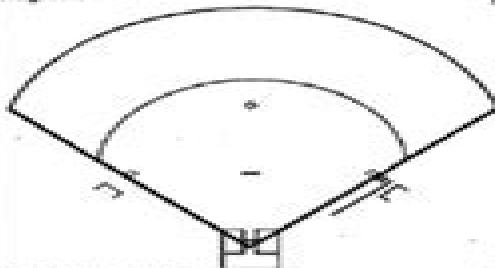
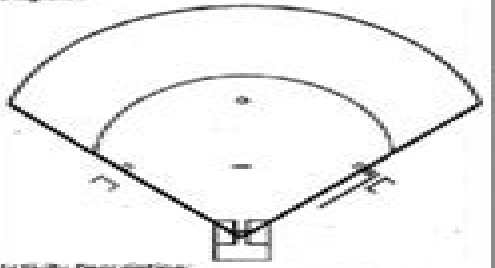


# SOFTBALL PLANNING SHEET #: 2

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                           |
| <b>Drill Name:</b> Hitting Stations<br><b>Page #:</b> 1-18<br>(From the Learn to Play coaches manual on reserve at the library.)<br><br><b>Performance / Success Goal:</b> Make contact with all but one toss/pitch. Improve technique and accuracy of batting.                                                                                              | <b>Diagram:</b><br><br><br><b>Activity Description:</b><br>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><br><br><b>PSF Statement:</b><br>Really done rotating your hips. That was a really good follow through.<br><br><b>CPU-Question:</b><br>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<br><br>Other info: |

|                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                             |                                                                                                                                |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
| <b>Drill Name:</b> Scrimmage<br><b>Page #:</b> Multiple-127<br>(From the Learn to Play coaches manual on reserve at the library.)<br><br><b>Performance / Success Goal:</b> hit 3 out of the 4 pitches in fair territory. Make maximum 2 fielding errors.<br><b>Team goal:</b> Make 2 double plays.<br><b>Improve power and accuracy of batting.</b> | <b>Diagram:</b><br><br><br><b>Activity Description:</b><br>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><br><b>PSF Statement:</b><br>Good connection, I could really tell you kept your eye on the ball! Way to transfer your weight you got really good power.<br><br><b>CPU-Question:</b><br>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<br><br>Other info:<br>If going well, add in that they have to all call where the throw is going to go when hit. |
| Review / Lesson Closure                                                                                                                                                                                                                                                                                                                              | <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><br>What worked well?                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>Self-reflection by teacher --</b><br>What to change for next time?                                                                                                                                                                                                                       | 18 - 20 minutes                                                                                                                |

# Slowpitch Softball Practice Plans

**Diane L. Potter, Lynn V. Johnson**



## **Slowpitch Softball Practice Plans:**

*Complete Guide to Slowpitch Softball* Rainer Martens, Julie S. Martens, 2011 A comprehensive and original instructional guide to the unique sport of slowpitch Learn basic to advanced offensive and defensive techniques as well as expert advice on physical and psychological conditioning

**Defensive Softball Drills** Jacquie Joseph, 1998 66 drills for improved individual and team fielding

**Coaching Youth Softball** American Sport Education Program, 2007 Fun safety and effective instruction are the focus of the fourth edition of Coaching Youth Softball helping you create an environment that promotes learning cultivates a love of the game and motivates your athletes to come out for the team year after year Numerous coaching books present the skills and drills of softball But here is a book that teaches you how to convey those skills to your athletes in an engaging and positive manner Endorsed by Babe Ruth Softball Coaching Youth Softball is focused on teaching offensive and defensive skills through gamelike drills which sets it apart from the current lineup of softball coaching books The fourth edition includes 12 new drills and 37 age specific coaching tips that are sure to jump start your practices all in a reorganized format geared for sequential learning and quick reference Coaching Youth Softball's double play of softball fundamentals and essential coaching skills like communicating with parents and officials motivating players and preparing for games and practices makes this book a must read as you prepare to meet the challenges and enjoy the rewards of coaching young athletes

*The Complete Book Of Softball Drills* Gary Leland, 2013-12-16 Great practice drills for fastpitch softball players This book has drills for base running pitching hitting catching and fielding Brought to you by Gary Leland publisher of the Fastpitch Softball TV Network Gary's teams won the 14 and under and the 15 and under Texas USSSA State championships back to back His teams came in fourth and fifth in the USSSA National Championships for 14 under and 15 under Now he shares some of the drills his team used while training his fastpitch softball team It seems like a lifetime ago but I still remember when I started coaching my daughters fastpitch softball team I had played a little baseball growing up and some slowpitch softball along the way too I soon found out two things One is that fastpitch softball was a sport of its own While so many things are the same There are many things that are different in fastpitch softball than baseball or slowpitch softball Two is that I knew nothing about coaching fastpitch softball players at all Playing sports had not really taught me how to coach One of the main things new coaches are looking for is information This book is my attempt to provide another source for that information While I admit I did not come up with these fastpitch softball drills Many of them have probably been used for years and years What I did was find many of the great drills I used with my players while coaching Then I wrote them in an easy to understand format Trying to make them easy to learn and use While this may be a guide for coaches to help their young players this is also be a great resource for parents hoping to help their daughters become better fastpitch softball players

