



LEARNING BANDS 5-6

FOUR SESSIONS



Australian Government
Australian Sports Commission

FUN COMMUNITY DIVERSITY
EXCELLENCE TEAMWORK

SESSION ONE 5-6

BOMBARD BALL

Learning intention

Bombard ball is a target activity that combines accurate throwing, tactics, teamwork and fun.

How to

1. Divide your players into groups of at least 4
2. The objective is for each group to get their team's ball over the goal line at the opposite end by hitting it with smaller balls or bean bags
3. The team that gets the ball over the line first, wins

Category Starter

Time 10 minutes

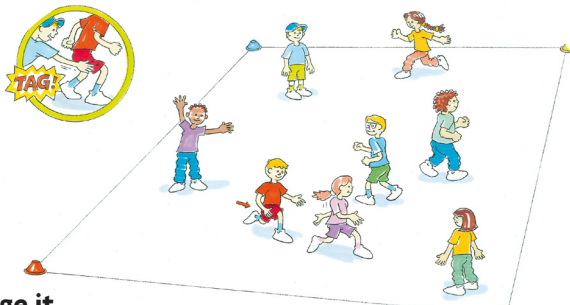
Equipment 1 large ball per group
4 markers per group
1 bean bag per player

Skill focus

Accurate throwing and teamwork

Content descriptions

ACPMPO43, ACPMP063



Change it

- > Use different ball sizes and time how long it takes Easier
- > Reduce the throwing distance Harder
- > Reduce the size of the target
- > Increase the throwing distance

Questions

- > Where should we hit the ball to keep it on a straight line?
- > Can you show me the type of throw that will be the most accurate?
- > Why do you think this throw would be the most effective?
- > Where do you step when you are about to throw the ball?
- > Where is the best place to stand so the ball doesn't get passed you?
- > How do you work as a team to move your target ball forward?

CONTINUOUS FIELDING

Learning intention

Continuous fielding is a rolling and trapping activity that leads to improved fielding skills.

How to

1. Divide the group into 2 teams
2. Line each team up facing each other approximately 10-15 metres apart
3. Place 3 balls at each end
4. Players roll the ball back and forth across the playing area
5. If the opposition players miss the ball, or do not field it cleanly, they must move to the side where they can team up with another partner and continue to practise fielding
6. The game concludes when 1 team has no fielders left to field the balls

Category Get into it

Time 10 minutes

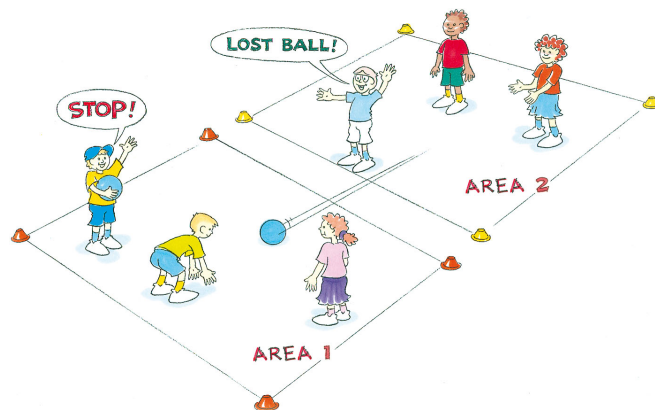
Equipment Marker cones
Various sized balls

Skill focus

Fielding, throwing, catching, rolling and locomotor movement

Content descriptions

ACPMPO43, ACPMP061



Change it

- Easier
 - > Take balls away (less balls moving at the same time)
- Harder
 - > More balls in (increase balls moving at the same time)

Questions

- > Should we be using 1 or 2 hands to field a ball?
- > How can we make this game harder or easier?

BLAST BALL

Learning intention

Blast ball is a modified game of softball that builds on striking and fielding skills and encourages teamwork and thoughtful placement of the ball. It provides a good introduction to softball.

How to

1. Form 2 teams of 6
2. The fielding team take their positions in the field
3. A base runner hits a ball off a tee into the field and attempts to reach the blast base before 1st base receives the ball

Rules

- > If the batter reaches the base before a defensive player either catches the ball in the air or fields it and yells BLAST, they score a run
- > The batter can continue running until the fielding team yells BLAST
- > Allow each team to bat through their order before changing over
- > Batters score 1 run for each base reached

Category Get into it

Time 30 minutes

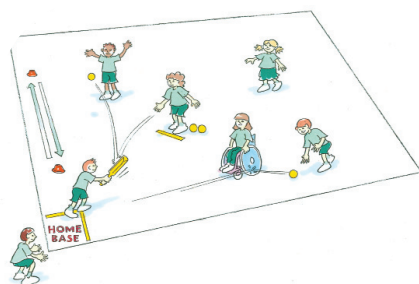
Equipment 1 batting tee, 1 foam bat, 1 foam ball
1 Blast base

Skill focus

Fielding, throwing, catching, shot placement, striking and teamwork

Content descriptions

ACPMPO43, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- > Reduce the distance to the bases

Tip

- > The ideal number of players per team is 5-6. This keeps the game moving quickly and makes the players more active.

