



LTP – 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 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 - Catching

Orange – Multi-Vac begins here (3rd Base diamond for the game)

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

Equipment - one white 9" ball for each two girls

Skill Addressed - proper catching

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

Orange – Paul Don begins here (2nd Base diamond for the game)

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

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

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

Equipment – two rubbery hard balls

Skill Addressed – throwing and catching

This game is a variation on the Worm game. Divide the girls into 2 groups. Choose a thrower from each group. Have the rest of the group face the thrower. (Place the two groups far enough apart so that one group doesn’t interfere with the other. Place the girls facing the thrower far enough away from her so that the thrower can make a good straight throw to them.)

When the coach says “Go”, the throwers throw the ball to one of the girls in her group in the field. If that girl doesn’t catch it she must run to it, then she picks it up and holds it over her head. All of the rest of the girls in the group run to the catcher and line 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”. Whichever team finishes first wins that round.

Point out to the girls that if they make a good throw and a good catch, they have a better chance of winning because they don’t have to run for the ball.

Choose another thrower and begin again. Play as many rounds as time allows.