



ALTP – June 20

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 - Catching

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

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

Skill Addressed - proper catching

Equipment - one pink ball for each two girls

This week we want to spend some time showing the girls the correct way to hold and move your glove to catch a ball. Gather them all around and show them how to hold the glove straight out in front of them, arms bent, with both hands side-by-side, fingers up and thumbs together. This is how you hold your glove if the ball is coming above your waist, with the bare hand ready to help out. Show them that they move their hands in a semi-circle as if around the face of a clock, from 3 o'clock to 12 o'clock to 9 o'clock in order to catch a ball that isn't coming right at them.

Have them then put their hands together below the waist with fingers pointed down and baby fingers together. This is how you catch a ball that is coming below your waist, moving your hand around the clock from 3 o'clock to 6 o'clock to 9 o'clock.

In both cases, when the ball goes in your glove, you put your other hand in on top of it to keep it in your glove - "catching with 2 hands".

This week, though, we will only have them practice catching balls above the waist, so have them hold their hands properly for that type of catch (ie. fingers up). Many of the girls will want to turn their glove when a ball is coming above the waist (even shoulder high) so that the pocket points at the sky and the fingers point at the ball. I show them how the ball can skip out of the glove (rolling through the pocket and up the palm) to actually hit them in the face, which is not what we want.

Group the girls with as many adults as you have and have the adult soft toss balls to the girls so they can practise holding their glove properly. **DO NOT** have the girls throw to each other this time as they won't necessarily be able to hit the target, giving no catching practice. Make sure that the throws are straight to the glove so that they are not catching rainbows.



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Station 2 – Batting from a Tee

Pink – Lovell begins here (Infield diamond for game)

Blue – Flavorcan begins here (Left field diamond for game)

Equipment - 3 Batting Tees, 3 Bats, 6 Incrediballs, 6 helmets

LTP Reference - Pgs 81 - 82

Skill Addressed - Gripping the bat properly, swinging through the ball, watching the ball, having care when holding a bat.

There are lots of small skills involved in swinging a bat properly. To begin with we want simply to ensure that the girls grip the bat properly (“knocking knuckles” lined up), watch the ball the whole time that they are swinging and swing completely through the ball, not stopping at the ball. Coaches should also emphasize not swinging the bat around simply because you are holding it (since you could hit someone) and not standing near someone who is holding a bat.

The girls get a few tries at batting with a parent being out in front throwing the balls back in. They then go to the back of the line, giving the helmet to the next person if there are not enough helmets for everyone.

Station 3 – Throwing to 1st Base and Running Through 1st Base

Pink – Arnts begins here (Infield diamond for game)

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

Equipment - Bases set up, one pink ball

Skill Addressed - knowing where to throw the ball once it is fielded; running through 1st base

Remind the girls that their job as a fielder is to throw the ball to first base. Remind them that softball is a race between the batter and the ball. The batter wants to get to First Base before the ball and the fielders want the ball to be in the First Baseman’s glove first.

Split the girls into two groups. Line one group behind home plate and the spread the other into the field.

THIS TIME PUT ONE OF THE GIRLS AS THE FIRST BASE PLAYER. (You can have girls take turns if you like, although this may take too much time during a limited-time centre.)

Place a parent somewhere past First Base and show the girls how to run through First Base and go high-five the parent. Tell them that not slowing down to stop at first gives them a better chance to win the race to First. Have the “batter” throw the ball into the field and run towards First Base. The fielders pick it up and throw it to the First Baseman’s glove. When all of one “team” have run, switch infield and outfield.

Station 4 - Pitching

Pink – NO ONE begins here

Blue – Maroon begins here (Centre 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

Kelly Green begins here (Centre field diamond for game)

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