **INNING** — a turn at batting and fielding for each team.

Field

- » **BASE** — one of four points on the infield that must be touched by a runner in order to score a run. It applies to the rubber or canvas bags comprising first, second, and third base, as well as the rubber plate known as home-plate.
- » **INFIELD** — the diamond-shaped area formed by the 3 bases and home-plate.
- » **OUTFIELD** — the playing area inside the foul lines and beyond the infield.
- » **BASELINE** — the direct line between each base, along which the base-runner generally runs.



Batting

» **BATTER** — the player trying to hit the pitch or hit from the batting tee.

» **BATTING TEE** – a shaft with a concave top attached to a flat base, used to hold the ball in tee-ball.



» **FOUL BALL** – a ball that stops in full territory while in the infield, or first lands in foul territory in the outfield.

» **(BATTING) GRIP** — the way the bat should be held when batting. The fingers should be wrapped around the handle of the bat, close together. The 'V' formed between their thumb and index finger should point straight up the respective arm.



» **BATTING SWING** — the action of hitting the ball from a pitch or off a tee.

» **BUNT/BUNTING** — using the bat to just block or tap the ball instead of swinging at it (that is, without following through).



» **STRIKE ZONE** — the area between the batter's armpits and knees when the ball crosses the home-plate. A pitch in this area is considered a strike.



Base running

- » **BASE-RUNNER** — a batter who has reached a base safely. Base-runners must touch each base in order, and may only overrun first base without being tagged.

- » **FORCE** — when a runner is compelled to run to the next base (e.g. if the batter hits a fair ball, the runner on first base is forced to advance to second base).

- » **SLIDE** — a base-running manoeuvre in which the player slides into a base to avoid overrunning it, or to make it difficult for the fielder to tag the runner with the ball.

- » **TAG** — a base-runner who is off base is touched with the ball by a fielder. The ball must be securely held in the fielder's hand or glove.



Fielding

- » **PITCHING** — delivering the ball in an underarm motion for the batter to hit. The ball should be delivered in a batter's strike zone.

- » **FIELDER** — any one of the fielding (defensive) team.

- » **FLY BALL** — a ball hit or thrown high in the air.

- » **GROUND BALL** — a ball hit or thrown along the ground.

- » **GLOVE** — worn on the non-throwing hand, it has webbing between the thumb and forefinger and is made of leather or a similar material. They come in both left and right-handed versions, and should be worn on the non-throwing hand.

- » **THROWING** — the action used to release the ball and deliver it to another player when in the field. The overarm throw is performed side-on to gain speed and accuracy.



OVERARM THROW



UNDERARM THROW

- » **(BALL) GRIP** — the method of holding the ball to throw or pitch. The ball should be held in the fingertips, with the fingers on top of the ball.



- » **CATCHING** — catching the ball on the full in the pocket of the glove. Fingers should be pointing up for a catch above the waist and down for a catch below the waist.



- » **FIELDING** — fielding the ball off the ground or after a bounce with the glove. Fingers should point down and the body should be behind the ball.



- » **READY POSITION** – position infielders should stand in preparation to field the ball.



What you need from the kit...



START OUT

WILDCARD

- START OUT WC 01A** Form a group
- START OUT WC 03A** All-in tag
- START OUT WC 05A** Get the bean bag
- START OUT WC 05B** Stork tag
- START OUT WC 06** How many bean bags?
- START OUT WC 08A** Partner tag
- START OUT WC 09A** Warriors and Dragons

COOPERATIVE PLAY

- START OUT CP 01A** Shuttle ball
- START OUT CP 01B** Underarm return relay
- START OUT CP 04A** Pepper
- START OUT CP 06B** L-o-n-g throw

INVASION GAMES

- START OUT INV 01A** Base-run
- START OUT INV 03** Pairs passing

STRIKING & FIELDING

- START OUT SF 01B** Target throw and run

NET & COURT

- START OUT NC 02A** Keep the ball up

GET INTO IT

INVASION GAMES

- GET INTO IT INV 01** Interceptor
- GET INTO IT INV 03** Pass and run
- GET INTO IT INV 04** End to end
- GET INTO IT INV 11** Roll a ball
- GET INTO IT INV 12** Keentan

STRIKING & FIELDING

- GET INTO IT SF 03** Runners v passers
- GET INTO IT SF 04** Continuous cricket
- GET INTO IT SF 06** Beat the bucket
- GET INTO IT SF 09** In the zone
- GET INTO IT SF 10** Beat the ball
- GET INTO IT SF 11** Mini tee-ball

NET & COURT

- GET INTO IT NC 07** Wall tennis

TARGET GAMES

- GET INTO IT TG 07** Gorri
- GET INTO IT TG 08** Bombard
- GET INTO IT TG 09** Hit the target
- GET INTO IT TG 11** Defend the zone

FINISH UP

FINISH UP

- FINISH UP 01** Put it away!
What did you learn?
Great work!
- FINISH UP 03** What did you like?
- FINISH UP 04** Freeze frame
Puppeteer



Remove or print each of the above cards from the Playing for Life resource kit and add to the ring-bound holder provided.



This companion book cross-references these cards throughout the 8-week lesson plan.

Overview of lessons

LESSON	1	2	3	4	5	6	7	8
OBJECTIVE	Throwing accuracy	Catch a ball using a glove —on the spot and on the run	Basic fielding skills (moving to the ball, fielding ground balls, catching fly balls, communication, teamwork)	Fielding and catching skills	Batting — correct grip, hitting accuracy	Basic base-running skills	Game skills – batting and fielding skills, teamwork and communication	Playing a game of mini tee-ball
START OUT	Bombard Get Into It TG 08 Pairs passing Start Out INV 03	All-in tag Start Out WC 03a L-o-n-g throw Start Out CP 06b	Get the bean bag Start Out WC 05a Keep the ball up Start Out NC 02a	Gorri Get Into It TG 07 Wall tennis Get Into It NC 07	Partner tag Start Out WC 08A Pepper Start Out CP 04A	Warriors and Dragons Start Out WC 09a Base-run Start Out INV 01A	Stork tag Start Out WC 05b How many bean bags? Start Out WC 06	Shuttle ball Start Out CP 01A Form a group Start Out WC 01A
GET INTO IT	Hit the target Get Into It TG 09 End to end Get Into It INV 04	Underarm return relay Start Out CP 01b Interceptor Get Into It INV 01 Keentan Get Into It INV 12	How many bean bags? Start Out WC 06 Roll a ball Get Into It INV 11	Pass and run Get Into It INV 03 Defend the zone Get Into It TG 11	Hit the target Get Into It TG 09 Beat the ball Get Into It SF 10 In the zone Get Into It SF 09	Target throw and run Start Out SF 01b Beat the bucket Get Into It SF 06	Runners v passers Get Into It SF 03 Continuous cricket Get Into It SF 04	Beat the ball Get Into It SF 10 Mini tee-ball Get Into It SF 11
FINISH UP	What did you learn? Finish Up 01 Put it away! Finish Up 01	Great work! Finish Up 01 Put it away! Finish Up 01	Freeze frame Finish Up 04 Put it away! Finish Up 01	What did you like? Finish Up 03 Put it away! Finish Up 01	Put it away! Finish Up 01	What did you like? Finish Up 03 Put it away! Finish Up 01	Puppeter Finish Up 04 Put it away! Finish Up 01	Great work! Finish Up 01 Put it away! Finish Up 01

