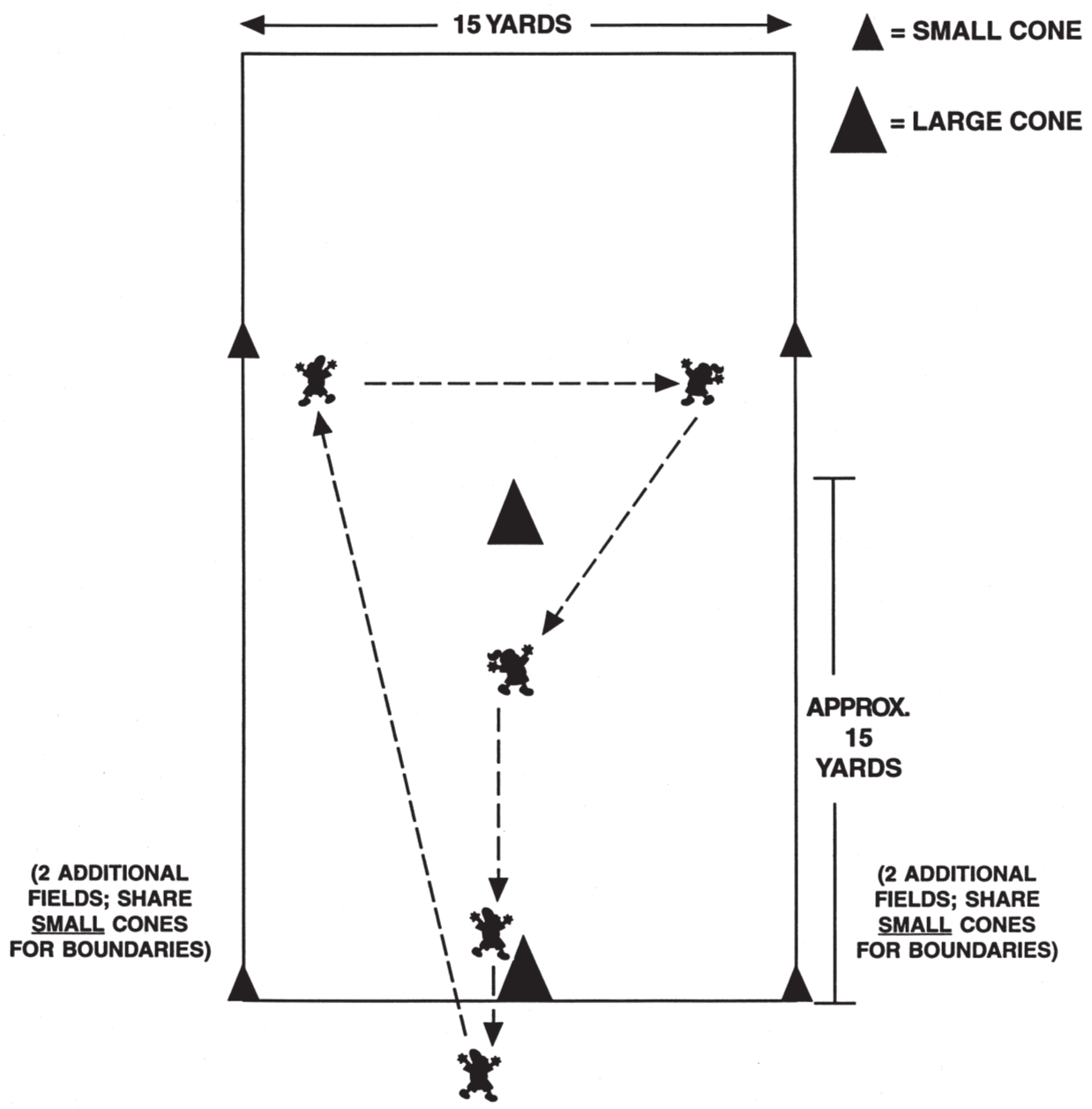
UNIT: SOFTBALL

AGES: 8-14

OBJECTIVES
Sport skill development, throwing, catching, running, fielding

EQUIPMENT
1 ball/5 youth, 4 cones/5 youth, music/whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
	-GROUP DAY-	
5 Person Throw and Run Softball *Diagram on back*	-Designate an area 15-20 paces wide for each group of 5. -One ball/group; (pitcher, catcher, "batter", and 2 fielders). -Small games are spread out on fields with catchers' backs to a fence or wall if possible. -A cone is approximately 5 paces behind the pitcher where second base would be. -Assign group leaders to keep score. Variation: -Rotate positions after each batter has 2 attempts. _____ **x = cone** **x** **x** **Fielder** **Fielder** **x running cone** **P** **p**itcher home cone **x** **B** **b**atter **C** **c**atcher	-The object of the game is to score a run by throwing the ball into the field, circling the cone, and getting to home plate before the outfielders can relay the ball to the catcher. -Pitcher: Throw ball underhand to "batter" who catches ball. -Batter: Catch ball and throw it within your field's boundaries. Run around the cone and back to home as fast as you can! -Fielders: Catch the thrown ball and throw (don't run) it to each groupmate. Last person to catch ball throws it into the catcher at home plate. Try to get the ball home before the runner arrives! -There are no fly ball outs. -After each "batter" runs, rotate positions clockwise: (batter to catcher, catcher to outfield for 2 rotations, outfield to pitcher). -See how many times each person in your group can get a turn at bat! Hustle so everyone gets a lot of chances.

5 PERSON THROW AND RUN SOFTBALL

CLOCKWISE ROTATION OF PLAYERS AFTER EACH TURN: