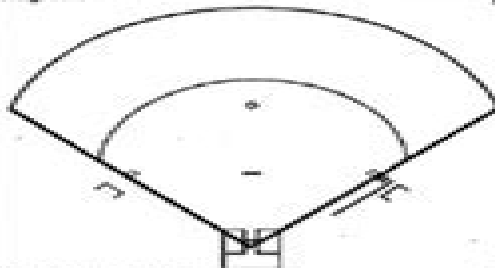
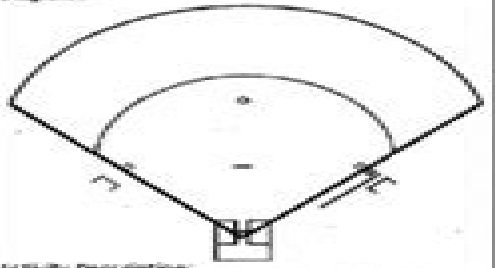


**SOFTBALL PLANNING SHEET #: 2**
**NAME: Kylee McPhedrain TEAM NAME: 8th Street Sluggers**

Objectives (Identify your teaching topic, item 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
<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 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!	<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>SHEEF Stance, Hips, Elbow, Eyes, Follow through</b>  <b>PSF Statement:</b> Really done rotating your hips. That was a really good follow through.  <b>CPU-Question:</b> What does SHEEF 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 3 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>CPU-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> @ CPU Review Questions/Activities: <ul style="list-style-type: none"> <li>What does SHEEF 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**

**Kathy J. Veroni, Roanna Brazier**



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