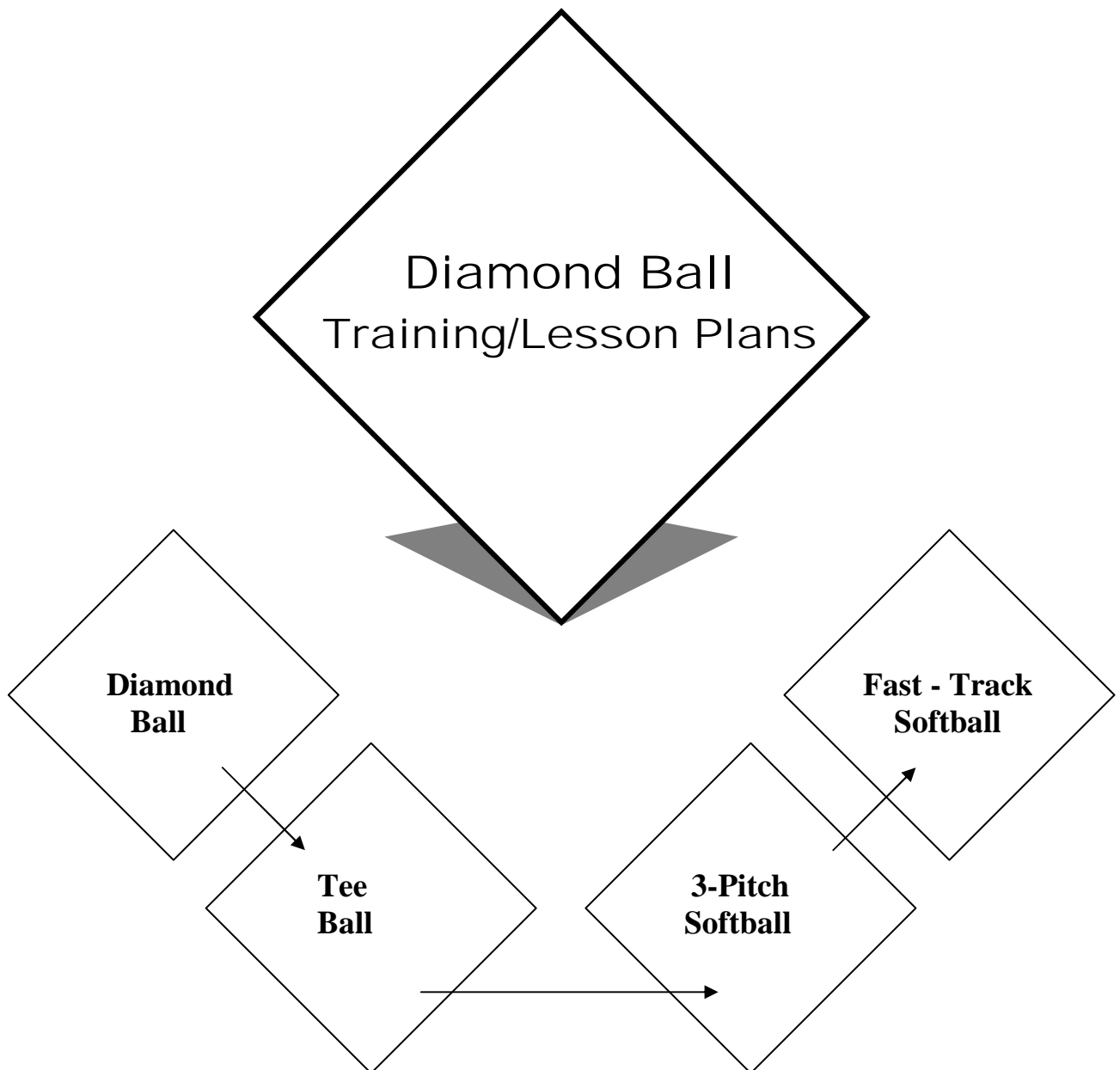




## Junior Games Pathway



# Table of Contents

| <b>Session</b> | <b>Item/Skill</b>   | <b>Page</b> |
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## Diamond Ball Skills