How to use this book

- 1 Read the introductory pages to make sure you have an understanding of the Playing for Life philosophy and a basic understanding of the sport, including terms and skills, safety considerations and equipment requirements.
 - 2 Read through each lesson plan to make sure you understand the objectives and requirements for each lesson.
 - 3 Collect and review the required Playing for Life activity cards referred to in each of the lessons.
 - 4 Add the loose-leaf activity cards to the ring-bound holder (shown). A companion book can sit alongside the activity cards — just slide the cover into the holder.
-
- 5 Before conducting each lesson, organise an appropriate and safe playing area and the necessary equipment (based on the number, ability levels and backgrounds of the players and the available area and equipment). A full equipment kit for this companion book has been prepared and is available through the Active After-school Communities preferred supplier. To order, visit our web site at www.ausport.gov.au/aasc.
 - 6 Deliver the lesson using the indicated Playing for Life activity cards and the instructions provided in the book. Remember to vary the activities, where required, to cater for the needs of different players. If the activity is not working, remember to CHANGE IT.
 - 7 Review the lesson immediately afterwards so you can identify what worked well/what didn't, what level the players are at, and what you need to remember for next time. The outcome of this review will influence what you include in the next lesson and how you deliver it.

While this book is primarily designed to help people with minimal experience in the sport to deliver activities in line with the Playing for Life philosophy, we do encourage you to consider attending a coaching course to improve your knowledge and skills. Information about the relevant coaching courses can be found in the 'Where to from here?' section of the book.

Lesson 1

OBJECTIVE	Throwing accuracy
TIME	60 minutes
AREA	Area appropriate for player numbers, throwing ability and mobility
EQUIPMENT	<ul style="list-style-type: none"> » 2 markers per pair » 1 glove per player » A variety of targets (e.g. 2-litre or larger plastic bottles with some sand in the bottom, cricket wickets, buckets or bases) for each group of 3 or 4 » 1 target ball (e.g. beach ball or Swiss ball) » 2 tennis balls per player » 2 goals (markers or plastic bins) per group of 12 » Bibs/sashes

Card summary

- » **Start Out INV 03**
- » **Get Into It INV 04**
- » **Get Into It TG 08**
- » **Get Into It TG 09**
- » **Finish Up 01**

Remember, if the game isn't working **CHANGE IT**

1

Bombard

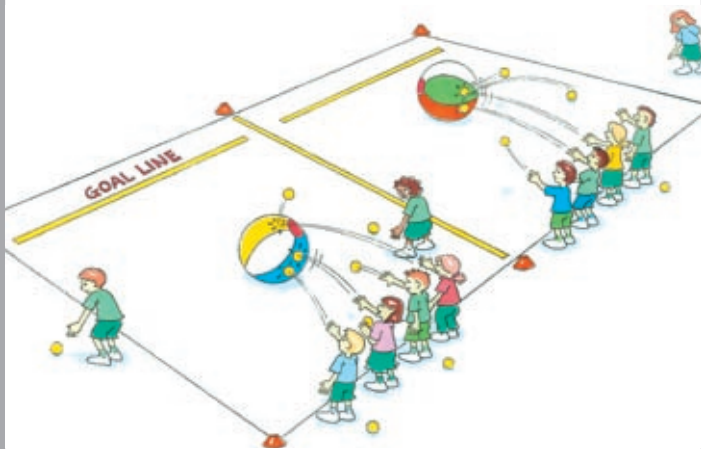
GET INTO IT TG 08
10 MINUTES

Two or more teams working in parallel throw tennis balls at a large target ball and try to move the target ball over a goal line. (Play with 4 or more.)

SKILL FOCUS *A short, sharp energiser that practises target throwing*

Use the activity card, PLUS...

- » On your call, vary the type of throw from underarm to overarm.



Easier:

- » Use a larger target ball.

Harder:

- » Have players on opposite sides trying to push one ball over their opponent's line.
- » Reduce the size of the target ball.

TIPS » Set the goal line near a wall or barrier, so that the balls rebound and are quicker to collect.

ASK THE PLAYERS » What technique allows you to throw most accurately?

Pairs passing

START OUT INV 03
10 MINUTES

Players form pairs. On your signal, players throw to each other for 30 seconds. At the end of 30 seconds, the player with the ball moves to form a new pair. Throwing starts again.

SKILL FOCUS *Practises throwing and catching*

ADDITIONAL EQUIPMENT *1 tennis ball (or similar low-impact ball) per pair. Optional: 1 glove per player*

Use the activity card, PLUS...

- » Players throw the ball to one another overarm.



Easier:

- » Players wear a glove to catch.

Harder:

- » One player rolls the ball along the ground or lobs it in the air. The other player fields it and throws it back.

TIPS

- » Hold the ball in the fingers, not the palm (that is, with the fingers on top of the ball).
- » Step forward with the opposite foot to the throwing arm.
- » Catch the ball with two hands, to allow a quick release.

ASK THE PLAYERS » How can you increase the number of throws within the time limit?

Hit the target

GET INTO IT TG 09
15 MINUTES

Targets are set up away from a throwing line. Players score points by throwing a ball at the targets. (Play in groups of 3 or 4, or as individuals.)

SKILL FOCUS *Improves throwing accuracy, decision-making to optimise scoring, and cooperative play*

Refer to the activity card...



- TIPS**
- » Make sure players stand side-on and point the shoulder of their non-throwing arm at the target.
 - » The elbow of the throwing arm should be parallel or slightly higher than the shoulder.
 - » Release the ball at the 'high 5' position.

ASK THE PLAYERS » What can you do to increase your accuracy?

End to end

GET INTO IT INV 04
15 MINUTES

Players from 2 opposing teams are paired off and spread the length of the playing area. On your signal, the player with the ball at one end passes the ball to a team-mate in the next zone. This continues until a goal is scored at the other end. (Play in teams of 6.)

SKILL FOCUS *Practises throwing and catching*

ADDITIONAL EQUIPMENT *1 tennis ball per group*

Refer to the activity card...

- TIPS**
- » Use role models to emphasise good examples of passing and catching.

ASK THE PLAYERS » Where should you aim your throw to make it easier for your team-mate to catch?

What did you learn?

FINISH UP 01
5 MINUTES

Question and answer. Reinforce key skills or tactical points and link back to previous experiences. Refer to card.

Refer to the activity card...



