



Junior Games Pathway

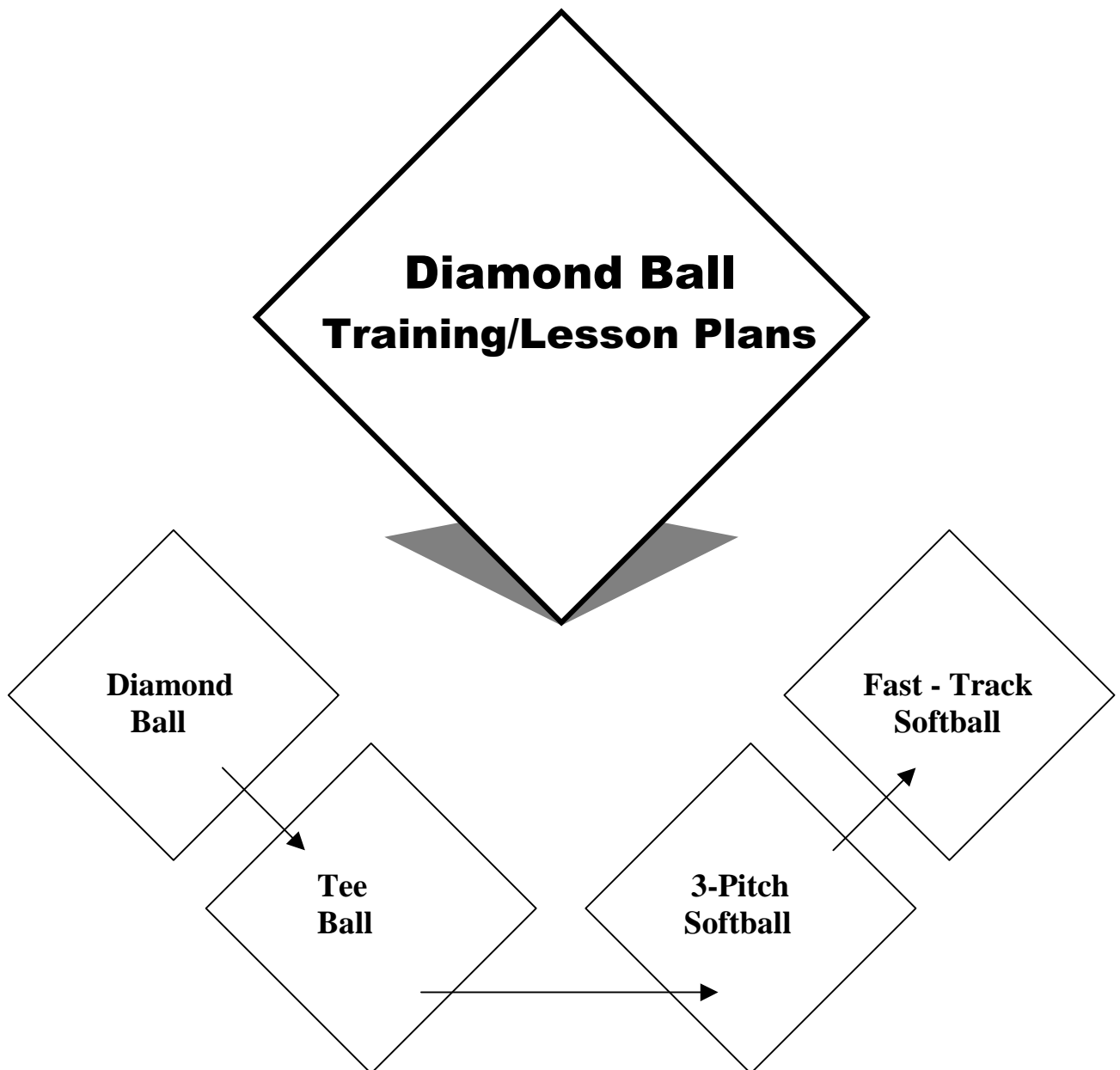


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Diamond Ball Skills

<p>Glove</p> <ul style="list-style-type: none"> • How to wear a glove • How to use a glove 	<p>Throwing</p> <ul style="list-style-type: none"> • How to hold the ball • How to throw overarm • How to look and step to target • How to release the ball • How to follow through with throwing arm
<p>Catching a Thrown Ball</p> <ul style="list-style-type: none"> • How to catch a ball above the waist • How to catch a ball below the waist 	<p>Fielding</p> <ul style="list-style-type: none"> • How to field a ground ball • How to field a fly ball
<p>Batting</p> <ul style="list-style-type: none"> • Correct batting grip • Correct batting stance • Hitting the middle of the ball 	<p>Baserunning</p> <ul style="list-style-type: none"> • Addressing the base • Baserunning tips
<p>Game Play</p> <ul style="list-style-type: none"> • Teamwork 	

Acknowledgement:

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DIAMOND BALL RULES

Diamond Ball is the first of four junior games in the softball development pathway. Diamond Ball is for young people under seven (7) years of age. Diamond Ball skills include throwing and catching, fielding ground and fly balls, hitting and baserunning. The other games are Tee Ball, 3-Pitch Softball and Fast-Track Softball. These games are modified for young people to learn the skills and enjoy playing the game of softball.

District Associations should be flexible in applying the competition rules and work within the 'intent' of the junior softball games which is to encourage maximum participation within a flexible environment for the enjoyment of all players. Therefore there will be NO forfeits, teams will be permitted to play with fewer players or borrow without restriction from other teams/clubs. The main consideration is to determine the most suitable game for each individual player and to play them in the game that best meets their level of competence. Whilst always adhering to the duty of care owed to young people, opportunities should be provided for self improvement and a pathway through the various games.

Age Guidelines

- Age guidelines suggest players be under seven (7).

Teams

- A team consists of six (6) registered players
- A team may use five (5) to seven (7) registered players
- A team may borrow players from the opposition or another team to equal playing numbers.

Equipment

- Compact foam ball - approx. 10"
- Batting Tee – Should be a collapsible tee. must be adjustable in height
- Glove - optional to start the competition season. Each fielder must use a glove for the second half of the competition season.
- Bat – may be a foam bat (particularly to start the season). If a regular softball bat is used it should be of a length and weight suitable for the size (height/strength) of the players

Game Times

- A game lasts for 40 minutes
- Each team bats for ten (10) minutes - regardless of the number of outs
- Batters may get more than one bat per innings.
- The game consists of two (2) complete innings. (ie each team bats and field two times per game)

Late Start/Injury Time: Coaches agree to equal allocated time for the duration of the game where possible.