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

SESSION 1  
DIAMOND BALL



# Throwing and Catching

## Equipment

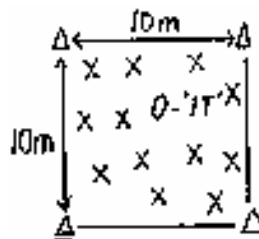
- 1 Wiffle ball
- 1 Compact foam match ball per player
- 6 Markers

## 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

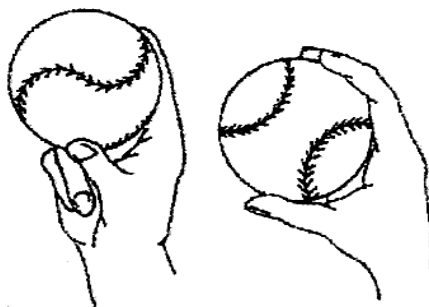
## BALL GRIP



**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.

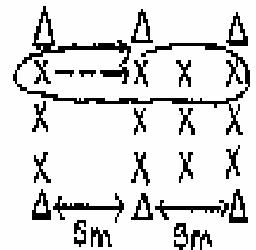
Hitting Target



**6 mins Leaderball using wiffle ball**

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

Leader throws ball to 1<sup>st</sup> 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.

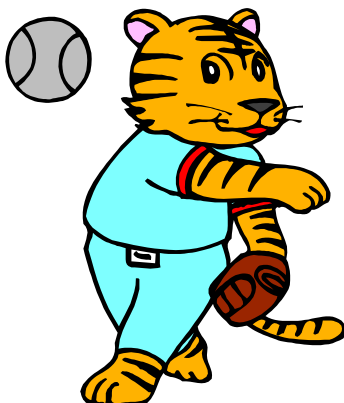
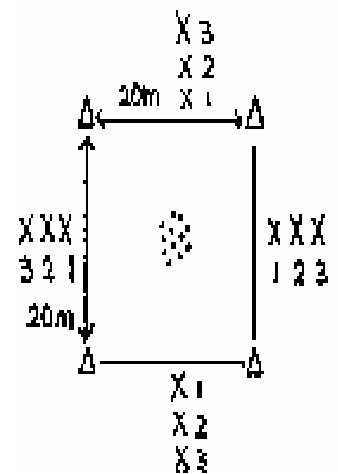


Team work / accuracy / agility

Game

**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

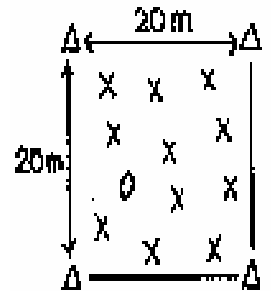
- 1 Match ball per player
- 4 Bats
- 4 Batting tees
- 9 Markers
- 1 Set of bases
- 3 Buckets
- 1 prickle / volley ball

## Warm - Up

### 5 mins Softball Tag (Wiffle ball)

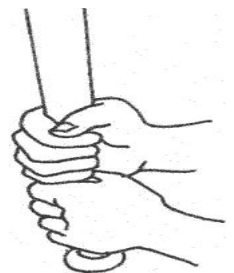
- O is 'IT'. O has wiffleball and tries to touch other players with ball.
- If touched, the tagged player becomes 'IT'.

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.