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Lesson 2

OBJECTIVE	Catch a ball using a glove — on the spot and on the run
TIME	60 minutes
AREA	Area appropriate for player numbers, ability and mobility, defined by 4 markers
EQUIPMENT	<ul style="list-style-type: none">» 2 markers per pair» 1 soft-core ball per pair (or similar low-impact ball)» 1 glove per player

Card summary

- » **Start Out WC 03a**
- » **Start Out CP 01b**
- » **Start Out CP 06b**
- » **Get Into It INV 01**
- » **Get Into It INV 12**
- » **Finish Up 01**



Remember, if the game isn't working **CHANGE IT**

2

All-in tag

START OUT WC 03A
5 MINUTES

One player is nominated as 'in' and tries to tag everyone else. Players who are tagged join the 'in' team and work together until everyone has been tagged. (Play with 8–30.)

SKILL FOCUS *Develops space and player awareness*

ADDITIONAL EQUIPMENT *1 glove per player*
Optional: 1 soft-core ball
(or similar low-impact ball)

Use the activity card, PLUS...

- » Nominate one player as 'in'.
- » The 'in' player wears a glove and must tag with the glove.
- » As players are tagged, they take a glove and join the 'in' team.
- » The 'in' team work together until all players are tagged.



Harder

- » Introduce a ball. Players must be tagged with the ball in the glove.
- » The 'in' team must pass the ball to one another to tag other players.
- » Increase the size of the playing area.

- TIPS**
- » An alternative activity is 'Warriors and Dragons' (Start Out WC 09A).
 - » With large groups, split the activity into 2 or 3, to maximise player participation.

- ASK THE PLAYERS**
- » How can you avoid being tagged?
 - » How can you work together to tag a player?

- SAFETY**
- » No tagging above shoulder height.

L-o-n-g throw

START OUT CP 06B
10 MINUTES

A cooperative game in which the ball is thrown between two players. If the ball reaches the catcher on the full, both the catcher and the thrower step back. If it is dropped, both take a step forward. The winning pair is the one that has retreated the furthest. (Play in pairs.)

SKILL FOCUS *Practises throwing and catching*

ADDITIONAL EQUIPMENT *1 soft-core ball per pair
(or similar low-impact ball)
1 glove per player*

Use the activity card, PLUS...

» Players catch the ball using a softball glove.



Easier:

» Allow one bounce.

- TIPS**
- » Make sure the pocket of the glove faces forwards.
 - » Make sure the bare hand is close to (and behind) the glove.
 - » Use role models to demonstrate correct technique.

- ASK THE PLAYERS**
- » What do you need to do to throw further?
 - » What do you need to do to make sure you catch the ball?
 - » What can you do to make it easier for your partner to catch the ball?

Underarm return relay

START OUT CP 01B
10 MINUTES

Players run to a point, return, and on the way back pick up a ball and throw it overarm to the team-mate next in line. This pattern continues. (Play in groups of 4 or 5.)

SKILL FOCUS *Practises throwing and catching while running, and increases agility*

ADDITIONAL EQUIPMENT *1 soft-core ball (or similar low-impact ball) per group of 4–6
1 glove per player*

Use the activity card, PLUS...

- » Players wear gloves and throw the ball overarm.



Easier:

- » Players throw underarm.

Harder:

- » Ask players to throw the ball while on the run.

- TIPS**
- » When players throw, make sure they follow through with their arm so that it goes down to the opposite knee.



- » Let the game run a little before any intervention: 'Let the kids play!'.

ASK THE PLAYERS » What do you need to do to keep the relay going?

Interceptor

GET INTO IT INV 01
10 MINUTES

Two players pass a ball to one another. An opponent between the 2 players attempts to intercept the ball. Players change roles frequently. (Play in groups of 3.)

SKILL FOCUS *Practises throwing and catching while running, and increases agility*

ADDITIONAL EQUIPMENT *1 soft-core ball (or similar low-impact ball) per group
1 glove per player*

Use the activity card, PLUS...

- » Players use gloves to catch the ball.
- » On your call, change the type of throw – underarm, overarm, flyball or ground ball.



Easier:

- » Reduce the playing area.
- » Introduce a no-go zone that only the defender can enter.

Harder:

- » Ask players to throw the ball while on the run.

TIPS

- » When fielding, players should move their feet and body behind the ball.
- » Provide discrete coaching on the side.
- » When the ball is on the ground, players should bend at the knees and the waist, with the fingers of the glove pointing down and touching the ground.

Keentan

GET INTO IT INV 12
15 MINUTES

Form two teams. The team in possession throws the ball between team-mates. Both the thrower and receiver must be off the ground when the ball is passed or received. (Play in teams of 4 or more.)

SKILL FOCUS *Practises throwing with jumping, and improves timing and agility*

ADDITIONAL EQUIPMENT *1 soft-core ball
(or similar low-impact ball) per group
1 glove per player*

Use the activity card, PLUS...

- » Players throw the ball overarm or underarm.
- » Each player wears a glove.



Easier:

- » Only the passers or receivers need to be off the ground.
- » Use a larger, lighter ball and no gloves.

- TIPS**
- » When catching and fielding, the glove should move like a clock arm, depending on the position of the ball, with fingers always pointing out.
 - » An alternative activity is 'Team passing' (Get Into It INV 07B).

ASK THE PLAYERS » Where should you aim to throw the ball to make it easier for your team-mate to catch it?

Great work!

FINISH UP 01
5 MINUTES

Pat on the back feedback and encouragement.

Refer to the activity card...



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Lesson 3

OBJECTIVE	Basic fielding skills (moving to the ball, fielding ground balls, catching fly balls, communication, teamwork)
TIME	60 minutes
AREA	Area appropriate for player numbers, ability and mobility
EQUIPMENT	<ul style="list-style-type: none"> » 12 markers » 1 hoop per group of 8 » 3 bean bags or balls per player » 15–20 soft-core balls (or similar low-impact balls) per group of 8 » 1 glove per player

Card summary

- » **Start Out WC 05a**
- » **Start Out WC 06**
- » **Start Out NC 02A**
- » **Get Into It INV 11**
- » **Finish Up 01**
- » **Finish Up 04**

Remember, if the game isn't working **CHANGE IT**



Get the bean bag

START OUT WC 05A
10 MINUTES

Players on opposite sides of a playing area each have 3 bean bags. Players run to the other side and steal one bean bag at a time. The winner is the first player to increase their total to 5. (Play with 6 or more, or as individuals.)

SKILL FOCUS *Increases space and player awareness, and agility*

Refer to the activity card...



Keep the ball up

START OUT NC 02A
10 MINUTES

A group of players try to keep a ball off the ground by throwing it to each other. (Play in groups of 3 or more.)

SKILL FOCUS *Practises throwing and catching 'fly balls'*

ADDITIONAL EQUIPMENT *1 soft-core ball per group
1 glove per player*

Use the activity card, PLUS...

- » Players throw flyballs to one another, and catch them using gloves.
- » Allow enough space between groups to throw and catch fly balls.

- TIPS**
- » Players should move their body and feet towards the ball.
 - » The fingers of the glove and hand should point up with the thumbs together and palms out.
 - » The glove should move like a clock arm, depending on the position of the ball.



