

Softball

Where: _____
What time: _____
Duration: 75 minutes
Group: Blue / Red - _____
Student numbers: _____

What you need:

1. At least one softball bat
2. A softball (preferably with a spare)
3. Markers /posts /cones for 4 bases
4. Cones for bowling area and batting area
5. Tennis balls /Windballs
6. Mitts (if available)

Stage 1. Warm Up

In 3s, using softballs and/or tennis balls. Fielding exercises.

ZX.....(10m).....Y

X rolls the ball to Y and follows the ball across. Y rolls it back to Z and follows. Z rolls it back to X and repeat.

As above but underarm throw and catch.

As above but overarm throw and catch.

Stage 2. Practice

(ONLY IF YOU HAVE A NUMBER OF BATS/BALLS)

In groups of approx. 5/6 (1 batter, 1 bowler, 1 backstop and the rest are fielders.

Using the tennis ball /windball, practice the basic skills of the game. Batters have to try to hit into the target area marked out by cones. Fielders in the target area have to stop it. Bowlers must bowl underarm. Batters do not run.

Safety! Space the groups out.

After 6/8 goes, change-over. Everyone has a go at batting, bowling and catcher plus a few attempts at fielding.

Stage 3. Full game. Lay out markers and posts in a diamond (see illustration). There are a number of different ways of organizing the game; depending on time, but changing the batting team after 3 people are out is fine.

Perhaps play 'hit and run' to avoid over complicating things with 'balls and strikes.

Each team should get 2 (or 3 innings). Adjust the scoring so that teams get 1 run for a 'homerun' and 0.5 for stopping on bases on the way round.

Instruct the batter to put the bat down safely before running (rather than throwing it backwards and endangering the catcher).

Activity leader, remember!

1. Keep language simple. Some students may not understand complex instructions. If it's important use concept questions and repeat it.
2. Your job is to motivate and organize. Make sure that you are proactive and encouraging.
3. Keep calm, don't lose your patience (with students or group leaders) and have fun.