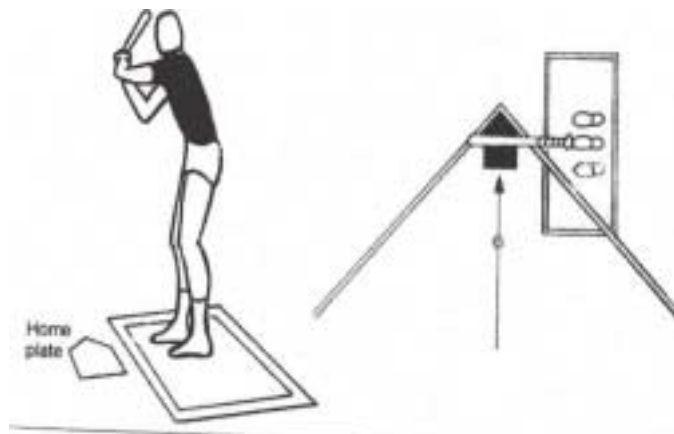


- TIPS**
1. Side on to direction of Tee ( hit.)
  2. Feet shoulder width apart.
  3. Hands at the top of the strike zone, kept back.
  4. Watching the ball, step, turn belly button towards the ball – throw the bat (hands) through the middle of the ball.
  5. Hit ball in front of the home plate.



**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.



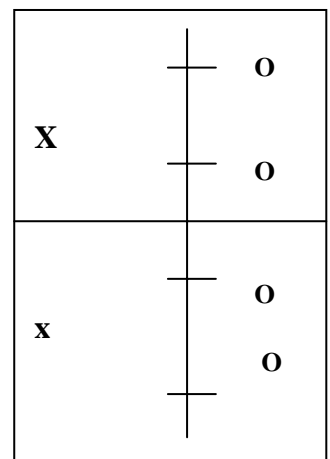
**Feeder stands on the opposite side of the tee facing the batter.**

**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*



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G a m e

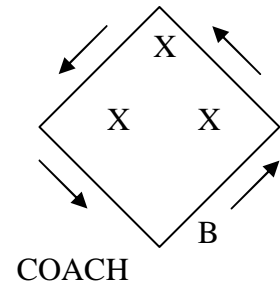
**11 mins**

**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

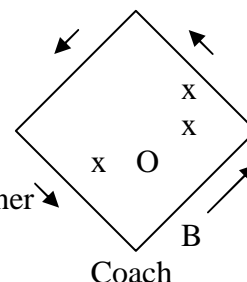
## Warm - Up

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



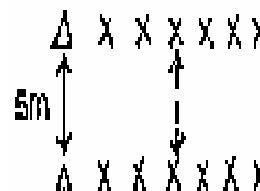
## Skill Development

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.



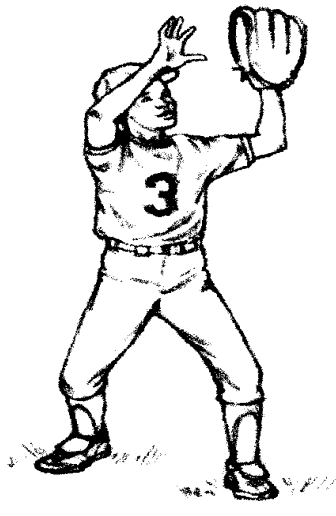
*Coach may wear glove or catch the ball if preferred.*

|                                                                    |
|--------------------------------------------------------------------|
| Technique of fielding & throwing (putting it together)<br>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)