**Baseball and Softball Drills** Dirk Baker, 2018-11-26 Written for coaches this book in its expanded third edition presents more than 200 baseball and softball games and activities for preschoolers through college age focusing on

teaching improvement of skills and enjoyment Games emphasizing base running bunting catching fielding hitting throwing and pitching are covered Each section reviews fundamentals introduces creative skills and drills for group practice and details the age group objective equipment and rules for each activity      **Softball** Diane L. Potter,Lynn V. Johnson,2007 Improve your play at the plate on the base paths and in the field by mastering the essentials of the game Softball Steps to Success offers a comprehensive progressive approach that combines in depth instruction crisp illustrations and 127 drills Any player can become fundamentally sound and be ready to take the field You ll find detailed instruction on every individual skill necessary for success in the game catching throwing fielding pitching hitting and baserunning This updated edition also includes these features Responsibilities of each position on the field and every batter in the lineup Offensive and defensive tactics for specific game situations Emphasis on the short game covering five types of bunts and the running slap hit An expanded section on pitching that includes seven types of pitches for modified pitch slow pitch and fastpitch games Skill development drills with assessment scoring systems to gauge progress along the way Hits runs putouts and double plays are at your fingertips With Softball Steps to Success part of the popular Steps to Success Series that has sold more than 1 5 million copies your performance on the diamond will shine      *Slowpitch Softball Hitting* Rainer Martens,Julie Martens,2010-11-23 Slowpitch Softball Hitting presents everything you need to know before stepping into the batters box With this mini e book learn how to make the most of each at bat from senior softball Hall of Famer Rainer Martens and his wife Julie Martens Supported by over 45 years of softball experience and PhDs in the sport sciences Rainer and Julie present detailed information about techniques related to hitting such as strike zone recognition stances bat selection and grips Aside from the basics you ll learn how to hit for average and increase your bat speed to generate power in various game situations Different situations within a game require different types of hits to generate runs Learn how to increase your precision and take your productivity at the plate to new heights The mini e book Slowpitch Softball Hitting is an abridged version of the comprehensive book Complete Guide to Slowpitch Softball Human Kinetics 2011 The content here is unique because it is specific to the slowpitch game not merely fastpitch advice modified for slowpitch players This sharp focus is what makes Slowpitch Softball Hitting such a valuable resource for all who play the game      Slowpitch Softball Hitting Mini eBook ,

**Coaching Youth Softball** Coach Education,2018-11-15 Whether you re new to coaching or an experienced youth softball coach the fourth edition of Coaching Youth Softball is your handbook for a successful season Field tested age specific coaching information helps you communicate with players officials parents and other coaches teach softball fundamentals using gamelike drills provide basic first aid plan and conduct practices manage your team during games and keep it all fun Numerous coaching books present the skills and drills of softball But Coaching Youth Softball teaches you how to convey these skills to your athletes in an engaging and positive manner Endorsed by Babe Ruth Softball the book is focused on teaching offensive and defensive skills through gamelike drills which sets it apart from the current lineup of softball coaching

books Ideal for coaches of players ages 14 and under Coaching Youth Softball helps you focus on the fundamentals and the 12 new skill teaching drills and 37 age appropriate coaching tips are sure to jump start your practices Experience the excitement as your players improve their skills fall in love with the game and come out for the team year after year

**Coaching Youth Softball** Babe Ruth League, Inc.,2019-01-22 Congratulations on your commitment to coach youth softball If you re new to coaching you ll find Coaching Youth Softball invaluable in making your first season a success If you have previous coaching experience you re sure to discover tips and strategies that will help you improve on last year Coaching Youth Softball will help you manage your team with confidence This age specific and field tested coaching guide will prepare you to handle your responsibilities and establish proper priorities as a coach communicate with players officials other coaches and parents teach softball skills and strategies using a combination of 27 drills and 39 coaching tips minimize the risk of injury establish a safe playing environment and administer basic first aid plan and conduct efficient practices manage your team on game day and keep it all fun Written for coaches of players ages 18 and under this book is a valuable component of the Coaching Youth Softball the Babe Ruth League Way online course the official certification course of Babe Ruth League the premier amateur baseball and softball program in the world With this book you will create and nurture an athlete centered environment that promotes player development enjoyment motivation safety and sportsmanship an environment that inspires players to perform at their best and come out for the team year after year *Championship Slowpitch Softball* Judy A. Blucker,JoAnne Graf,1984 **Library of Congress Subject Headings** Library of Congress,2004

