



LTP – 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 three centres are completed, each team will proceed to their assigned ball diamond for the game. Note that the ALTP teams will continue to a fourth centre before beginning their games. (The assigned diamonds are on the schedule on the LTP page of the website and on this sheet.)

Station 1 – Throwing and Catching

Orange – Multi-Vac begins here (2nd Base diamond for the game)

Green – The Blue Jays begins here (3rd Base diamond for the game)

Equipment - one white 9" ball for each two girls

Skill Addressed - proper catching

Remind the girls the proper way to throw:

- 1 - point at the other person's glove with your glove
- 2 - pull back your hand with the ball in it
- 3 - throw the ball at the other person's glove (while taking a step with the foot under the glove)

Feel free to actually have them call out "1,2,3" as they do these actions.

Remind the catchers to hold their glove in front of them with the fingers up.

Pair the girls up at a distance there they can reach their partner with a straight throw, not a short lob or something that falls in front of the partner. As the centre progresses, if you notice that girls are partnered up that throw at different distances, feel free to adjust the partnerships so that girls with similar power are partnered.



LTP – July 25

Station 2 – Batting from a Tee

Orange – Paul Don begins here (1st Base diamond for the game)

Green – Vision Care begins here (3rd Base diamond for the game)

Equipment - 2 Batting Tees, 2 Bats, 4 pink balls, 6 helmets

LTP Reference - Pgs 81 - 82

Skill Addressed – Moving your hips when you swing.

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 – Cheering

Orange – WGSA Kelly Green begins here (2nd Base diamond for the game)

Green – Bumblebees begins here (1st Base diamond for the game)

Equipment – none

Helen 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.