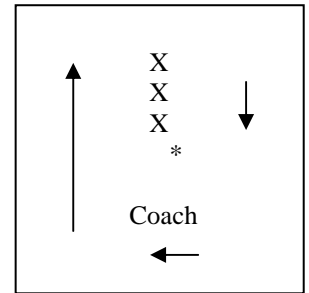


4 mins

**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

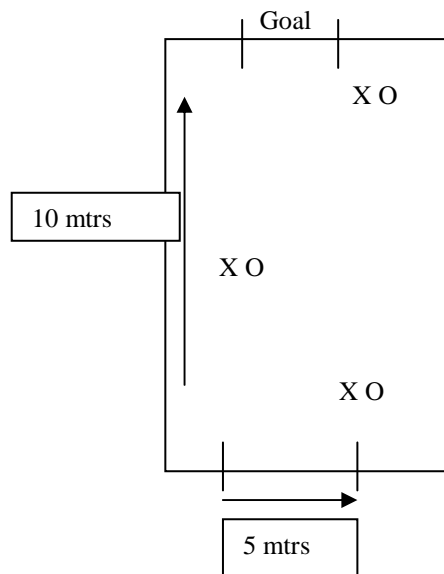
Game

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



**SESSION 4**  
**DIAMOND BALL**

# Fielding

## Equipment

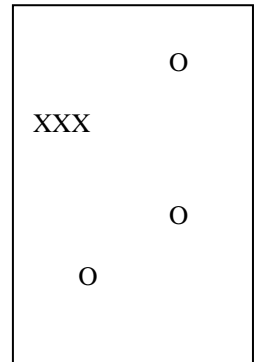
- 1 Match ball per player
- 1 Wiffle ball per player
- 1 Set of bases
- 4 Markers
- 2 Batting Helmets

## Warm - Up

**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

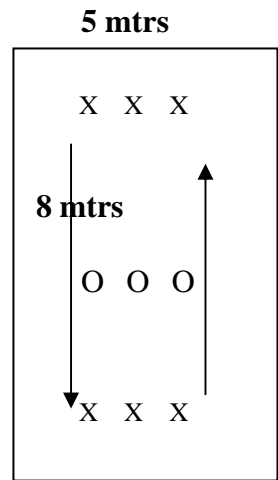
- a) side-to-side.
- b) with bounce.

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

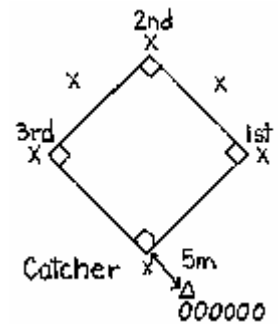
- Outside players bounce and roll the ball to each other to keep it from the inside players.
- If inside players intercept the ball, they move to an outside position.

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 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, home.
- The fielders field the ball and throw it around the bases in reverse order 3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup> 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

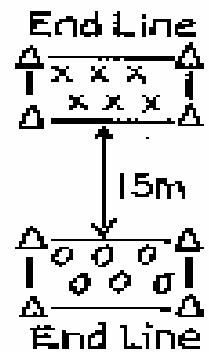
- 1 Match ball
- 3 Wiffle Balls
- 1 Bat (foam optional)
- 1 Batting tee
- 1 Set of bases
- 8 Markers

## 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.

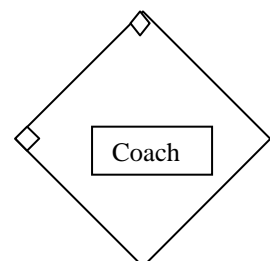


Communication  
Reflexes

## Skill Development

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

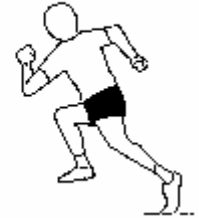
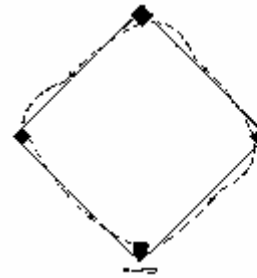
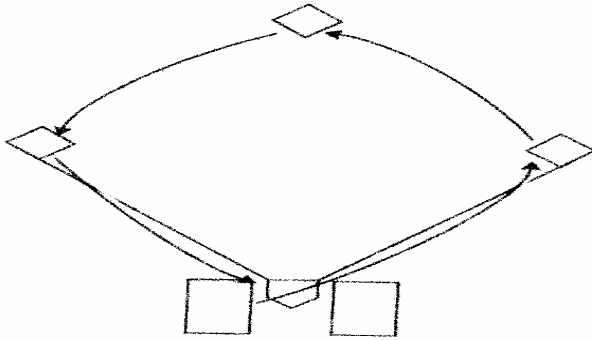
1. One runner leaves from each base on the hit command and sprints to the next base.
2. If a foul ball is called, the runner returns immediately to the base just left.