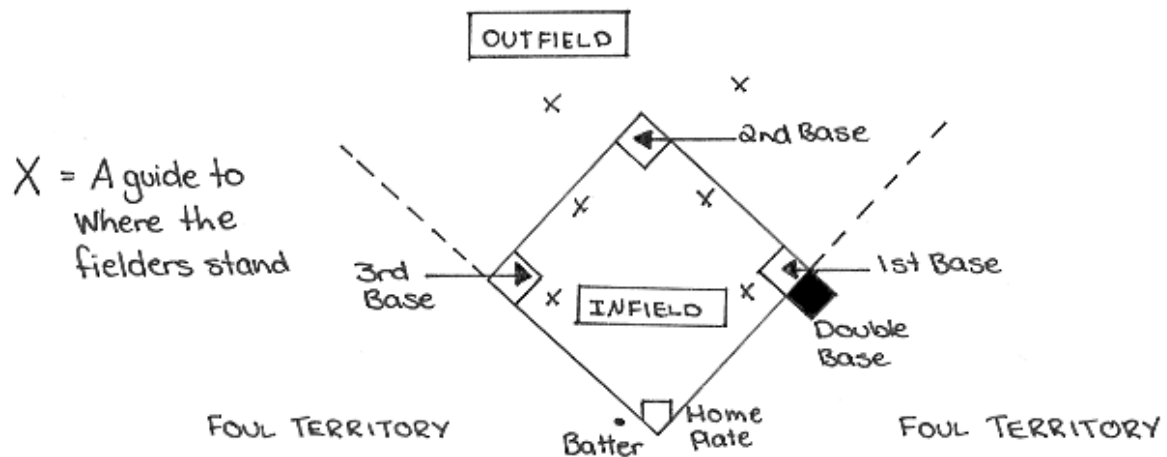
Note: District Associations may need to allow 50 minutes per game to give the players time to change each half inning.

Strategy

- Teams take it in turn to bat and field for 10 minutes each.
- All players should field and bat during the game.
- Ensure that fielding positions are regularly rotated and that every player has at least one turn at bat in each innings.

Playing Field

- The base paths shall be 45ft apart.



Coaching

- A fielding coach is the umpire each inning
- Coaches must wear the club uniform shirt and be neatly attired at all times
- No open faced shoes such as thongs or sandals are permitted
- Up to two (2) coaches are permitted on the field, but are only allowed to be positioned behind the infield area when their team is fielding
- Coaches in the field may not interfere with the ball in play, nor physically assist their players in the act of fielding
- A fielding coach acts as the catcher and places the ball on the batting tee for each batter. (No outs to be made at home plate)

Batting

- The ball is placed on the batting tee by the coach.
- Once the ball has been hit, the batter must run to first base. (Batter-runners can advance past first if they wish.)
- Runners may continue to advance until ball has been fielded and thrown in the direction of home plate on an infield hit or in the direction of the infield on an outfield hit.

Strikes

- A strike occurs when the batter swings and misses the ball.
- All foul balls are strikes.

Foul Balls

A foul ball occurs when:

- The batter hits more tee than ball.
- The batter does not take a normal full swing when striking the ball. (No tapping the ball.)
- The batter hits into foul territory.

Fielding

- The fielders take position on the diamond.
- Must be four fielders in the infield and two in the outfield. (refer to playing field diagram)
- All players must play in the outfield once every two (2) weeks

Ball in play

- The ball is in play when the batter hits the ball into fair territory as marked Infield and Outfield in above diagram.

Players retired (out)

A batter is retired (out) if:

- A hit ball is caught on the full.

Running bases

- A base runner may only advance when a team member hits a Fair ball. (Base stealing is not permitted.)
- A base runner must advance if forced to do so by any advancing team members
- An unforced base runner may elect not to run when a team member hits a fair ball.
- All base runners must keep their foot touching the base until ball is hit from tee
- Base runners must stop at next base after ball has been thrown towards the coach at home plate (infield hit) or towards the infield (outfield hit.)

Fly ball (Ball hit into the air.)

- On a fly ball, base runners must stay in contact with their bases until the ball is caught or touches the ground. Only then can they advance to the next base.

Scoring

- One (1) point for each base touched.

Competition

- All participants receive a participation certificate
- No grand finals or season winners
- No competition progressive point tally.

SESSION 1
DIAMOND BALL



Throwing and Catching

Equipment

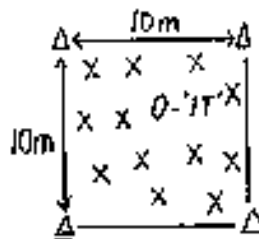
- 1 Wiffle ball
- 1 Compact foam match ball per player
- 6 Markers

Warm - Up

5 mins

Perfect Catch (Wiffle Ball)

- 'IT' lobs the ball high in the air and calls another player's name. That player must try to catch the ball before it bounces. If successful they lob the ball and call a name.
 - If unsuccessful they retrieve the ball and quickly call 'stop'. All other players must freeze. The thrower then attempts to hit a player below the waist with the ball - players cannot move their feet.
 - If successful the hit player becomes 'IT', if not, the thrower retrieves the ball and calls 'stop' again.
 - If unsuccessful after 3 throws, give the ball to someone else.
- * For greater success allow the thrower to take 2 or 3 steps.



Only use a wiffle ball or a low impact ball.

Get to know you activity
Team cohesion

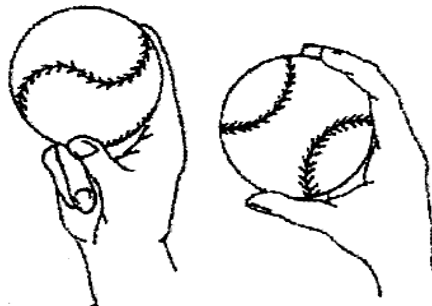
BALL GRIP



2 FINGERS



3 FINGERS



- ACROSS SEAMS
 - FIRM BUT RELAXED
- BASIC GRIPS**

- TIPS**
1. Ball is in fingers, not palm.
 2. Index and middle finger or 3 fingers on top of the ball.
 3. Last one or two fingers closed.
 4. Place your thumb directly beneath your middle and index fingers

BALL GRIP

3 mins

INDIVIDUALLY – One Wiffle ball per player
Throw ball into air about 30cm

- Catching in hands x 10).

Toss and Catch

- Toss ball underarm high in air, then catch (x 10 attempts.).