**Quality Lesson Plans for Secondary Physical Education** Dorothy Zakrajsek,Lois Carnes,Frank E. Pettigrew,2003 Lesson plans for physical education including climbing walls lacross in line skating Includes 2 Copies of CD in Carousel 17 and 21 Official ASA Guide and Playing Rules 1991 ,1990 **Baseball Drills for Young People** Dirk Baker,2015-01-27 Written for coaches this work presents more than 180 baseball games and activities for young children and adolescents focusing on teaching improvement of skills and enjoyment Games emphasizing baserunning bunting catching fielding hitting throwing and pitching are covered Each section reviews fundamentals introduces creative skills and drills for group practice and details the age group objective equipment and rules for each activity **Slow Pitch Softball** George Sullivan,1978

Sylvia Hatchell Roberta Teague Herrin,Sheila Quinn Oliver,2021-07-02 As a young girl Sylvia Hatchell longed to play little league baseball and later high school basketball but both were closed to her because she was a girl In college her world shifted when she discovered a passion for coaching that would lead her to become a Naismith Hall of Fame coach of women s basketball at the University of North Carolina at Chapel Hill In this book Coach Hatchell s life story unfolds against the backdrop of Title IX and women s struggle for equal opportunities in athletics She celebrates triumphs such as winning the 1994 NCAA Division I Women s Basketball Tournament and weathers sadness and failure such as the loss of her parents surviving cancer and being forced to resign from her dream job in 2019 **Netter's Sports Medicine E-Book** Christopher

Madden, Margot Putukian, Eric McCarty, Craig Young, 2017-02-15 Edited by past presidents of the American Medical Society for Sports Medicine Netter's Sports Medicine 2nd Edition is a superbly illustrated go-to sports medicine resource for the outpatient office, the training room on the sideline and for certification preparation. Designed for quick reference, this interdisciplinary reference by Drs. Christopher Madden, Margot Putukian, Eric McCarty and Craig Young is organized by both topic and sport so you can find what you need quickly. Whether you are a primary care physician managing a common or unique musculoskeletal injury in an ambulatory setting, an orthopaedic surgeon gaining insight about a medical or psychological problem, foreign to the cast or operating room, an athletic trainer figuring out a diagnosis in the training room or a physical therapist pursuing further in-depth sports medicine knowledge, this reference gives you the guidance you need to keep athletes and other active patients at the top of their game. More than 1,000 superb Netter graphics, tables, figures, pictures, diagnostic images and other medical artwork highlight the easy-to-read bulleted text. Ideal for the sports clinician, team physician and any health care professionals who provide care to athletes and active individuals. New chapters on travel considerations for the athlete, EKG interpretation, cardiac disease, diagnostic imaging and ultrasound, injury prevention, protocols, equestrian sports and rodeo medicine, mixed martial arts and many more. Up-to-date coverage of nutritional supplements, eating disorders, sports and pharmacology for chronic conditions and behavioral medicine and extreme and adventure sports.

**Lesson Plans Dynamic** Robert P. Pangrazi, Victor P. Dauer, 1994-08 **Sociopolitical Perspectives on Language Policy and Planning in the USA** Thom Huebner, Kathryn A. Davis, 1999-11-15 This volume is the result of a colloquium on socio-political dimensions of language policy and language planning held at the 1997 American Association of Applied Linguistics (AAAL) Conference. The focus is on language planning and policy in the USA, but the issues raised will be applicable to other parts of the world as well. Three broad issues are addressed: general aspects, case studies dealing with certain languages or ethnic groups and language planning in practice. The first general part provides a historical analysis of language planning and language policy in the US and proceeds to deal with maintenance and loss of indigenous languages and the constraints imposed by current policies and how these constraints can be effectively dealt with. The second part contains a number of case studies. It discusses aspects of planning policies pertaining to pidgin languages, gestural languages used by the deaf, ASL and constraints in foreign language education. This part also raises issues relating to ethnic groups concentrating on the position of Mexicans and Puerto Ricans in the US. In the third part, some practical issues are raised by looking into the role of language and culture in teaching reading, foreign language policy in higher education, Hawaiian language renaissance and gender neutralization in American English. The book is a tribute to Charlene Junko Sato, a sociolinguist and a language activist. She died in 1996 and will be remembered for her work not only in linguistics but also for her dedication in advancing Hawaiian Pidgin, influencing language policy through various publications and court room appearances.

## Whispering the Secrets of Language: An Psychological Quest through **Slowpitch Softball Practice Plans**

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