- » After catching, bring the ball in the glove gently towards the chest.

- ASK THE PLAYERS**
- » What do you need to do to catch a fly ball?
 - » How can you make sure you keep the ball up?

- SAFETY**
- » Ask players to call 'MINE!' or their own name when going for a ball.
 - » Make sure players keep their glove away from their body and do not hold it directly above their face.

How many bean bags?

START OUT WC 06
10 MINUTES

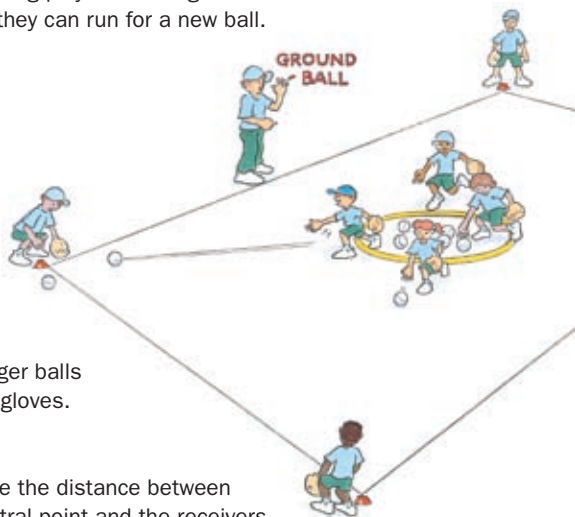
Players work in pairs. One player from each pair runs to a central point to collect one ball at a time and throw the ball back to their team-mate at their base and then tag the next player. The aim is to collect the most number of balls. (Play with 4 pairs per playing area.)

SKILL FOCUS *Good warm up for fielding activities*

ADDITIONAL EQUIPMENT *15–20 soft-core balls (or similar low-impact ball) per group of 8
1 glove per player*

Use the activity card, PLUS...

- » Players throw the ball overarm to their partner, who catches it using their glove.
- » On your call, vary the type of return throw – flyball, underarm, overarm, ground ball.
- » The fielding player must tag the receiver before they can run for a new ball.



Easier:

- » Use larger balls and no gloves.

Harder:

- » Increase the distance between the central point and the receivers.

TIPS » After picking up the ball, players should turn towards their glove hand, so they are in a side-on position ready to throw.

ASK THE PLAYERS » How can you make your return throw more accurate?

Roll a ball

GET INTO IT INV 11
20 MINUTES

Using a playing area with a goal and goalkeeper at each end, attackers roll a ball to each other and attempt to score a goal by crossing the goal line while defenders and goalkeeper attempt to intercept. (Play in groups of 6–8.)

SKILL FOCUS *Practises fielding (ground balls)*

ADDITIONAL EQUIPMENT 1 soft-core ball
(or similar low-impact ball) per group
1 glove per player

Use the activity card, PLUS...

- » For the first 10 minutes, players roll the ball only; then, for the next 10 minutes, players throw flyballs.
- » Mix it up — on your instruction, change the type of throw.
- » Players field the ball using a glove.



Easier:

Defenders must be at least 3 feet from a player.

- TIPS**
- » Once they have caught the ball, the player should put their bare hand on top of the ball within the glove.
 - » The glove should move like a clock arm to catch the ball, depending on the position of the ball.
 - » The pocket of the glove should always face the ball.

ASK THE PLAYERS » What can you do to help your team-mates receive the ball?

SAFETY » Encourage awareness of other players — instruct players to shout 'MINE!' or their own name when moving to receive a ball.

Freeze frame

FINISH UP 04
5 MINUTES

Players freeze (become statues) in certain positions.

Refer to the activity card...



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Lesson 4

OBJECTIVE	Fielding and catching skills
TIME	60 minutes
AREA	Area appropriate for player numbers and ability or the type of bat and ball used
EQUIPMENT	<ul style="list-style-type: none">» 10 markers» 4 targets, e.g. cricket wickets or large cone» A variety of target balls (e.g. soccer ball, beach ball, Swiss ball)» 2 tennis balls per player» 1 soft-core ball per pair (or similar low-impact ball)» 1 glove per player» A wall space» Tape or chalk to mark walls

Card summary

- » **Get Into It INV 03**
- » **Get Into It NC 07**
- » **Get Into It TG 07**
- » **Get Into It TG 11**
- » **Finish Up 01**
- » **Finish Up 03**

Remember, if the game isn't working **CHANGE IT**

4

Gorri

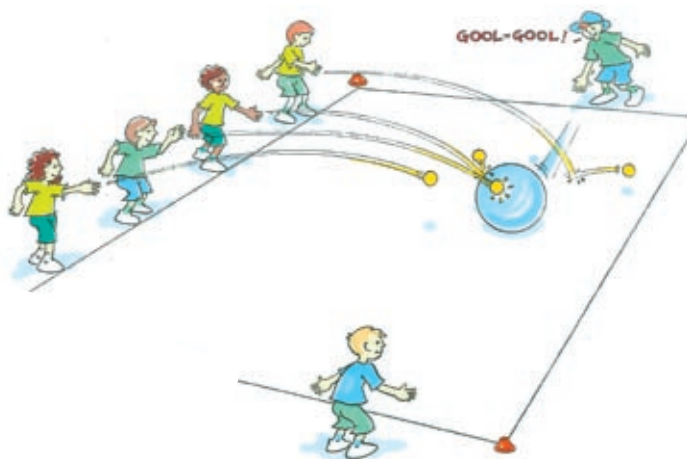
GET INTO IT TG 07
5 MINUTES

A large ball is rolled and players try to hit it with a tennis ball.

SKILL FOCUS *Improves throwing accuracy*

Use the activity card, PLUS...

» Players may throw underarm or overarm.



ASK THE PLAYERS » Which type of throw is more accurate?

Wall tennis

GET INTO IT NC 07
15 MINUTES

Two players face a wall. Each player is restricted to half the playing area. The server throws the ball at the wall above a line to start play, and the receiver tries to catch the ball after one bounce or on the full. (Play in pairs.)

SKILL FOCUS *Practises throwing and fielding*

ADDITIONAL EQUIPMENT 1 tennis ball per pair
1 glove per player

Use the activity card, PLUS...

» Players field the ball using their glove.

Easier:

- » Reduce the playing area.
- » Throw the ball underarm.

Harder:

- » Do not allow the ball to bounce.

TIPS » Players should stand 'ready', with their feet at least shoulder width apart, knees and waist bent, the fingers of glove on the ground and their weight on the balls of their feet.



- » When fielding balls on the non-glove side, players should step across and turn their glove.



- » After fielding the ball, players should pull the ball up to their chest with both hands.

Pass and run

GET INTO IT INV 03
10 MINUTES

Runners run in parallel down opposite sides of the court passing the ball to each other. Interceptors try to intercept the ball but are restricted in their movements. Interceptors can only run up and down their designated line, as shown. (Play with 8 or more per group.)

SKILL FOCUS *Practises fielding and throwing*

ADDITIONAL EQUIPMENT 1 soft-core ball per pair
1 glove per player

Use the activity card, PLUS...

- » Players wear gloves.
- » On your instruction, change the throwing action – overarm, underarm, flyball or ground ball.

ASK THE PLAYERS » Which throw is easier to catch?

Defend the zone

GET INTO IT TG 11
20 MINUTES

Fielders start in the middle, rolling or throwing the ball to their team-mates to try and hit a target. Interceptors must try to prevent the ball from hitting the target. (Play in groups of 3 or more.)

SKILL FOCUS *Practises fielding and throwing accuracy*

ADDITIONAL EQUIPMENT 1 soft-core ball
(or similar low-impact ball) per team
1 glove per player

Use the activity card, PLUS...

- » Players wear gloves.
- » Players may not run with the ball.
- » The target must be knocked over by a rolled ball.



Easier:

- » Increase the size of the target.

What did you like?

FINISH UP 03
5 MINUTES

Ask for feedback on the session.

Refer to the activity card...



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Lesson 5

OBJECTIVE	Batting from a tee, correct grip, hitting accurately
TIME	60 minutes
AREA	Area appropriate for player numbers and ability or the type of bat and ball used
EQUIPMENT	<ul style="list-style-type: none"> » 10 markers per group » A variety of targets (e.g. 2-litre plastic bottles with some sand in the bottom, wickets, markers, bins or buckets) » 1 batting tee (or witches hat) per group of 5 » 1 tee-ball bat per group of 5 » 1 soft-core balls (or similar low-impact ball) per player » 1 glove per player » 1 batting helmet per group of 4

Card summary

- » **Start Out WC 08A**
- » **Start Out CP 04A**
- » **Get Into It SF 09**
- » **Get Into It SF 10**
- » **Get Into It TG 09**
- » **Finish Up 01**

Remember, if the game isn't working **CHANGE IT**

5

Partner tag

START OUT WC 08A
5 MINUTES

Players are paired off. On a signal, one player, the tagger, tries to tag the other player. At the same time, all the other pairs are doing the same thing – taggers are trying to tag their partners.

SKILL FOCUS Warm up/energiser**ADDITIONAL EQUIPMENT** 1 glove per player
Optional: 1 soft-core ball
(or similar low-impact ball) per player

Use the activity card, PLUS...

- » Players wear softball gloves and must tag each other with the glove and ball.
- » The ball must not be dropped.



Harder:

- » Players carry a ball and must tag with the ball in their glove.

TIPS » When tagging, players should have their bare hand touching the glove so that they tag with 2 hands.**SAFETY** » Players must tag between the knees and the shoulders.

Pepper

START OUT CP 04A
10 MINUTES

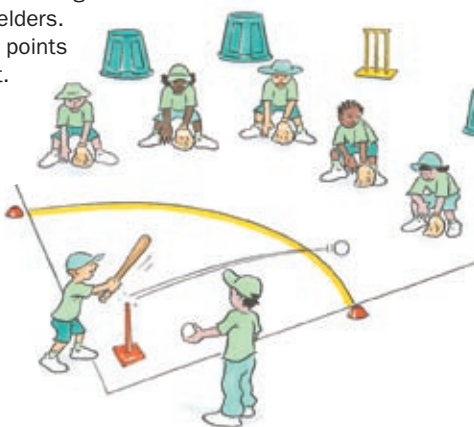
Have 1 batter and 4 dispersed players. The batter hits the ball off the batting tee, aiming for targets behind the fielders. The fielders defend the targets. Whoever fields the ball throws it to a receiver, who places it on the batting tee to be struck again. (Play in groups of 5.)

SKILL FOCUS *Practises batting and fielding*

ADDITIONAL EQUIPMENT 1 batting tee per group · 1 teeball bat per group Different targets (e.g. markers, bin, stumps, a wall) · 3 or 4 soft-core balls (or similar low-impact balls) per group · 1 glove per player

Use the activity card, PLUS...

- » Players bat off a tee.
- » Fielders use a glove to field the balls.
- » The batter aims to hit targets set up between the fielders.
- » The batter scores points for each target hit.
- » Rotate positions after 5 or 6 hits.



Easier:

- » Use a larger bat and ball.

Harder:

- » The ball is thrown underarm to the batter, or the batter hits the ball from a drop feed.

- TIPS**
- » Align the hands on the bat so that the 'V' formed between the thumb and index finger points straight up the respective arms.
 - » Grip the bat with the hands close together.

ASK THE PLAYERS » How do you hit the ball towards a specified player or target?

- SAFETY**
- » Follow the golden rules of safety outlined in the Introduction'.
 - » Make sure all players are in the 'ready' position before hitting the ball.
 - » All targets should be below waist height.

Hit the target

GET INTO IT TG 09
10 MINUTES

Targets are set up away from a batting line.
Players score points by hitting a ball at the targets.
(Play in groups of 3 or 4.)

SKILL FOCUS *Improves batting accuracy, decision-making to optimise scoring, and cooperative play*

ADDITIONAL EQUIPMENT *1 batting tee per group
1 tee-ball bat per group*

Use the activity card, PLUS...

- » Players bat the ball off a tee at the targets.



- TIPS**
- » To use the correct batting stance, establish the grip, then lift the bat and rest it on the shoulder, then simply lift the bat off the shoulder.
 - » Batters should keep their front elbow in, and their back elbow at a 45 degree angle.
 - » Batters should pivot at the hips – turn their belly button towards the ball on the tee and follow through.

- SAFETY**
- » Follow the golden rules of safety outlined in the 'Introduction'.

Beat the ball

GET INTO IT SF 10
15 MINUTES

Form a **batting team** and a **fielding team**, with **4 bases**. A ball is hit into the field from a **batting tee**. The **batter** runs around the bases while the **fielders** pass the ball around the bases in the opposite direction. Many variations are possible. (Play in teams of 4.)

SKILL FOCUS *Practises batting (including ball placement) and fielding, and promotes teamwork*

ADDITIONAL EQUIPMENT *1 batting helmet per group
1 glove per player
1 batting tee per group*

Use the activity card, **PLUS...**

» Players field using gloves.

Harder:

» The batter hits from a pitched ball.

SAFETY » The batter must wear a helmet and the catcher must wear catching gear if the ball is pitched.
» Emphasise the need to be aware of — and avoid running into — other players.

In the zone

GET INTO IT SF 09
15 MINUTES

Batters hit a ball from a batting tee, trying to hit the ball into a zone that will maximise points. (Play in groups of 6.)