CATCHING - ABOVE THE WAIST

- TIPS**
1. Move body & feet behind the ball.
 2. Thumbs together, fingers up.
 3. Extend arms - make a target for the ball.
 4. Watch centre of ball into hands.

Hand-eye
coordination

NOTE: Fingers up to catch a ball above the waist.



CATCHING – BELOW THE WAIST – HANDS

- TIPS**
1. Move body & feet behind ball.
 2. Little fingers together.
 3. Watch centre of ball into hands.

NOTE: Fingers down to catch ball below waist.

Hand – eye coordination
Body movement to be in
line with thrown ball.



OVERARM THROWING



- TIPS
1. Hold ball in fingers *not* palm – fingers on top of the ball.
 2. Side on – point glove shoulder at target.
 3. Throwing elbow higher than shoulder.
 4. Step forward with opposite foot to throwing arm.
 5. Release ball at ‘HIGH FIVE’ position.
 6. Follow through- arm down to opposite knee.

4 mins Prayer Throw

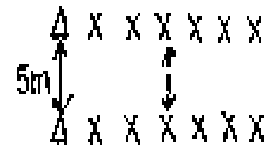
- *Thrower kneels on one knee, facing partner who is standing.
- *Thrower bounces the ball - overarm throw – to standing partner.
- *Ball to bounce high - throwing arm high.
- *After two successful throws, partner moves back 2 paces
- *After 2 mins, change partner to thrower and thrower to partner.

Body (elbow) awareness

3 mins Throwing in Pairs (x10 attempts) using match ball

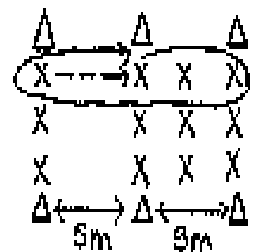
- Increase distance apart for better throwers.

Hitting Target



6 mins Leaderball using wiffle ball

- Overarm throws only.
- 2 or 3 games. New leader each game.



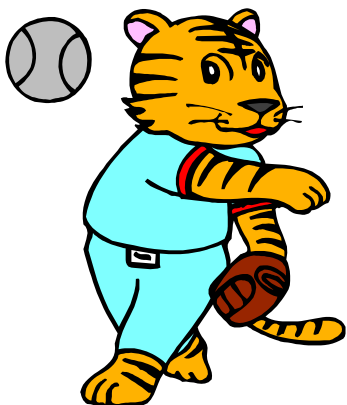
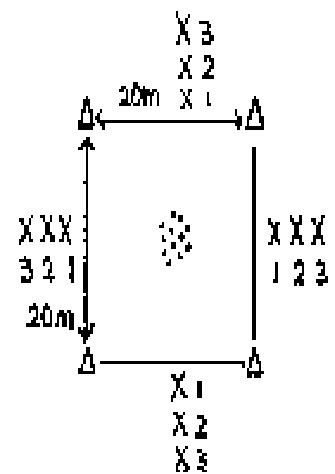
Leader throws ball to 1st player who catches ball, runs around entire team back to starting position, throws ball back to leader & sits down. This is repeated until all players are seated.

Team work / accuracy / agility

G a m e

10 mins Eggs in a Basket using wiffle ball

- All balls are placed in the centre.
- On signal, X1 in each team runs to the centre and
- Throws a ball to X2 from the team.
- X2 places the ball along side the team then runs to the
- Center and throws a ball to X3
- X3 repeats to X1
- The first team to have all balls with them sits down and is the winner.



Game sense

- Player to determine individual strategy
- Creative thinking

SESSION 2

DIAMOND BALL



Batting

Equipment

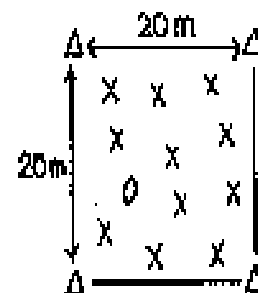
- 1 Match ball per player
- 4 Bats
- 4 Batting tees
- 9 Markers
- 1 Set of bases
- 3 Buckets
- 1 prickle / volley ball

Warm - Up

5 mins

Softball Tag (Wiffle ball)

- O is 'IT'. O has wiffleball and tries to touch other players with ball.
- If touched, the tagged player becomes 'IT'.



Agility / communication

Skill Development

- BATTING GRIP**
1. Grip the bat with the fingers – hands close together.
 2. Centre knuckles of fingers (door knockers) should be in a straight line up handle of bat.

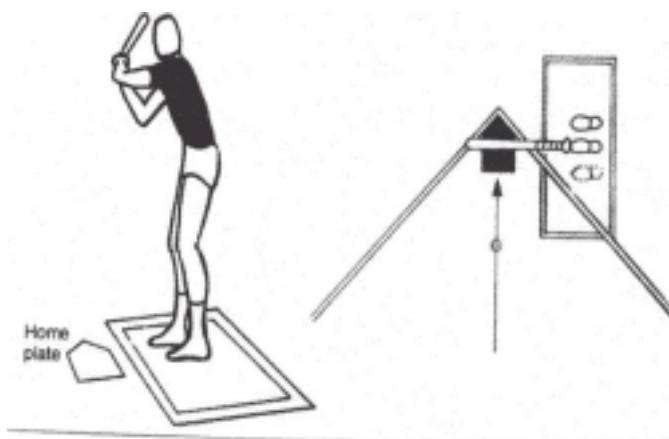


- TIPS**
1. Side on to direction of Tee (hit.)
 2. Feet shoulder width apart.
 3. Hands at the top of the strike zone, kept back.
 4. Watching the ball, step, turn belly button towards the ball – throw the bat (hands) through the middle of the ball.
 5. Hit ball in front of the home plate.



X

'X' marks the spot for the position of the tee.
The tee is placed in front of home plate **NEVER** on plate.





USE THE ABOVE PICTURES AS A GUIDE

8 mins Batting Practice (Match Balls)

- In pairs with 1 batting tee and six balls, 1 player bats, 1 feeds balls onto tee.
- Batter must hit through the middle of the ball.
- Feeder places next ball on tee.
- 6 hits each.
- Both players collect balls in a bucket.
- Change over.



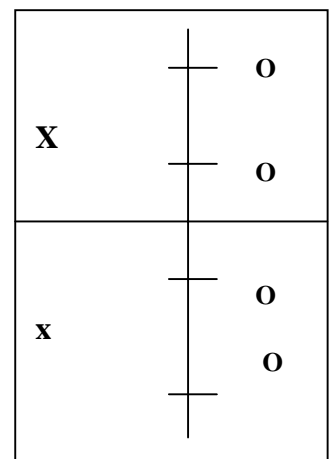
Feeder stands on the opposite side of the tee facing the batter.

