

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 F. Additional: improve fielding and identifying where to throw the ball.				
Equipment: 8 bats (if possible, 4 is fine), 10 balls, 3 bases, 2 T's				
Topic	Diagram & Activity Description	Teaching Information	Task Extension and Simplifications	Time
Drill Name: Hitting Stations Page #: 1-18 (From the Learn to Play coaches manual on reserve at the library.) Performance / Success Goal: Make contact with all but one toss/pitch. Improve technique and accuracy of batting.	Diagram:  Activity Description: In pairs 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!	Teaching Cues: <ul style="list-style-type: none"> Hands together, middle toes like a sign Starting position <ul style="list-style-type: none"> Feet just over shoulder - width apart Knees bent Elbow up Transfer weight from back to front foot Snap bat with wrist Follow through SHEEF Stance, Hips, Elbow, Eyes, Follow through PSF Statement: Really done rotating your hips. That was a really good follow through. CPU-Question: What does SHEEF stand for? How should you hold a bat?	Simplification progression(s): <ol style="list-style-type: none"> Just focus on connecting with the ball Skip pitching and do another round of tosses Extension progression(s): <ol style="list-style-type: none"> Focus on making good connection to hit line drives- no pop. Toss from behind to work on reaction time. 	3-8 minutes Other info:

Drill Name: Scrimmage Page #: Multiple- 1-27 (From the Learn to Play coaches manual on reserve at the library.) Performance / Success Goal: hit 3 out of the 4 pitches in fair territory. Make maximum 2 fielding errors. Team goal: Make 2 double plays. Improve power and accuracy of batting.	Diagram:  Activity Description: 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.	Teaching Cues: <ul style="list-style-type: none"> Keep your eye on the ball Elbow up Transfer your weight back foot front foot Hips rotate from home plate to pitcher - Flashlight blind the pitcher PSF Statement: Good connection, I could really tell you kept your eye on the ball! Way to transfer your weight you got really good power. CPU-Question: What could have given you more power? Where should your hips be facing at the end of your swing?	Simplification progression(s): <ol style="list-style-type: none"> Get pitcher to stand closer. Extension progression(s): <ol style="list-style-type: none"> Point to where you are going to aim to hit- swing early/late and direction of feet. 	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.
Review / Lesson Closure	Acknowledge effort and participation! @ CPU Review Questions/Activities: <ul style="list-style-type: none"> What does SHEEF stand for? What can increase power? Explain the flashlight analogy 	Self-reflection by teacher -- What worked well?	Self-reflection by teacher -- What to change for next time?	10 - 20 minutes

Sample Softball Pitching And Hitting Weekly Plan

B Lingard



Sample Softball Pitching And Hitting Weekly Plan:

This book delves into Sample Softball Pitching And Hitting Weekly Plan. Sample Softball Pitching And Hitting Weekly Plan is a vital topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Sample Softball Pitching And Hitting Weekly Plan, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Sample Softball Pitching And Hitting Weekly Plan
 - Chapter 2: Essential Elements of Sample Softball Pitching And Hitting Weekly Plan
 - Chapter 3: Sample Softball Pitching And Hitting Weekly Plan in Everyday Life
 - Chapter 4: Sample Softball Pitching And Hitting Weekly Plan in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Sample Softball Pitching And Hitting Weekly Plan. This chapter will explore what Sample Softball Pitching And Hitting Weekly Plan is, why Sample Softball Pitching And Hitting Weekly Plan is vital, and how to effectively learn about Sample Softball Pitching And Hitting Weekly Plan.
 3. In chapter 2, the author will delve into the foundational concepts of Sample Softball Pitching And Hitting Weekly Plan. This chapter will elucidate the essential principles that must be understood to grasp Sample Softball Pitching And Hitting Weekly Plan in its entirety.
 4. In chapter 3, the author will examine the practical applications of Sample Softball Pitching And Hitting Weekly Plan in daily life. The third chapter will showcase real-world examples of how Sample Softball Pitching And Hitting Weekly Plan can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Sample Softball Pitching And Hitting Weekly Plan in specific contexts. The fourth chapter will explore how Sample Softball Pitching And Hitting Weekly Plan is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Sample Softball Pitching And Hitting Weekly Plan. This chapter will summarize the key points that have been discussed throughout the book.
- The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Sample Softball Pitching And Hitting Weekly Plan.

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Sample Softball Pitching And Hitting Weekly Plan Introduction

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