## BASE RUNNING

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



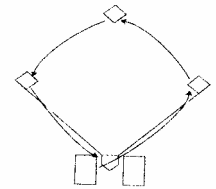
5 mins

### 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

X  
X



5 mins

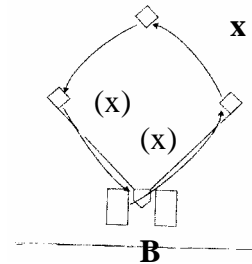
### Line Ball

- 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

X  
X

X  
X  
X

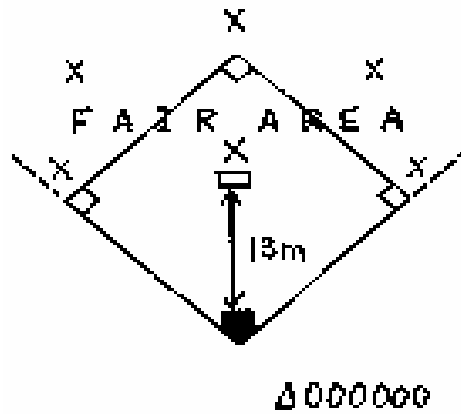


# G a m e

*15 mins*

## **Modified Tee-Ball**

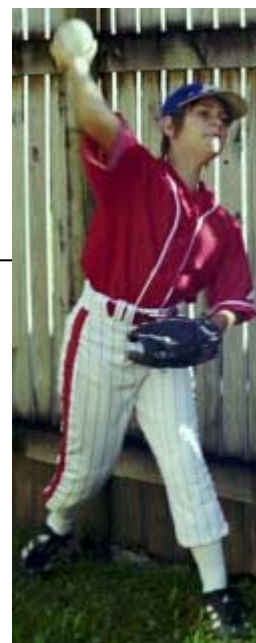
- 2 teams of equal number of players
- 1 innings each of 5 minutes.
- Each team will bat for the full 5 minutes using all players
- Batters have 3 attempts at hitting the ball off the tee. If unsuccessful they return to the end of the batting order.
- No bunting or tapping the ball. A player must take a full swing at the ball.
- The ball must be hit in the fair area, i.e. inside the extended boundaries of 1<sup>st</sup> and 3<sup>rd</sup> 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

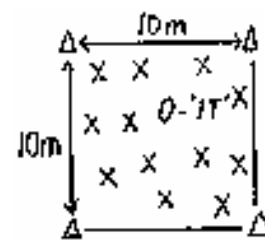
- 1 Match ball per player.
- 1 Wiffle Ball
- 1 Glove per player
- 6 Markers