5 mins Batting to Target

- Each batter has 3 hits from the tee.
- The batter scores 1 point each time the ball is hit past a line or between 2 markers.
- Rotate positions in each group.

**Hitting the middle of the ball
Accuracy**

X = batter
O = fielders
— = markers



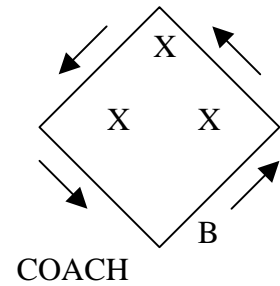
Game

11 mins **Diamond –Ball Rounders**

- Batter rolls / throws the volleyball along the ground into the infield then runs around the diamond
- The ball is passed (thrown) between the fielders and back to the coach at home plate to try to beat the runner.

Scoring

- 1 point to batting team if the runner beats the ball home.



VARIATION

- 1 point to the fielding team if the ball beats the runner home.
- Rules as for Session 3 but batter now hits ball, off the tee, along the ground in fair territory

Game sense for batting

SESSION 3

DIAMOND BALL



Fielding

Equipment

- 1 Match ball per player
- 1 Volleyball (or similar soft plastic ball)
- 4 Markers
- 1 Bucket

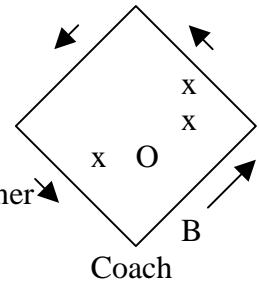
Warm - Up

8 mins

Diamond-Ball Rounders

- Batter
- Batter throws the volleyball along the ground into the infield then runs around the diamond. Meanwhile the ball is passed between the fielders and back to the Coach at home plate to try and beat the runner

O = ball
B = batter/runner
X = fielders



Scoring

- (i) 1 point to batting team if the runner beats the ball home.
- (ii) 1 point to the fielding team if the ball beats the runner home.

Awareness of playing field



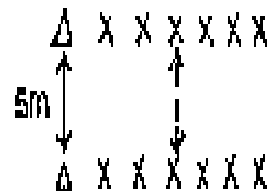
Skill Development

3 mins

REVISION

- Throwing and catching

Correct technique



FIELDING A GROUND BALL

TIPS

1. Move body & feet towards ball; Feet apart as you get close to ball.
2. Bottom close to ground.
3. Little fingers together, palms out and finger tips on the ground.
4. Watch ball into hands and gently bring ball (in hands) towards heart.
5. With ball in throwing hand, turn side on to target and throw. (As learnt in Session 1)

FIELDING A GROUND BALL cont'd



4 mins

Hit the Coach (wiffle balls)

- Coach rolls ball to player. Player fields ball and returns with an overarm throw (x 4 each)
- 3 snakes for hitting the Coach's shirt, 2 snakes for hitting the Coach's shorts, 1 snake if no target hit.
*Increase distance apart for better players.



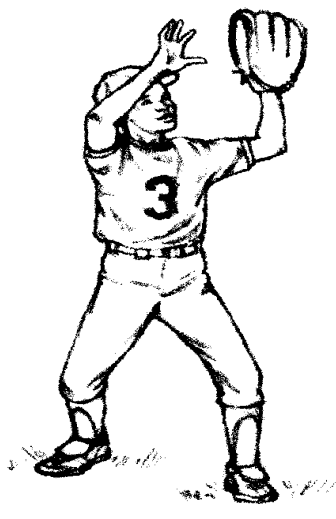
Coach may wear glove or catch the ball if preferred.

Technique of fielding & throwing (putting it together)
Accuracy

FIELDING A FLY BALL

TIPS

1. Move body & feet towards the ball. (Attack)
2. Keep thumbs together, palms out
3. Catch away from body (above chest)
4. Bring ball, in hands, gently towards heart.
5. Player must be able to see the ball at **ALL** times. (Tracking)

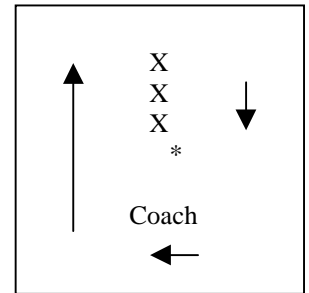


4 mins

Fly ball fielding (wiffle ball)

- Coach tosses ball to each player using high underarm toss.
- Player attempts to catch ball, then with ball, runs behind the Coach and drops ball into bucket

Tracking (See the ball at all times)



3 mins

Combination Throwing and Fielding

- In pairs, players complete 10 overarm throws, field 10 ground balls and toss and catch 10 fly balls.

Reinforcing correct technique
Coach checklist

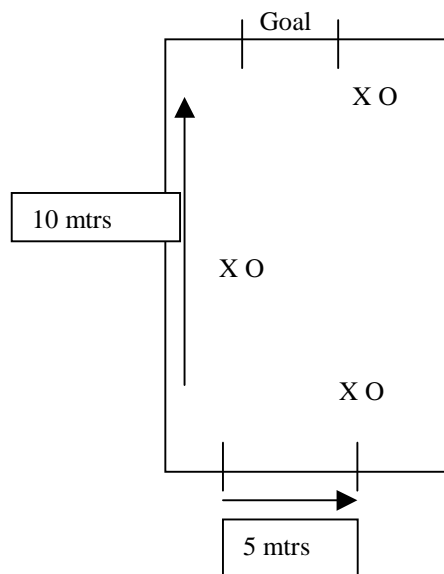
Game

8 mins

Fielding Soccer (prickle ball)

- Rolling and fielding the ball between their team, players attempt to score goals
- The ball can only roll through goals and cannot be lifted into the air.
- A player cannot run or move off the spot with the ball

Game sense
Teamwork



S E S S I O N 4
DIAMOND BALL

Fielding

Equipment

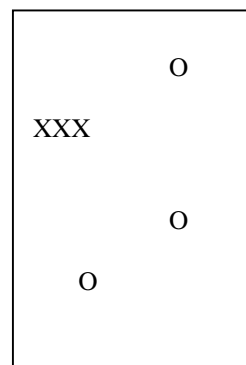
- 1 Match ball per player
- 1 Wiffle ball per player
- 1 Set of bases
- 4 Markers
- 2 Batting Helmets

Warm - U p

8 mins

Astride Ball

- Two teams of 3 or more
- Players stand feet apart, feet touching the player's alongside.
- Players attempt to roll ball through legs of other players.
- Players attempt to stop ball using one or both hands.
- A player gets the letters of the word T-U-R-K-E-Y D-O-N-K-E-Y each time the ball passes between their legs.
- Change teams after 3 mins



Hands to the ball
Quick thinking / reaction time
Teamwork

Skill Development

5 mins

REVISION PASSING AND FIELDING (Pairs) (Wiffle Balls)

- Players revise the overarm throw and fielding a ground and fly ball.

