



ALTP – June 4

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 - Catching

Pink – CEE Elevator begins here (**Right field diamond for the game**)

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

Equipment - 1 rubbery hard ball for each 2 children

LTP Reference - Pgs 75

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. One of the problems with many players at this age is that, even when they are holding their gloves properly to catch the ball, they turn their glove when the ball is thrown so that the pocket is no longer facing the ball. This is what this centre is designed to address.

Gather the girls all around and show them how to hold the glove straight out in front of them (a bit side their head so that they can see the ball), 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 to the left or right in order to catch a ball that isn't coming right at them. **Point out that the pocket of the glove stays facing the ball as it moves left and right.**

Have them then put their hands together below the waist with fingers pointed downward and baby fingers together. This is how you catch a ball that is coming below your waist, moving in a semi-circle to the left or right to catch a ball that isn't coming right at them.

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. Having the adult throw just by moving the arm from the elbow (like throwing a dart) will give a light, repeatable delivery.



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Station 2 – Batting from a Tee

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

Blue – Rotary Sunrise begins here (**Infield diamond for the game**)

Equipment - Batting Tees, Bats, Yellow Incrediballs

LTP Reference - Pgs 81 - 82

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

This week will be a chance to practice the same skills introduced last week.

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. If anyone does not have a helmet, they cannot participate in this centre.

Please make sure that the next person in line is far enough back that there is no chance to get hit by the swinging bat. There will likely be a pylon for you to use as a marker for the girls to stand behind while waiting their turn.



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Station 3 – One Base Softball

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

Blue – Langille's begins here (**Right field diamond for the game**)

Equipment - Bases set up, 10" pink ball

Skill Addressed – hitting, running, throwing

Tell the girls that you will be playing a slightly different type of ball. Instead of running all around the bases they will just run to first base. Make sure they know that this is not the regular way to play softball.

Split the girls into two teams. Line one up behind home plate and place the other in the infield of the diamond. Since they are going to take turns at home plate it would be a good idea to have them wear their helmets to save time when it is their turn.

Place an **adult** just beyond First Base. The first person in line behind Home Plate will be the first "batter". She throws the ball into the infield and runs to **AND THROUGH** first base, until she gives the parent a High-Five. When you demonstrate, let the girls know that **First Base is unusual because you can run through it**. Every other base you have to stick to like glue when you run to it. If you don't slow down until **AFTER** you hit First Base, you will get there as quickly as possible.

When the ball is thrown by the "batter" the fielders will field the ball and throw it to First Base, trying to beat the runner. Have the "batters" stand off to the side until one mini-team has batted. Then line up the fielders behind Home Plate and put the "batters" into the field.

You probably won't get through the whole team up to bat, but this station will run again next week. You may wish to keep track of who bats this week (maybe by going according to jersey #) so that you can have the others begin next week.

Station 4 - Pitching

Pink – Fleming Heritage begins here (**Left field diamond for the game**)

Blue – UA Local 401 begins here (**Infield field diamond for the 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 to their catcher. Be prepared to recruit parents to act as catchers.