## 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.

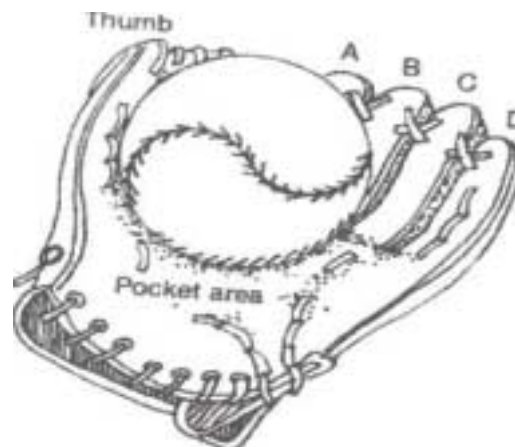


## Skill Development

### BECOMING FAMILIAR WITH THE GLOVE

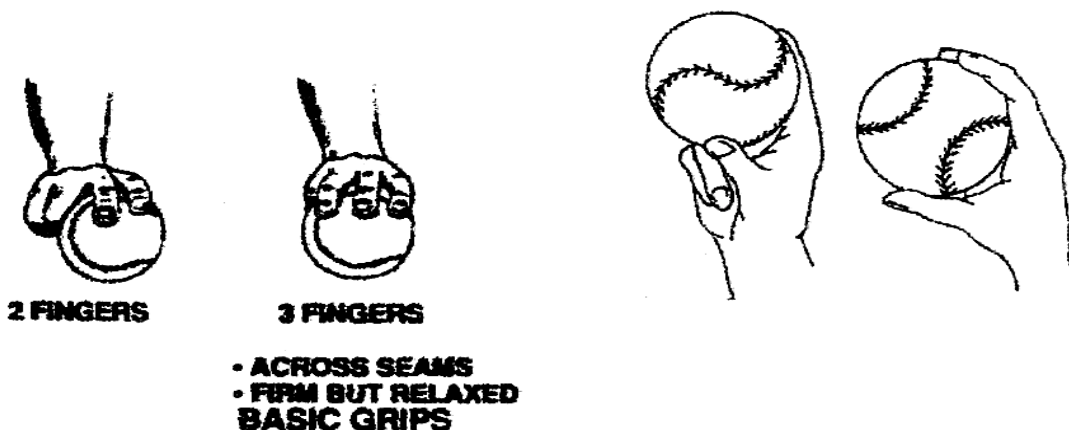
#### TIPS

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.



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*4 mins*

### **Prayer Throw (Match ball)**

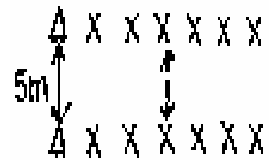
- Throwing kneels on one knee facing partner who is standing
- Throwing bounces the ball overarm throw – to standing partner.
- Ball to bounce high - throwing arm high.
- After two successful throws, each partner moves back two paces
- After 2 mins change partner to thrower and vice versa.

Elbow position / awareness

**3 mins Throwing in Pairs (x10 attempts)**

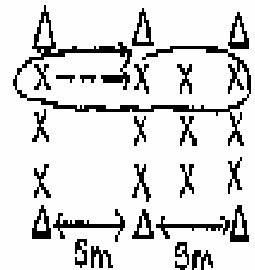
- Increase distance between pair for better throwers.

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

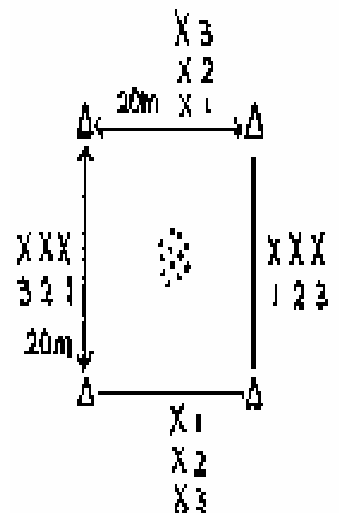
This is repeated until all players are seated.

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

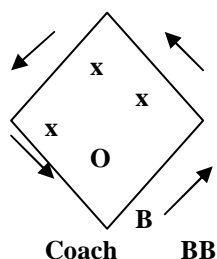
## Equipment

- 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**

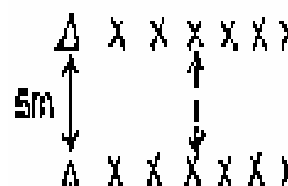
Familiarity of playing field.

## 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)



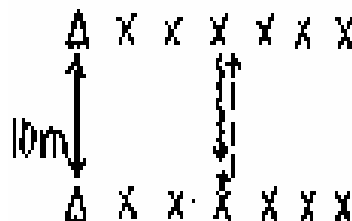
Ensure enough space between players (x) standing side by side to allow for safety when throws are inaccurate.