Technique / revision

FIELDING A GROUND BALL

- a) side-to-side.
- b) with bounce.

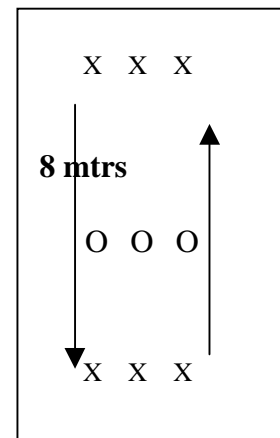
- TIPS**
1. Move body & feet towards the ball. Feet apart as you get close to ball
 2. Bottom close to ground.
 3. Little fingers together, palms out and finger tips touching the ground.
 4. Watch ball into hands and gently bring ball in hands, towards heart
 5. With ball in throwing hand turn side on to target and throw.
(As learnt in Session 1)

5 mins Fielding (Pairs)

- Players roll and bounce ball to each other moving ball to right and left.

Attacking the ball
Getting feet & body
behind the ball

5 mtrs



5 mins 4 v 2 Keep-it-off (Wiffle Balls)

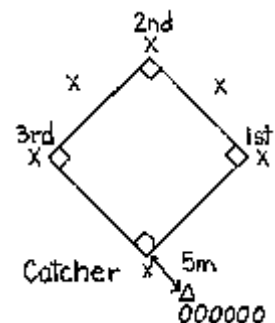
- Outside players bounce and roll the ball to each other to keep it from the inside players.
- If inside players intercept the ball, they move to an outside position.

Agility
Peripheral vision
Tracking

G a m e

15 mins Rounders (3 v 3) or more (Match Ball & Helmets)

- The first batter stands on home plate and throws the ball inside the diamond (infield). If the ball lands outside the diamond the batter goes to the end of the line
- The batter runs around the bases in order 1st, 2nd, 3rd, home.
- The fielders field the ball and throw it around the bases in reverse order 3rd, 2nd, 1st and catcher (Coach)
If the batter beats the ball around the bases the batting team scores 1. If the ball reaches the catcher before the batter gets home the fielding team scores 1.
- Change sides after all batters have had a turn.



1. **Batters should sit at least 5m to right and behind catcher.**
2. **Batters should run on inside of bases, fielders should throw to outside of bases. Batters must wear helmets.**

SESSION 5
DIAMOND BALL



Base Running

Equipment

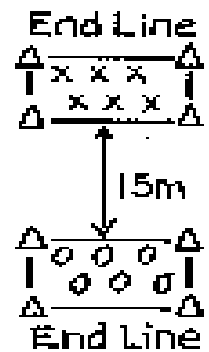
- 1 Match ball
- 3 Wiffle Balls
- 1 Bat (foam optional)
- 1 Batting tee
- 1 Set of bases
- 8 Markers

Warm - Up

5 mins

End Ball (Poison Ball)

- Teams aim to roll or bounce the ball over the opposite team's end line.
- Players cannot move outside their boundaries.
- Introduce 3 balls.

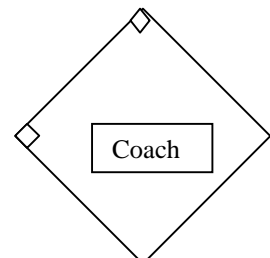


Communication Reflexes

Skill Development

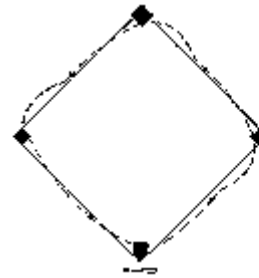
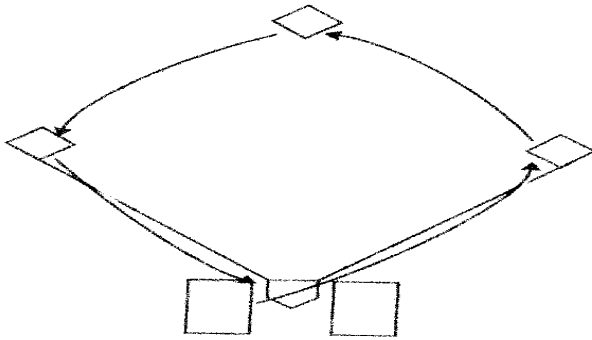
ADDRESSING THE BASE (2 or more at each base, coach in centre.)

1. One runner leaves from each base on the hit command and sprints to the next base.
2. If a foul ball is called, the runner returns immediately to the base just left.



BASE RUNNING

- TIPS**
1. Swerve toward inside of base.
 2. Foot contacts *inside* of base and lean to infield.

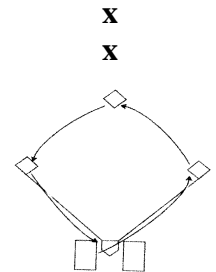


5 mins

Wheel Relay (using softball diamond) 45 ft bases

- First player runs around half of diamond then tags next player in team. (Trying to touch inside of base).
- Repeat until all have run twice.

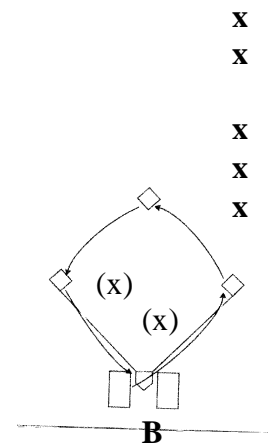
Practice touching the inside of the base



5 mins

Line Ball

- 2 teams, one batting and one fielding
- The batter hits the ball off the tee and runs the bases.
- The ball is fielded and all fielders run to line up behind the person who fielded the ball.
- The batter tries to reach home plate before the fielders are lined up and call 'stop'.
- Each batter has a turn, teams change over.



