



ALTP – July 25

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.

Once the centres are completed, each team will proceed to their assigned ball diamond for the game. (The assigned diamonds are on the schedule on the ALTP page of the website and on this sheet.)

Station 1 – Throwing and Catching Relay

Pink – Danforth begins here (Centre field diamond for the game)

Blue – Rotary Sunrise begins here (Left field diamond for the game)

Skill Addressed - proper throwing, catching and repositioning

LTP Reference - Pgs 75 - 77

Equipment - two white or pink balls (one for each line)

When playing in the field, most of the girls simply pick up a fielded ball and throw it. In their haste to get the ball to first base quickly they don't position themselves properly for the throw. This centre will address this. **First, talk to the girls about this problem and demonstrate how tough it is to throw the ball properly in a new direction if you don't turn and set up your feet and arms first.**

Split the girls into 2 teams (if you have enough girls show up, otherwise just do one line) and line them up with enough distance between each one that each will have to make a proper throw to the next one (no arcs). Challenge them to throw the ball down the line and back before the opposing line. The line that finishes first is the winner. ENSURE THAT THEY CATCH THE BALL, TURN, SET UP FOR A PROPER THROW and then throw. If they are consistently not setting up properly, tell them that they will have to do so before the throw to the next person is counted (even if the same girl has to throw a couple of times), slowing down the line.

Play multiple times if time allows.

Station 2 – Batting a Pitched Ball

Pink – Lovell begins here (Left field diamond for game)

Blue – NO ONE begins here

Equipment - 3 Bats, 6 Incrediballs, 6 helmets

LTP Reference - Pgs 81 - 82

Skill Addressed – Eye on the ball

We will continue with batting a pitched ball. The girls will progress at this at different rates, so please give them advice appropriate to their level. (Reminding them to remember too many things will result in them not being able to master anything.)

Please focus on the skills in this order:

1. Holding the bat properly and not swinging it around unsafely.
2. Facing the plate when ready to bat, with toes on both feet pointed at the plate.
3. Feet spread a little apart.
4. Eye on the ball the whole time, from the point it leaves the pitcher's hand.
5. Swing all the way through the ball, not stopping at the ball.
6. Moving the flashlight to swing the hips.
7. Holding the bat off of the shoulders so that the elbows are not close to the body.



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Station 3 – Cheering

Pink – Arnts begins here (Infield diamond for game)

Blue – Bry Ron begins here (Centre field diamond for game)

Equipment – none

Anthony will run this station and teach the girls some cheers that they can use during the game to cheer on their teammates. Cheering while on the bench is one way to make the game fun and to stay involved with the game.

Station 4 - Pitching

Pink – Kelly Green begins here (Infield diamond for game)

Blue – Maroon begins here (Right field diamond for game)

Equipment - 1 Incrediball per girl

LTP Reference - Pgs 87 - 94

Skill Addressed - Making a smooth underhand release

Someone will be at this station to instruct the girls in the beginning steps of pitching. The girls will be given a ball and will practice pitching into the backstop screen. Be prepared to recruit parents to act as catchers.



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Station 5 - Back-catching

Flavorcan begins here (Right field diamond for game)

Equipment - 10 sets of catcher's gear, 5 Incrediballs, 10 rubber home plates, 5 pylons

One of the goals of Advanced Learn to Play is to have the girls be used to wearing catchers gear and doing backcatching. Since the gear takes so long to get in and out of, it would make no sense to have this be a station. Instead we will have one night when a whole team wears the gear and does catcher-related games. These won't be run according to the whistle-blows; they will be left to the coaches' discretion to time.

Many of these games are with partners. Use your own discretion whether to keep two girls partnered for the whole night or to change partners each time.

First - Getting Dressed

One adult can help two girls get into the catcher's gear. Each of the girls can help the adult get the other girl dressed. This will give the players familiarity with how the equipment goes on. This will be important for the last game of the night tonight.

Second - Catching and Throwing

Place two home plates far enough apart that the girls can play catch without throwing pop flies to each other. Show the girls the proper way to crouch behind home plate. (If they have significant trouble crouching allow them to kneel on one knee with the other leg up, foot on the ground. The leg that isn't kneeling is the one that steps when they make a throw (left leg for right-handed throwers, right leg for left-handed throwers). Another way to think of this is that the leg on the ground is the one under the glove. In this way, they can stand up and make a throw without moving the other foot.

Emphasis that the hand without the glove goes behind the back.

Partner the girls in pairs and stand them behind the plates. They stand to throw the ball to their partner who is crouching behind home plate. When they have the ball, they stand to throw it back to the other person who is now crouching.

Three - Blocking Balls

Set up 2 pylons (like a net) per pair of girls. One girl crouches in the net while the other girls throw balls so that they bounce in front of the catcher. It is the catcher's job to stop the ball with any part of her body that she can. Switch places between the girls after a few minutes. Encourage the girls to move left and right to get a ball if it isn't going right at her.

Four - Getting Dressed Race (if you get to it)

Have the one girl in each partnership get out of the catchers' gear. (The other girl can help, if you like.) Then, have the partners stand together and the coach yell "Go". The partner without the gear helps the other get her gear off. They then both put the gear onto the girl who started out with no gear. The first partnership finished wins.