Questions

- > Can you show me what type of throw you would use to get the ball in faster?

WHAT DID YOU LEARN?

How to

1. This reinforces key skills or tactical points. Use key words and provide tactical tips
2. Ask the players questions. eg, remember when I asked Mary, Kate and John to show us how to throw?
3. What did you learn?

Format

Questions and answers

Tips

- > Give the players the opportunity to ask questions and reinforce key skills
- > Provide feed back and encouragement



GAME SENSE

The game is the focus

The coach enables players to develop sporting skills and tactics by playing fun and competitive games.

The coach is the facilitator

Rather than direct players on how to perform skills, the coach acts as a facilitator and sets challenges allowing players to find solutions through game-play.

Discrete coaching

Ensure the activity remains engaging for all, discretely providing tips to allow the game to flow. Create an encouraging and supportive environment, building player confidence and self-esteem.

Ask the players

Ask the players questions about how they think the games can be modified to make them easier or harder.

Make changes

Game variations create fun, safe and inclusive environments. Modify games to challenge all participants.

SESSION TWO 5-6

NOUGHTS AND CROSSES

Learning intention

Noughts and crosses can be used as a high energy warm up that requires agility. A good lead-in to fielding and baserunning.

How to

1. Form 2 teams of 4. A red team and a blue team
2. Teams line up side by side, 5 metres away from the hoops
3. On the word 'GO', the leaders run to the hoops and place a coloured bean bag in one of the hoops
4. The leaders return to their teams and tag the next runner who races to the hoops and place their bean bag in another hoop
5. This continues in a relay format until one team has three coloured bean bags in a row

Category Starter

Time 10 minutes

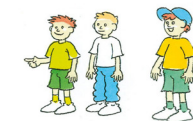
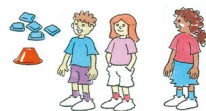
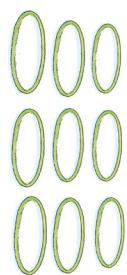
Equipment 9 hoops
6 blue bean bags
6 red bean bags

Skill focus

Locomotor movement and teamwork

Content descriptions

ACPMPO43



Change it

Easier

- > Reduce the distance to the hoops

Harder

- > Increase the distance to the hoops
- > Spread the hoops further apart
- > Change the locomotor movement

Questions

- > Where is the best place to place the first bean bag?
- > Show me how to stand when you are getting ready to run to the hoops?

BEAT THE BUCKET

Learning intention

Beat the bucket is a fielding game that develops teamwork. Runners are challenged to place balls tactically and fielders to position themselves effectively and to return the balls in the shortest time possible.

How to

1. A batter hits 3 balls into the field and then attempts to run around 4 markers before fielders place all 3 balls in a bucket and call 'STOP'

Category Get into it

Time 10 minutes

Equipment 1 batting tee per group
1 foam bat per group
3 foam balls, 1 target (bin, bucket)

Skill focus

Fielding, throwing, catching, shot placement, striking and teamwork

Content descriptions

ACPMPO43, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- > Players run to a base before all the balls are fielded

Harder

- > Fielders cannot move until the third ball is hit
- > Fielders have to run the ball into the bucket rather than throw it

Questions

- > How do you get the ball back in the bucket quickly?
- > Where should the batter place the ball to score the most number of points?
- > How could we make this activity easier or harder?

BEAT THE BALL

Learning intention

Beat the ball is a modified game of softball that builds on striking and fielding skills and encourages teamwork and thoughtful placement of the ball. It provides a good introduction to softball.

How to

1. Form a batting team and a fielding team
2. The batting team takes turns to hit the ball off the batting tee
3. After the hit, the batter attempt to run around the bases before the ball is thrown to the home plate
4. Fielders must field the ball and throw it in turn to 1st, 2nd, 3rd bases and home plate

Category Game application

Time 30 minutes

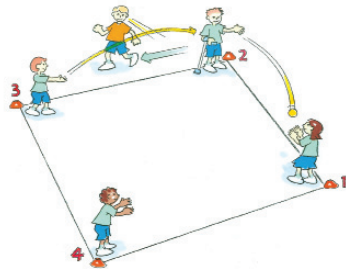
Equipment 1 batting tee, 1 foam bat, 1 foam ball
1 marker cone

Skill focus

Fielding, throwing, catching shot placement, striking and teamwork

Content descriptions

ACPMPO43, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- > Reduce the distance of the bases
- > Players run around a single marker cone set 10 metres away

Harder

- > Players score 1 point for every time they beat the ball
- > If the fielding team successfully catch all 3 throws they earn a point

Tips

- > Encourage awareness of other players
- > Instruct players to should 'MINE' or their own name when moving to field the ball

Safety

- > Ensure a safe distance is kept around the batter at all times

Question

- > How can you work as a team to field the ball quickly?