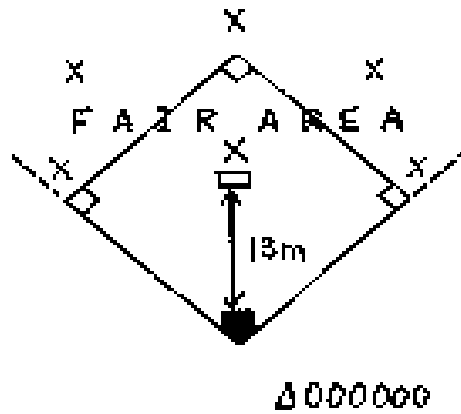
Team work
Running more than one base
Coach check batting technique

Game

15 mins

Modified Tee-Ball

- 2 teams of equal number of players
- 1 innings each of 5 minutes.
- Each team will bat for the full 5 minutes using all players
- Batters have 3 attempts at hitting the ball off the tee. If unsuccessful they return to the end of the batting order.
- No bunting or tapping the ball. A player must take a full swing at the ball.
- The ball must be hit in the fair area, i.e. inside the extended boundaries of 1st and 3rd base.
- A batter/runner is out when the hit ball is caught.
- No fielder can stand in front of the 13mtr mark at the start of each play.
- The batting team places the ball on the tee for each batter. The Coach fields at home plate.



Familiarisation of game plays

SESSION 6
DIAMOND BALL



Throwing and Catching

Equipment

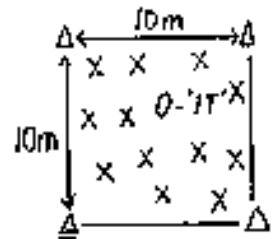
- 1 Match ball per player.
- 1 Wiffle Ball
- 1 Glove per player
- 6 Markers

Warm - Up

5 mins

Perfect Catch (Wiffle ball)

- 'IT' lobs the ball high in the air and calls another player's name. That player must try to catch the ball before it bounces. If successful they lob the ball and call a name.
 - If unsuccessful they retrieve the ball and quickly call 'stop'. All other players must freeze. The thrower then attempts to hit a player below the waist with the ball - players cannot move their feet.
 - If successful the hit player becomes 'IT'. If not, the thrower retrieves the ball and calls 'stop' again.
 - If unsuccessful after 3 throws, give the ball to someone else.
- * For greater success allow the thrower to take 2 or 3 steps.

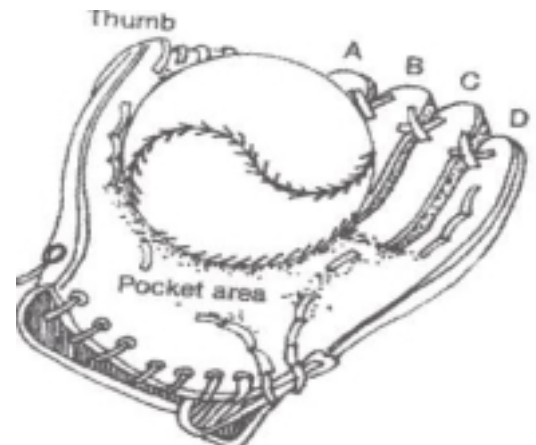


Skill Development

BECOMING FAMILIAR WITH THE GLOVE

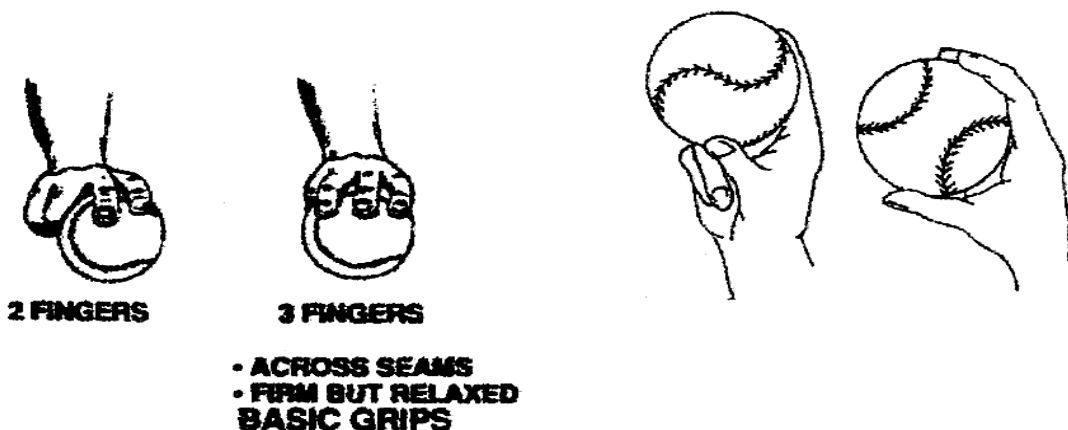
TIPS

1. Place thumb in section marked *thumb*
2. 2 fingers (index and middle) in section marked *C*
3. 2 fingers (pinkie and ring) in section marked *D*
4. Catch ball in pocket of glove.
5. Squeeze thumb to little finger in glove.
6. Place throwing hand on the ball.



BALL GRIP

- TIPS**
1. Ball is held in fingers across seam, not palm.
 2. Index and middle fingers or 3 fingers on top of the ball. Last one or two fingers closed.
 3. Place your thumb directly beneath your middle and index fingers.



Freely Spaced

BALL GRIP AND GLOVE PRACTICE

INDIVIDUALLY – One match ball and glove per player
3 mins

Throw ball into Glove

- Catching in the pocket (x 10)
- Never take eyes off the ball.

Toss and Catch

- Toss ball underarm high in air, then catch with glove (x 10 attempts)

Correct use of glove

CATCHING - ABOVE THE WAIST

- TIPS**
1. Move body & feet behind the ball.
 2. Thumbs together, fingers of glove up.
 3. Place throwing hand behind the pocket of the glove.
 4. Extend arms - make a target for the ball.
 5. Watch centre of ball into pocket of glove.

NOTE: Fingers up to catch a ball above the waist.
Fingers down to catch a ball below the waist.



Pictures for glove position only.

OVERARM THROWING

TIPS

1. Elbow high. Stand side on - point glove shoulder at target.
2. Hold ball in fingers ***not*** palm - fingers on top of ball across seam.
3. Step forward with opposite foot to throwing arm.
4. Throwing elbow higher than shoulder.
5. Follow through - arm down to opposite knee.



4 mins

Prayer Throw (Match ball)

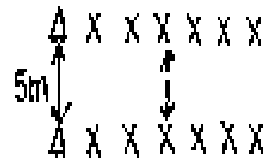
- Throwing partner kneels on one knee facing partner who is standing
- Throwing partner bounces the ball overarm throw – to standing partner.
- Ball to bounce high - throwing arm high.
- After two successful throws, each partner moves back two paces
- After 2 mins change partner to thrower and vice versa.

