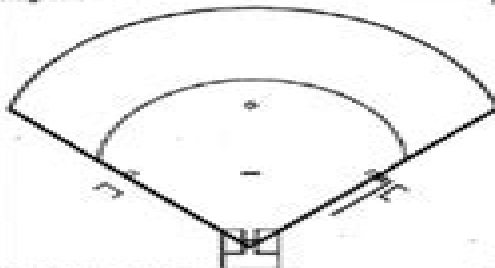
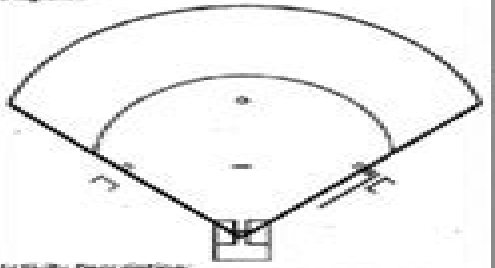


SOFTBALL PLANNING SHEET #: 2
NAME: Kylee McPhedrain TEAM NAME: 8th Street Sluggers

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 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
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: - Hands together, middle toes like a sign - Starting position - Feet just over shoulder - width apart - Knees bent - Elbow up - Transfer weight from back to front foot - Snap bat with wrist - Follow through SHEEP Stance, Hips, Elbow, Eyes, Follow through PSF Statement: Really done rotating your hips. That was a really good follow through. CPU-Question: What does SHEEP stand for? How should you hold a bat?	Simplification progression(s): - Just focus on connecting with the ball - Skip pitching and do another round of tosses Extension progression(s): - 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- 3-27 (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 3 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: - 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): - Get pitcher to stand closer. Extension progression(s): - 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: - What does SHEEP 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

WJ Hussar



Sample Softball Pitching And Hitting Weekly Plan:

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