



# ALTP – Aug 15

Tonight will be a WATER NIGHT, BRING A FRIEND and BANQUET!!!

Coaches, please make sure that any “friend” that has shown up with a player signs in. The friends will then circulate with the team.

I will give you the participation medals to hand out to your team before the centres begin. Please make a little ceremony of it, telling them you hope they enjoyed the season, etc. At about 6:30 I will do a welcome to everyone, conduct a quick warm up as a whole division (jumping jacks, stretching, etc), and then begin the centres.

Once the centres are completed, please take your team QUICKLY to the area by the parking lot where we will be having the banquet.

## **Station 1 – Playing Catch**

Pink – Danforth begins here

Blue – Rotary Sunrise begins here

*Equipment - Waterballs, pails of water, water balloons (provided by the coaches)*

Pair up the girls to play catch. Tell them NOT to use their gloves, since they will be playing catch with water balls and we don't want them to damage their gloves. Show them to hold both hands in front of them to give a target to the person throwing. Remind them to move their hands “around the clock” to catch, the same way as if they were using a softball. Remind the thrower to aim with their non-throwing hand, to step with the foot under this hand and keep an eye on their partner's hands as their target, the same as if they were using a softball, if they can hold the balloon with one hand.

When they are using the water balloons, show them how to have “soft hands” by moving their hands back towards their bodies when they catch the balloon. This will help the balloon not break and is what should be done when catching a ball so that the ball does not bounce out of the glove. Since the coaches will be asked to bring one water balloon for each girl, when the partnership has broken 2 water balloons, they can switch to the water balls at the station.

There will be buckets of water at this station. The girls can wet their waterballs before throwing them to their partner.

## **Station 2 – Batting**

Pink – Lovell begins here

Blue – Flavorcan begins here

*Equipment - Waterballs, pails of water, water balls*

This week the coaches will be pitching waterballs to the girls. Be sure to soak it in water each time before you pitch.

Remind the girls of how to hold the bat (hands together, lining up the “knocking knuckles”) and swing through the ball.



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## **Station 3 – Tag**

Pink – Arnts begins here

Blue – Bry Ron begins here

*Equipment – Pylongs set up as bases, water balls*

Place the girls in the infield. Tell them that this is a game of tag where they must hit any other person with a water ball. Anyone who is hit must run the bases, starting at home and calling out the bases as she goes. To begin, the coach takes all of the water balls out of the pail and throws them in various directions away from where the girls are. When the coach yells “Go” the girls can race for the balls. They may re-wet the balls in the bucket whenever they like.

## **Station 4 – Bull’s Eye**

Pink – Kelly Green begins here

Blue – Maroon Monkeys begins here

*Equipment – targets, water balls*

Place one girl in front of each target, far enough back that a good throw will hit it. (This will be different for some girls.) Place the other girls on the far side of the target to do the fielding. Each girls makes as many throws as there are waterballs for (probably 2 or 3 per target). Once she is done, she takes over fielding and another girl takes over the target. Make sure the girls run from fielding to be the next thrower.

Emphasize proper throwing (pointing at the target with her glove, taking a step with the opposite foot).