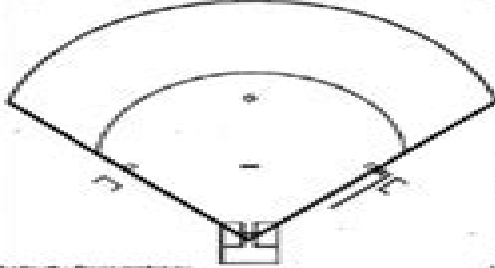
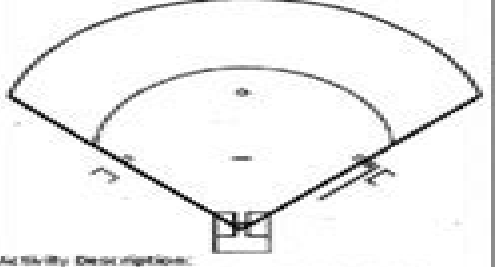


**SOFTBALL PLANNING SHEET #: 2**
**NAME: Kylee McPhedrain**
**TEAM NAME: 8th Street Sluggers**

Objectives (Identify your teaching topic, theme AND specific teaching points/cues that you want them to learn by the end of your session.)				
1. Improve batting percentage- accuracy and power. Team goal - minimize to maximum two strike outs per game. Individual goal - 8 out of 10 hitting percentage on 7 out of 10 percentage of getting on base for stronger players. Be able to identify key points in batting; S.H.E.E.P. Additional: improve fielding and identifying where to throw the ball.				
Equipment: 6 bats (if possible, 4 is fine), 10 balls, 3 bases, 2 T's				
Topic	Diagram & Activity Description	Teaching Information	Task Extension and Simplifications	Time
<b>Drill Name:</b> Hitting Stations <b>Page #:</b> 1-18 (From the Learn to Play coaches manual on reserve at the library.)  <b>Performance / Success Goal:</b> Make contact with all but one toss/pitch. Improve technique and accuracy of batting.	<b>Diagram:</b>   <b>Activity Description:</b> In partners start with doing 3 practice swings each and getting the partner to help correct. Then rotate through 3 stations. Station 1: one at a time hit off T into back stop. Station 2: Partner tosses from right beside batter, hit into backstop. Station 3: One partner does normal pitches to batter- batter hitting toward backstop. 5 groups, two groups can be at a station at a time. Each partner gets 1 min. Rotation must be quick!	<b>Teaching Cues:</b> <ul style="list-style-type: none"> <li>Hands together, middle toes like a sign</li> <li>Starting position                             <ul style="list-style-type: none"> <li>Feet just over shoulder - width apart</li> <li>Knees bent</li> <li>Elbow up</li> </ul> </li> <li>Transfer weight from back to front foot</li> <li>Snap bat with wrist</li> <li>Follow through</li> </ul> <b>SHEEP Stance, Hips, Elbow, Eyes, Follow through</b>  <b>PSF Statement:</b> Really done rotating your hips. That was a really good follow through.  <b>CPM-Question:</b> What does SHEEP stand for? How should you hold a bat?	<b>Simplification progression(s):</b> <ol style="list-style-type: none"> <li>Just focus on connecting with the ball</li> <li>Skip pitching and do another round of tosses</li> </ol> <b>Extension progression(s):</b> <ol style="list-style-type: none"> <li>Focus on making good connection to hit line drives- no pop.</li> <li>Toss from behind to work on reaction time.</li> </ol>	3-8 minutes  Other info:

<b>Drill Name:</b> Scrimmage <b>Page #:</b> Multiple- 3-27 (From the Learn to Play coaches manual on reserve at the library.)  <b>Performance / Success Goal:</b> hit 3 out of the 4 pitches in fair territory. Make maximum 2 fielding errors. <b>Team goal:</b> Make 2 double plays. <b>Improve power and accuracy of batting.</b>	<b>Diagram:</b>   <b>Activity Description:</b> 4 players (no back catcher) will be in the field including a pitcher. 1 player will be batting. The batter will get 4 pitches and on the 4th pitch will run. They run bases until they reach home or the batter after has completed 4 hits then rotate in order above. Whenever there is a player not fielding and waiting to bat they should be practicing their swing.	<b>Teaching Cues:</b> <ul style="list-style-type: none"> <li>Keep your eye on the ball</li> <li>Elbow up</li> <li>Transfer your weight back foot front foot</li> <li>Hips rotate from home plate to pitcher - Flashlight blind the pitcher</li> </ul> <b>PSF Statement:</b> Good connection, I could really tell you kept your eye on the ball! Way to transfer your weight you got really good power.  <b>CPM-Question:</b> What could have given you more power? Where should your hips be facing at the end of your swing?	<b>Simplification progression(s):</b> <ol style="list-style-type: none"> <li>Get pitcher to stand closer.</li> </ol> <b>Extension progression(s):</b> <ol style="list-style-type: none"> <li>Point to where you are going to aim to hit- swing early/late and direction of feet.</li> </ol>	8 - 20 minutes  Other info: If going well, add in that they have to all call where the throw is going to go when hit.
<b>Review / Lesson Closure</b>	<b>Acknowledge effort and participation!</b> @ CPM Review Questions/Activities: <ul style="list-style-type: none"> <li>What does SHEEP stand for?</li> <li>What can increase power?</li> <li>Explain the flashlight analogy</li> </ul>	<b>Self-reflection by teacher --</b> What worked well?	<b>Self-reflection by teacher --</b> What to change for next time?	10 - 20 minutes

# Sample Softball Pitching And Hitting Weekly Plan

**SB Merriam**

A decorative graphic element consisting of a light blue horizontal bar with a rounded right end, and a red circular shape partially visible behind it.

## **Sample Softball Pitching And Hitting Weekly Plan:**

## Unveiling the Magic of Words: A Report on "**Sample Softball Pitching And Hitting Weekly Plan**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Sample Softball Pitching And Hitting Weekly Plan**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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