



ALTP – August 15

Warm Up

Coaches, feel free to warm up your team prior to the beginning of centres. 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.

Station 1 – Playing Catch

Pink – Lions Club begins here

Blue – Multi-Vac begins here

Skill Addressed - proper throwing and catching

LTP Reference - Pgs 75 - 77

Equipment – one white 9" ball or tennis ball for each pair of girls

Partner the girls up to play catch. If a girl has brought a friend have her partner up with the friend. Make sure they have done all steps properly and are holding their glove properly to catch the ball.

I will put some soft balls at this station in case the friends that have been brought are hesitant or unskillful enough that the coach is concerned.

Station 2 – Bull's Eye

Pink – Rotary Sunrise begins here

Blue – Beetham Electric begins here

Equipment – 6 pink 10" balls, 2 targets

Skill Addressed – throwing accuracy

Place one girl in front of each target, far enough back that a good throw will hit it. Place the other girls on the far side of the sign to do the fielding. Each girl makes as many throws as there are balls for (probably 3 per target). Once she is done, she takes over fielding and another girl takes over the target.

Emphasize proper throwing (pointing at the target with her glove, taking a step with the opposite foot). Tell them to award themselves one point each time they hit the face of the target. Challenge them to get the highest score.



ALTP – August 15

Station 3 – Cheering

Pink – CEE Elevator begins here

Blue – Impact begins here

Equipment - None

Anthony will lead the team through cheers

Station 4 - WORM Around the Bases

Pink – Roy's Enterprise begins here

Blue – Fleming Heritage begins here

Equipment – 1 rubbery hard ball, bases set up

Split the girls into two mini-teams. Everyone starts at home plate. Line up both teams. One team will run the bases and the other team will chase the ball.

One member of the base running team throws the ball as far as she can through the diamond. When she does that the other team runs for the ball. The first person to the ball picks it up and everyone lines up behind her. They then pass the ball backwards down the line by alternating under their legs and over their heads. (ie. the first girl passes it back under her legs, the next passes it back over her head, the next passes it back under her legs, etc). The last girl holds it up and yells "Stop".

While they are doing that, the first girl on the other team begins running around the bases. When she hits first base, the next girl begins, etc. When the other team yells "Stop", the runners stop. The girls earn one point for every base they hit, so if the team gets one person to third, another to second and another to first, they earn 6 points. (It will work best if there is an adult monitoring each group of girls.)

Have the girls teams switch places and run it again. The team that gets the most points wins. Feel free to run it again if time permits. Maybe have the parents run the bases while all girls chase the ball and pass it down the line.