SKILL FOCUS *Practises batting, fielding, throwing and catching, decision-making and anticipation.*

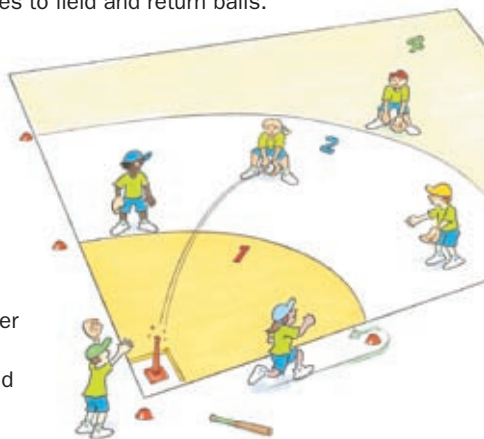
ADDITIONAL EQUIPMENT *1 batting tee per group
1 soft-core ball (or similar low-impact ball) per group
1 glove per player*

Use the activity card, PLUS...

- » Players bat from a tee.
- » Fielders use gloves to field and return balls.

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.
 - » Once the ball is caught, close the glove and cover the ball with the bare hand.

- ASK THE PLAYERS**
- » Where should the fielders position themselves to keep the batter's score down?
 - » How do you modify your swing to hit particular targets?

- SAFETY**
- » Follow the golden rules of safety highlighted in the 'Introduction'.

Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Lesson 6

OBJECTIVE	Basic base-running skills
TIME	60 minutes
AREA	Area appropriate for player numbers and ability or the type of bat and ball used
EQUIPMENT	<ul style="list-style-type: none"> » 4 markers or 4 bases for each group » 1 suitable target (e.g. a gym mat or turned-over bench, stumps or a box) per group » 1 batting tee per group of 5 » 1 tee-ball bat per group of 5 » 1 soft-core ball (or suitable low-impact ball) per pair » Bibs/sashes » 1 batting helmet per group of 3 » 1 glove per player

Card summary

- » **Start Out WC 09a**
- » **Start Out INV 01a**
- » **Start Out SF 01b**
- » **Get Into It SF 06**
- » **Finish Up 01**
- » **Finish Up 03**

Remember, if the game isn't working **CHANGE IT**



Warriors & Dragons

START OUT WC 09A
10 MINUTES

One team, called Warriors, passes a ball to other Warriors and tries to tag an opposition called Dragons. If Dragons are tagged, they become Warriors. When all the Dragons are caught, the teams swap over.

SKILL FOCUS *Practises throwing, catching and tagging.*

ADDITIONAL EQUIPMENT 1 soft-core ball
(or similar low-impact ball) per group
1 glove per player

Use the activity card, PLUS...

- » Warriors wear gloves.
- » Warriors must tag Dragons with the ball inside their glove.
- » When a Dragon is tagged, they must collect a glove and join the Warriors.



- TIPS**
- » Make sure players use 2 hands when tagging a Dragon, to prevent the ball falling out of the glove.
 - » Players must tag between the knees and shoulders.

ASK THE PLAYERS » How can you work together to catch a Dragon?

Base-run

START OUT INV 01A
10 MINUTES

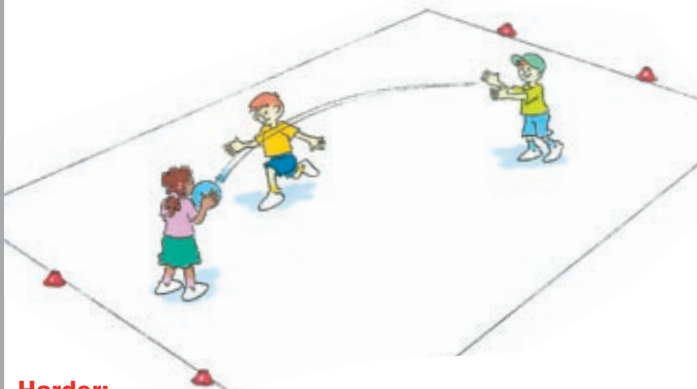
Two players with one ball try to stop a third player from reaching a base at either end of a playing area. Warm up by playing without the bases. (Play in groups of 3.)

SKILL FOCUS *Practises base-running (including decision-making), throwing and fielding (including 'closing down' space)*

ADDITIONAL EQUIPMENT *1 soft-core ball (or similar low-impact ball) for each group
1 helmet per runner
1 glove per player*

Use the activity card, PLUS...

» Players wear gloves and use a soft-core ball.



Harder:

» Do not allow the base-runner to deviate more than 3 feet from the running line.

TIPS » When tagging the runner, make sure the players cover the ball in the glove with their bare hand, to prevent it falling out.

ASK THE PLAYERS » Base-runners – how can you reach a base safely?
» Fielders – how can you prevent the base-runners reaching a base?

SAFETY » Make sure there is enough space between groups and introduce rules for retrieving loose balls safely.
» Runners should wear helmets.

Target throw and run

START OUT SF 01B
15 MINUTES

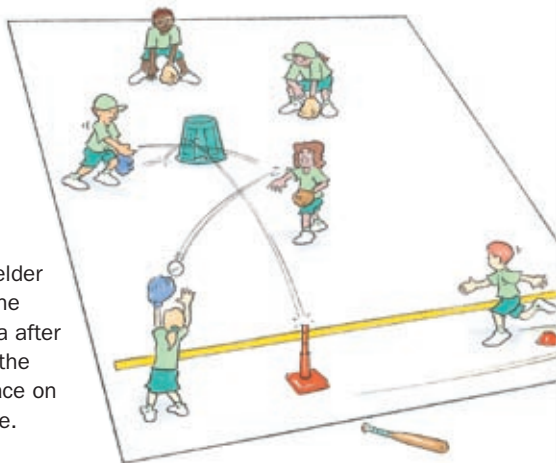
One person hits a ball at a target and then runs to a base and back before fielders place the ball on the batting tee. (Play with 5 or more.)

SKILL FOCUS *Practises batting and fielding*

ADDITIONAL EQUIPMENT 1 batting tee per group · 1 tee-ball bat per group · 1 soft-core ball (or similar low-impact ball) per group · 1 glove per player

Use the activity card, PLUS...

» Players hit the ball off a batting tee at a defined target.



» Allow 1 fielder to enter the no-go area after receiving the ball to place on batting tee.

Easier:

» Players throw the ball at the target.

TIPS » Ask fielders to stand in the 'ready' position before the ball is hit.

ASK THE PLAYERS » Batters – where should you hit to get the most runs?
» Fielders – how can you work together to intercept the ball and prevent runs being scored?

SAFETY » Follow the golden rules of safety outlined in the 'Introduction'.
» Make sure all fielders are facing the batter, with gloves on, before the batter hits the ball.

Beat the bucket

GET INTO IT SF 06
15 MINUTES

A base-runner hits 3 balls into the field and then attempts to run around 4 markers before fielders place all 3 balls in a bucket and call 'STOP!'. (Play in groups of 6 or 7.)

SKILL FOCUS *Practises fielding skills (including positioning) and base-running (including ball placement), and promotes teamwork*

ADDITIONAL EQUIPMENT *1 batting tee per group · 1 tee-ball bat per group · 3 soft-core balls (or similar low-impact ball) per group · 1 glove per player · 1 helmet per group*

Use the activity card, PLUS...

- » Players hit 3 balls into the field.
- » Players field the ball using gloves.