4 mins

### Fielding in Pairs

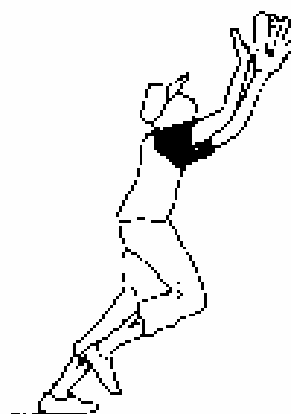
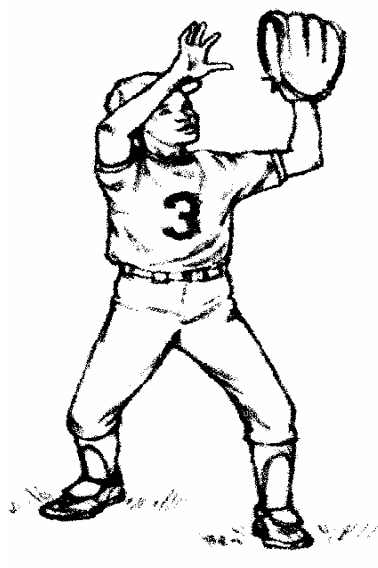
- Player rolls ball to partner, partner fields ball and returns with overarm throw (x 10 each).
- Increase distance for better players.

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

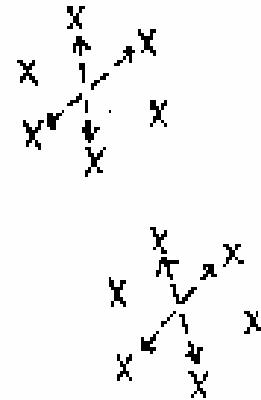
## Equipment

- 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.



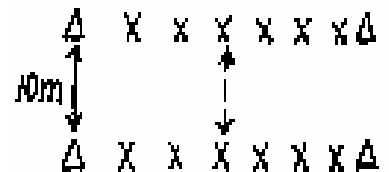
## Skill Development

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)



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

Use of correct  
technique  
Coach checkpoint

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

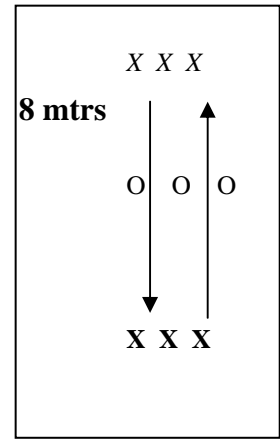
5 mtrs

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

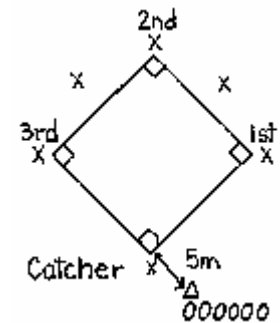


G a m e

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 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, home.
- The fielders field the ball and throw it around the bases in reverse order 3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup> 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

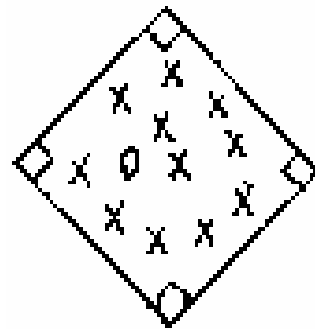


# Game Play

### 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 1<sup>st</sup> and 3<sup>rd</sup> 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

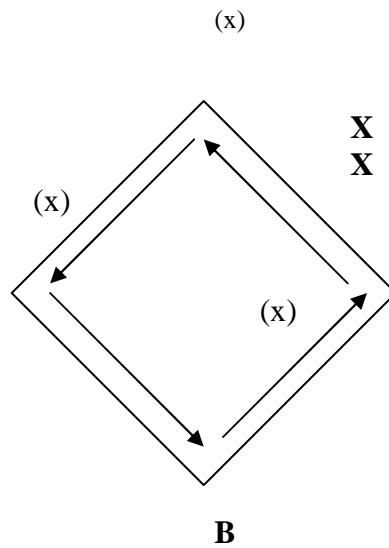


# W a r m - D o w n

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

Softball Australia wishes to acknowledge Queensland Softball Association and 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 ©

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Further information can be obtained from the Australian Sports Commission:

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Fax: 02 6251 2680

[www.ausport.gov.au](http://www.ausport.gov.au)

### Additional Resources

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

#### Softball Australia (ASF Inc)

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

#### Softball Queensland (QSA Inc)

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

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