Elbow position / awareness

3 mins Throwing in Pairs (x10 attempts)

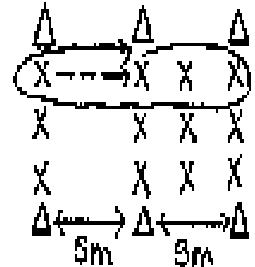
- Increase distance between pair for better throwers.

Combining all components of throwing and catching



6 mins Leaderball (Match ball)

- 1 leader – 2 or more players per team.
- All players must wear a glove.
- Overarm throws only.
- 2 or 3 games. New leader each game.



Leader throws ball to 1st player who catches ball and runs around entire team back to starting position, then throws ball back to leader & sits down.

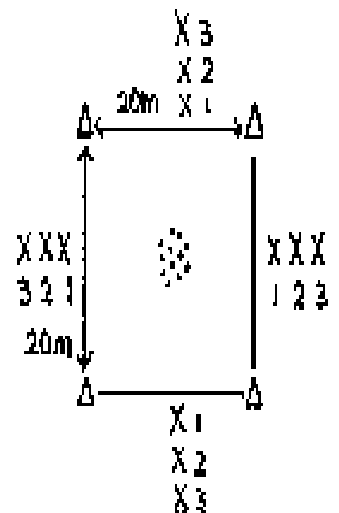
This is repeated until all players are seated.

Teamwork and movement

G a m e

10 mins Eggs in a Basket

- All balls are placed in the centre.
- On signal, X1 in each team runs to the centre and throws a ball to X2 from the team
- X2 places the ball alongside the team then runs to the centre and throws a ball to X3.
- X3 repeats to X1.
- Teams then repeat in reverse.
- The first team to have all balls back in centre wins.



Spatial awareness
Target throwing

SESSION 7

DIAMOND BALL

Fielding

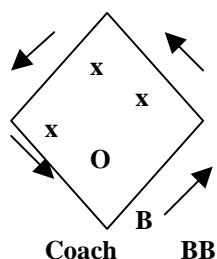
Equipment

- 1 Glove per player
- 1 Match ball per player
- 1 Volleyball or similar
- 4 Markers

Warm - Up

8 mins **Diamond-Ball Rounders**

- Batter
- Batter throws the volleyball along the ground into the infield then runs around the diamond.
- Meanwhile the ball is passed between all the fielders and back to the Coach at home plate to try and beat the runner



O = ball
B = batter/runner
X = fielders

Scoring

- (i) 1 point to batting team if the runner beats the ball home.
- (ii) 1 point to the fielding team if the ball beats the runner home.



Fielders to be freely spaced

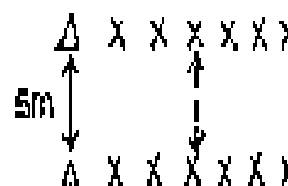
Familiarity of playing field.

Skill Development

3 mins **REVISION**

- Throwing and catching

Partner throwing activity.



FIELDING A GROUND BALL

- TIPS**
1. Move body & feet towards ball. Feet apart as you get close to ball.
 2. Bottom close to ground.
 3. Little fingers together, palms out and finger tips of glove on the ground.
 4. Watch ball into glove and gently bring ball (in glove) towards heart.
 5. With ball in throwing hand, turn side on to target and throw.
- (As learnt in Session 1)



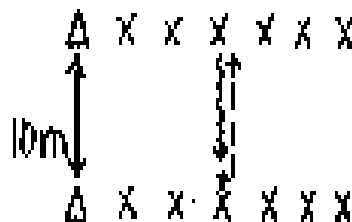
Ensure enough space between players (x) standing side by side to allow for safety when throws are inaccurate.

4 mins

Fielding in Pairs

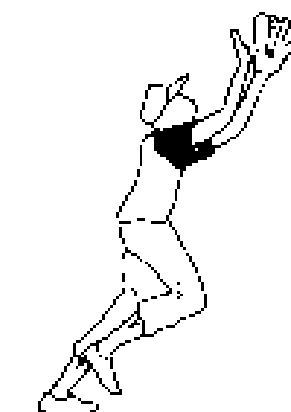
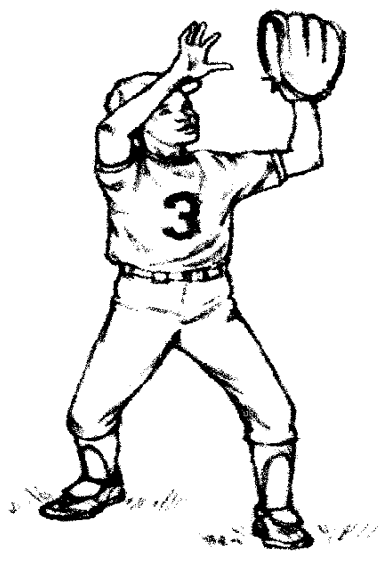
- Player rolls ball to partner, partner fields ball and returns with overarm throw (x 10 each).
- Increase distance for better players.

Body behind ball
Correct skills (technique)



FIELDING A FLY BALL

- TIPS**
1. Move body & feet towards to the ball(Attack)
 2. Keep thumbs together, palms out
 3. Catch away from body (above chest) in pocket of glove (Refer Session 6)
 4. Bring ball, in glove, gently towards heart.
 5. Player must be able to see the ball at **ALL** times. (Tracking)



SESSION 8

DIAMOND BALL

Fielding

Equipment

- 1 Glove per player
- 1 Match ball per player
- 1 Wiffle ball per player
- 1 Set of bases
- 4 Markers
- 1 Batting Tee
- 2 Batting Helmets

Warm - Up

8 mins **Astride Ball (Wiffle ball) (no glove)**

- 2 teams of 6.
- Players stand with feet apart, each foot touching the player's alongside
- Players attempt to roll ball through legs of other players.
- Players attempt to stop ball using one or both hands.
- A player gets the letters of the word T-U-R-K-E-Y or D-O-N-K-E-Y each time the ball passes through their legs.



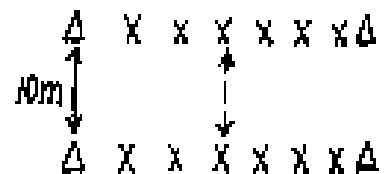
Skill Development

Teamwork
Reaction time
Hands to the ball

5 mins **REVISION**

PASSING AND FIELDING (Pairs) (Match ball & glove)

- Players revise the overarm throw, fielding ground and fly ball.