Easier:

- » Each batted ball must bounce once in the in-field.
- » Decrease the distance between bases.

Harder:

- » Set markers that the ball must be hit through.
- » Fielders only have to field balls that go through the markers.

- TIPS**
- » Runners must touch each base in order.
 - » When turning the corner, runners should contact the inside corner of the base and lean into the in-field.

- ASK THE PLAYERS**
- » How do you position players to defend each hit?
 - » How do you get the ball back in the bucket quickly?

- SAFETY**
- » Observe the golden rules of safety outlined in the 'Introduction'.
 - » The batter must wear a helmet.

What did you like?

FINISH UP 03
5 MINUTES

Ask for feedback on the session.

Refer to the activity card...



- TIPS** » Consider incorporating some of the most liked activities in future lessons, making sure the objective of the lesson is met.

Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Lesson 7

OBJECTIVE	Game skills — batting and fielding skills, teamwork and communication
TIME	60 minutes
AREA	Area approximately 15m wide x 20m long per group of 3 players. Vary according to player numbers, ability and mobility
EQUIPMENT	<ul style="list-style-type: none"> » 8 markers » 4 bases or markers per group » 1 batting tee per group » 1 tee-ball bat per group » 15–20 soft-core balls (or similar low-impact balls) per group of 8 » Bibs/sashes » 1 batting helmet per group » 1 glove per player

Card summary

- » **Start Out WC 05b**
- » **Start Out WC 06**
- » **Get Into It SF 03**
- » **Get Into It SF 04**
- » **Finish Up 01**
- » **Finish Up 04**

7

Remember, if the game isn't working **CHANGE IT**

Stork tag

START OUT WC 05B
5 MINUTES

Taggers chase runners. If runners are tagged, they have to stand on the spot in a stork stance. A tagged runner can be freed by a fellow runner by exchanging a ball with an underarm throw. Either a stork or a free runner can throw the ball. (Play with 8 or more.)

SKILL FOCUS *Good warm up that practises tagging, throwing and catching*

ADDITIONAL EQUIPMENT *2–3 soft-core balls
(or similar low-impact balls)
1 glove per player*

Use the activity card, PLUS...

- » All players wear gloves to catch the ball once tagged.
- » Taggers must tag with the ball in the glove hand.



Easier:

- » Use larger balls and no gloves.

Harder:

- » Use only 1 ball, which taggers must throw among themselves to corner a player to make a tag. Storks become free by another player touching them on the shoulder.

- TIPS**
- » Taggers should hold the ball in the glove, with their bare hand covering the ball to prevent it from falling out.
 - » Make sure taggers have the ball in the glove when they make the tag.

How many bean bags?

START OUT WC 06
10 MINUTES

Players work in pairs. One player from each pair runs to a central point to collect one ball at a time and throw the ball back to their team-mate at their base and then tag the next player. The aim is to collect the most number of balls. (Play with 4 pairs per playing area.)

SKILL FOCUS *Good warm up that improves fielding skills*

ADDITIONAL EQUIPMENT *15–20 soft-core balls (or similar low-impact ball) per group of 8
1 glove per player*

Use the activity card, PLUS...

- » Players throw the ball overarm to their partner, who catches it using a glove.
- » On your call, vary the type of return throw – flyball, underarm, overarm, ground ball.
- » The ball must be fielded and collected by the receiver before the next player can run for a new ball.
- » The fielding player must tag the receiver before they can run for a new ball.

Easier:

- » Use larger balls and no gloves.

Harder:

- » Increase the distance between the central point and the receivers.

- TIPS**
- » After picking up the ball, players should turn towards their glove hand, so they are in a side-on position ready to throw.
 - » To throw the ball, players should pick it up off the ground by placing their bare hand on the top of the ball.



- ASK THE PLAYERS**
- » How can you make your return throw more accurate?

Runners v passers

GET INTO IT SF 03
15 MINUTES

Form a batting team and a fielding team. The first batter hits the ball off a tee and the entire team runs around markers. The fielders gather the ball and pass it to everyone in their team. When all the fielders have touched the ball, they call out 'STOP!'. (Play in teams of 4 or more.)

SKILL FOCUS *Practises throwing, fielding and base-running skills, and promotes teamwork*

ADDITIONAL EQUIPMENT *1 glove per player
1 batting tee per group
1 tee-ball bat per group*

Use the activity card, PLUS...

- » Players bat the ball off a tee into the field.
- » Fielders each have a glove and throw the ball to each other.
- » Runners may not overtake their team-mates and must run as a team.



Harder:

- » The fielding team must throw the ball around all 4 bases before calling 'STOP!'.

Continuous cricket

GET INTO IT SF 04
20 MINUTES

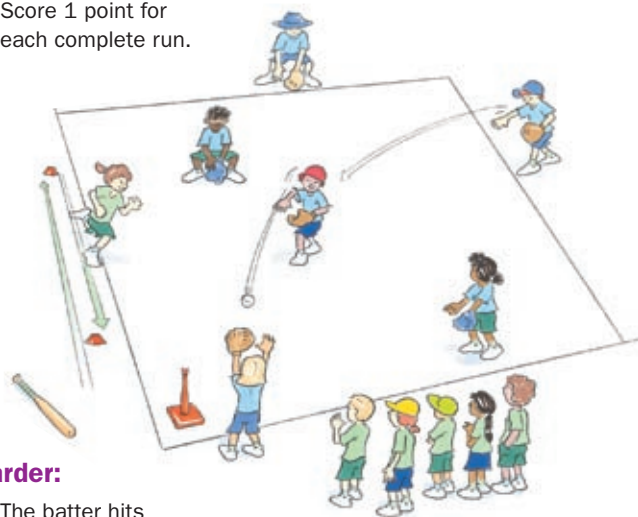
A ball is hit off a batting tee into the field and the batter runs between 2 wickets. The fielding team returns the ball to the batting tee. (Play in groups of 6 or more.)

SKILL FOCUS *Practises batting (including ball placement), fielding and base-running skills, and promotes teamwork*

ADDITIONAL EQUIPMENT *1 glove per player · 1 batting tee per group · 1 tee-ball bat per group · 1 soft-core ball per group*

Use the activity card, PLUS...

- » A fielder stands next to the batting tee to feed the ball.
- » Players field the batted ball with a glove and return it to the player next to the tee.
- » The batter is out if:
 - the ball is caught on the full
 - they hit a foul ball, or
 - the ball is returned to the feeder before the batter has completed the run.
- » Score 1 point for each complete run.



Harder:

- » The batter hits from a pitched ball.

