Figure 8.5 Worksheet for Student-Designed Softball Practice

# Softball Practice

Team members’ names \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Design a practice that you can do on one half of a field.

1. Identify skills your team wants to focus on.
2. Select activities from the list to use in your practice. You must select at least one activity from each skill category and six activities overall.
3. Identify how long you will spend on that activity.
4. Identify the cues you will focus on in that activity.
5. Each person on your team must be active and have the same number of practice tries.

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| **Hitting tasks** | **Cues** |
| Hit off tee. | Stance, front shoulder lower, step, roll hands over, hips first  Hit to open space |
| Partner soft toss, hit to curtain. |
| Bounce ball, hit to curtain. |
| Pitch friendly ball, hit to curtain. |
| Play over-the-line game. |

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| **Fielding tasks** | **Cues** |
| Play catch. | Watch the ball, catch on throwing side, two hands, give with ball  Quick transition to throwing hand, quick feet to get side to target |
| Play catch, throwing both ground balls and fly balls. |
| One member hits grounder or fly ball to fielder. Rotate. |
| Play over-the-line game (batters who miss throw ball to fielder). |

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| **Throwing tasks** | **Cues** |
| Play catch and throw. How many throws can you make in one minute? | Step, transfer weight, side to target, elbow up  Quick feet, hips first |
| Do group juggle in large space. |
| Do throwing relay. |
| Catch fly ball or grounder; then throw as quickly as possible to partner. |

# Practice Outline

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| **Activity** | **Time** | **Cues** |
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