FIELDING A GROUND BALL

- (a) side-to-side.
- (b) with bounce.

- TIPS**
1. Move body & feet towards ball, (feet apart as you get close to ball)
 2. Bottom close to ground.
 3. Little fingers together, palms out and finger tips of glove touching the ground.
 4. Watch ball into glove and with throwing hand on top of ball gently bring ball in glove towards heart.
 5. With ball in throwing hand turn side on to target and throw. (As learnt in Session 1)



Use of correct
technique
Coach checkpoint

Ensure enough space between players (x) side by side to allow for safety when throws are inaccurate.

5 mins

Fielding (Pairs) (Match ball & glove)

- Players roll and bounce ball to right and left of each other.

**Sideward movement
Hands & feet to ball**

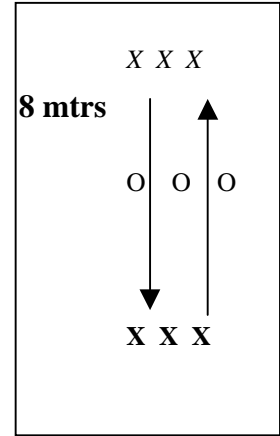
5 mtrs

5 mins

4 v 2 Keep-it-off [Pig in the Middle] (MatchBall)

- Outside players bounce and roll the ball to each other to keep it from the inside players.
- If inside players intercept the ball they move to an outside Position.

**Agility
Periferial vision
Tracking**

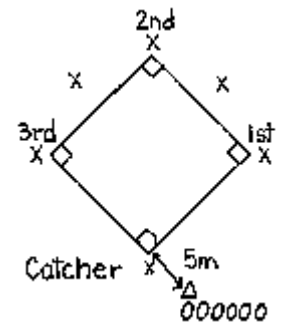


G a m e

15 mins

Rounders (3 v 3) Or more (Match Ball)

- The first batter stands on home base and throws the ball inside the diamond (infield). If the ball lands outside the diamond the batter goes to the end of the line
- The batter runs around the bases in order 1st, 2nd, 3rd, home.
- The fielders field the ball and throw it around the bases in reverse order 3rd, 2nd, 1st and catcher (Coach)
If the batter beats the ball around the bases the batting team scores 1. If the ball reaches the catcher before the batter gets home the fielding team scores 1.
- Change sides after all batters have had a turn.



VARIATION:- Batting Tee / thrown ball



1. Batters should sit at least 5m to right and behind catcher.
2. Batters should run on inside of bases, fielders should throw to outside of bases.
3. Batters must wear helmets.
4. Fielders are to wear gloves

SESSION 9

DIAMOND BALL

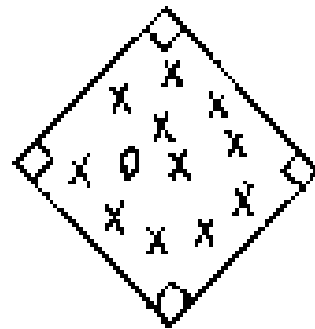


Game Play

Equipment

- 1 Glove per player
- 1 Match ball
- 1 Bat
- 1 Batting tee
- 1 Set of bases
- 2 Helmets with chin straps.

Warm - Up



5 mins **Stuck in the Mud**

- Use the boundaries of the Diamond Ball diamond.
- O is 'IT'. O chases and touches other players who must stop still when tagged.
- Tagged players can be freed by another player crawling between their legs.
- Change 'IT' every minute.

FUN, Agility, Teamwork

Game

25 mins **Modified Tee Ball**

- 2 teams of 3. (or more)
- 1 innings each of 5 minutes.
- Each team will bat for the full 5 minutes using all players
- Batters have 3 attempts at hitting the ball off the tee. If unsuccessful they return to the end of the batting order.
- No bunting or tapping the ball. A player must take a full swing at the ball.
- The ball must be hit in the fair area, i.e. inside the extended boundaries of 1st and 3rd base.
- A batter/runner is out when the hit ball is caught.
- No fielder can stand in front of the 13mtr mark at the start of each play.
- The batting team places the ball on the tee for each batter.
- The Coach fields at home base.
- 2 x 5 minute innings/team.

GAME SENSE

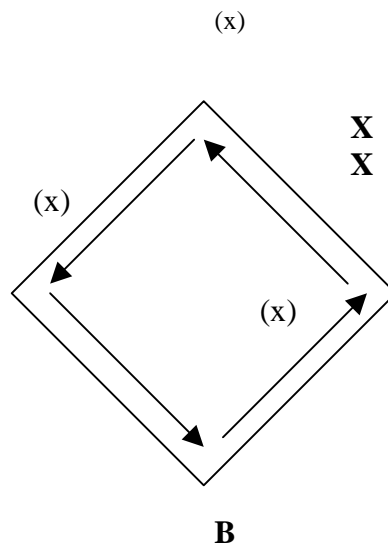


W a r m - D o w n

10 mins

Line Ball

- 2 teams, one batting and one fielding.
- The batter hits the ball off the tee and runs the bases.
- The ball is fielded and that player stands still. All other fielders run to line up behind this person who fielded the ball.
- The batter tries to reach home plate before the fielders are lined up and call 'stop'.
- Each batter has a turn, teams change over.



**Batting / baserunning
technique**
Coaches checkpoint
Teamwork

(x) = Fielders in normal
position before ball is hit

B = Batter / base runner

X = fielders in line after
(x) has fielded the ball



Junior Games Pathway

Queensland Softball Association Inc wishes to acknowledge the work of the following people who developed the lesson plans and contributed to the development of these coaching resources:

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Sport Start ©

Sport It ©

Sports Fun Tee Ball ©

Further information can be obtained from the Australian Sports Commission:

PO Box 176 BELCONNEN ACT 2616

Telephone: 02 6214 1111

Fax: 02 6251 2680

www.ausport.gov.au

Additional Resources

Additional Resources that can be used in conjunction with these training/lesson plans are provided by many organisation including:

Softball Australia (ASF Inc)

<ul style="list-style-type: none"> • Basic Fastpitch Skills and Playing Tips • Softball/TeeBall Lesson Plan Book • Softball – Orientation to Coaching 	<ul style="list-style-type: none"> • Coaching Tee Ball • Level 1 Coaching Manual
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Softball Queensland (QSA Inc)

<ul style="list-style-type: none"> • Under 14 Regional Development Camp Handbook (players and coaches) 	<ul style="list-style-type: none"> • Hitting Drill Cards (batting drills on laminated cards for circuit activities)
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