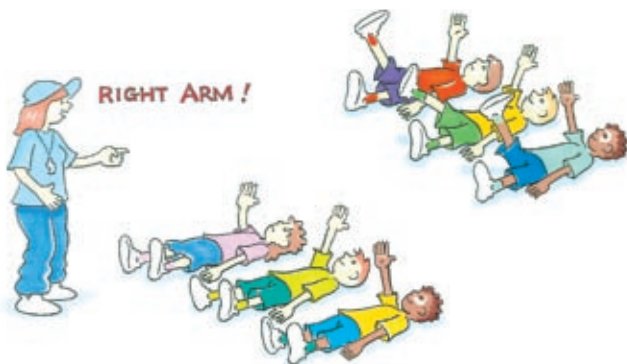
- SAFETY**
- » Observe the golden rules of safety outlined in the 'Introduction'.
 - » The batter must wear a helmet and the catcher must wear catching gear if the ball is pitched.

Puppeteer

FINISH UP 04
5 MINUTES

Players are puppets moving their body to your calls (you are the puppeteer).

Refer to the activity card...



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Lesson 8

OBJECTIVE	Play a game of mini tee-ball
TIME	60 minutes
AREA	Area approximately 50m x 50m per group of 8 (4 v 4), varied according to player ability and mobility
EQUIPMENT	<ul style="list-style-type: none">» 4 markers per group of 3» 4 softball bases or alternative» 1 batting tee or witches hat per group of 8» 1 tee-ball bat per group» 1 soft-core ball (or similar low-impact ball) per group of 3» 1 batting helmet per group of 4» 1 glove per player

Card summary

- » **Start Out WC 01A**
- » **Start Out CP 01A**
- » **Get Into It SF 10**
- » **Get Into It SF 11**
- » **Finish Up 01**

Remember, if the game isn't working **CHANGE IT**



Shuttle ball

START OUT CP 01A
5 MINUTES

A cooperative game. A ball is thrown to a catcher. The thrower runs to take the place of the catcher and the catcher in turn runs to join players at the thrower's line. (Play in teams of 3 or more.)

SKILL FOCUS *Practises throwing and catching and improves agility*

ADDITIONAL EQUIPMENT 1 glove per player
1 soft-core ball per group of 3

Use the activity card, PLUS...

- » On your call, the thrower changes the type of throw e.g. a flyball or ground ball.
- » The catcher returns the ball with an overarm throw.

- TIPS**
- » Catch with 'soft' hands.
 - » Players should aim their throw at their partner's throwing shoulder.

ASK THE PLAYERS » How can you keep the game going without stops?

Form a group

START OUT WC 01A
5 MINUTES

Players run around in random directions, avoiding body contact with other players. You call a number, and players form groups of that size. Finish with groups of 4.

SKILL FOCUS *Improves running and player/spatial awareness*

Refer to the activity card...



SAFETY » Players need to be aware of other players and the space around them.

Beat the ball

GET INTO IT SF 10
15 MINUTES

Form a batting team and a fielding team, with 4 bases. A ball is hit into the field from a batting tee. The batter runs around the bases while the fielders pass the ball around the bases in the opposite direction. Many variations are possible. (Play in teams of 4.)

SKILL FOCUS *Practises batting (including ball placement) and fielding, and promotes teamwork*

ADDITIONAL EQUIPMENT *1 batting helmet per group
1 glove per player
1 soft-core ball per group*

Use the activity card, PLUS...

» Players field using gloves.



Harder:

» The batter hits from a pitched ball.

SAFETY » The batter must wear a helmet and the catcher must wear catching gear if the ball is pitched.
» Emphasise the need to be aware of — and avoid running into — other players.

Mini tee-ball

GET INTO IT SF 11
25 MINUTES

Form a batting team 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 the fielders field the ball. (Play in teams of 4.)

SKILL FOCUS *Practises game skills for tee-ball*

Refer to the activity card...

Harder:

» Introduce modified tee-ball rules, as outlined in the 'Introduction'.

Great work!

FINISH UP 01
5 MINUTES

Pat on the back feedback and encouragement.
Outline where the children can go next if they want to get more involved in tee-ball or softball.

Refer to the activity card...



Put it away!

FINISH UP 01
5 MINUTES

Gather up the equipment and store it properly.

Refer to the activity card...



Where to from here?

Softball is a sport which people of all ages and abilities can play for recreation or competition. There are many ways you and your players can get involved in softball. Below is an outline of some of the programs and resources provided by Softball Australia that can help you all become involved.

Junior softball

Softball Australia's Junior Games Pathway, outlined below, provides a flexible pathway through modified games to further softball opportunities for young softballers. This can be found on the Softball Australia web site at www.softball.org.au

Junior sport policy

Softball has developed a junior policy to help provide quality sport experiences for young people. It is a guideline to help create a safe and supportive environment for enjoyable participation and life-long involvement.

Softball Australia, in association with the state softball associations, provide courses aimed at improving the knowledge and skills of people coaching beginner through to elite athletes at club, school, regional, state and national levels.

The majority of these courses are conducted as part of the National Coach Accreditation Scheme (NCAS). The NCAS is a progressive coach education program offering courses at four levels and provides coaches with a nationally recognised qualification.

Softball Australia is pleased to introduce the Softball Australia National Coaches Association (SANCA). The National Coaches Association aims to create a stable communication network and to keep coaches up-to-date on the latest in coaching information both in Australia and overseas. For more information, visit the Softball Australia web site at www.softball.org.au

Inclusive softball for players with a disability

Softball Australia supports the right of people with disabilities to be involved in all facets of softball, including full and equitable participation in grass roots to elite level softball. The term 'disability' in the action plan encompasses all definitions of disability, or words to this effect, and includes all individuals involved in the sport, such as volunteers, coaches, administrators, officials and players.

The action plan recognises its social and legal obligation to provide an accessible and inclusive environment for people with disabilities. Softball Australia is bound by the *Commonwealth Disability Discrimination Act 1992* and will act in accordance with the spirit and requirements of the legislation.

Indigenous softball

Softball Australia works with the Indigenous Sport Development Coordinators in each state/territory to provide a coordinated approach to the delivery of Indigenous softball programs. If you would like more information on programs in your state, contact your State Coordinator.

Indigenous softball carnivals have been designed so that communities within one region can play against each other in a competition. This encourages Indigenous communities to further develop their own teams to a standard of representing their community. The carnivals can be conducted with or without any other sport being played that weekend (a three-day carnival) in the community. The carnivals can also produce a pathway to state representative programs for Indigenous players from the regions.

For more information

There are a range of resources available about softball. For more information about these resources and other softball programs, visit the Softball Australia web site or contact your local state and territory associations listed here.

Softball Australia

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Email: aussoftball@ausport.gov.au
Web: www.softball.org.au

ACT Softball Association

Ph: (02) 6278 3000
Fax: (02) 6278 3111
Email: softballact@bigpond.com
Web: www.act.softball.org.au

NSW Softball Association

Ph: (02) 9677 4000
Fax: (02) 9677 4040
Email: office@softball.net.au
Web: www.softball.net.au

NT Softball Association

Ph: (08) 8927 3333
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QLD Softball Association

Ph: (07) 3391 2447
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Web: www.qld.softball.org.au

SA Softball Association

Ph: (08) 8353 6766
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Web: www.sa.softball.org.au

TAS Softball Association

Ph: (03) 6249 3589
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VIC Softball Association

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