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LET'S SEE IT

How to

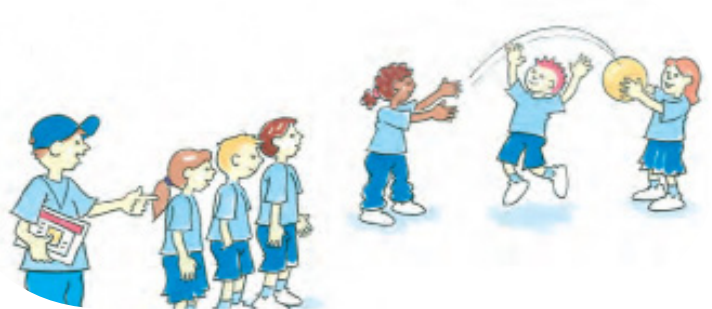
1. Highlight a skill or tactic
2. Whisper to individuals or groups to be ready at the end of the session for a demonstration
3. Gather everyone together and ask one group to demonstrate the activity
4. Emphasise one key point and keep it short

Format

Short, focused demonstration

Tips

- > Give the players the opportunity to ask questions and reinforce key skills



CHANGE IT

When observing the activity, ask yourself the following questions:

- > Is the game safe and fun?
- > Are all players engaged in the game?
- > Is the objective of the game being achieved?
- > Are all the players being included?
- > Is participation being maximised?
- > Is the game appropriate to the ability level of each player?
- > Are they being challenged?

If the answer to any of these questions is No, then CHANGE IT?

SESSION THREE 5-6

TRIANGLE TAG

Learning intention

Triangle tag builds on introductory spatial awareness activities. Space and player awareness is important for all indoor and outdoor games and sports.

How to

1. Arrange players into groups of 4
2. To form a triangle, 3 children join hands while the 4th stands outside the triangle facing the group
3. 1 player within the triangle is nominated as 'IT'
4. Without breaking hands, the triangle group tries to move themselves to prevent the outsider from tagging the player who is 'IT'
5. Change outside player every 20-30 seconds

Category Starter

Time 10 minutes

Equipment 4 marker cones

Skill focus

Balancing and locomotor movement

Content descriptions

ACPMPO43, ACPMP061



Change it

Harder

- > On your call, vary the group size and the number of 'IT' players

Safety

- > Encourage players to be aware of other players and the space around them
- > Start off at a slower pace
- > Encourage team cooperation

Questions

- > What are the different ways you can prevent the person who is 'IT' from being tagged?
- > Show me the best way to tag the 'IT' player

HIT HIT THROW AND GO

Learning intention

Hit hit throw and go is a fielding game that develops teamwork. The batters are challenged to place balls tactically and fielders to position themselves effectively and return the balls in the shortest possible time.

How to

1. Play in teams of 4
2. In a marked diamond area, split your group into 2 teams, a fielding team and a batting team
3. Fielders are not allowed inside the base lines and not allowed to move until the last ball has been thrown into the field of play
4. The batter hits 2 balls off a tee and throws the 3rd ball into the field
5. The player can either run the bases or run/walk back and forth between 2 markers to score runs for their team
6. As the last ball is thrown, fielders collect all 3 balls and place them in the hoop or bucket as quickly as possible to minimise run scoring

Category Game application

Time 15 minutes

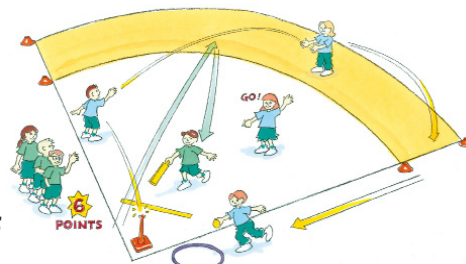
Equipment Marker cones, 1 ball per group
1 bat per group, 1 batting tee, 1 bucket per group

Skill focus

Fielding, throwing, catching, shot placement and teamwork

Content descriptions

ACPMPO43, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- > Minimise the running distance to score runs

Harder

- > Increase the running distance between 2 markers to score runs

Questions

- > Where can we hit and throw each ball to make it harder?
- > As a team, where should you position players to stop the ball getting passed?
- > What is a fast way to get all 3 balls in the bucket?

TEE BALL

Learning intention

Tee ball is a modified game of softball that builds on striking and fielding skills and encourages teamwork and thoughtful placement of the ball. It provides a good introduction to softball and baseball.

How to

1. Play with a maximum of 6 per team
2. Form a batting team and a fielding team
3. Each batter hits the ball into the field from a batting tee, then tries to run around the bases while fielders field the ball
4. Score 1 run for each base touched

A batter is out when

- > A batted ball is caught on the full
- > A batted ball is fielded and thrown to 1st base before the player arrives
- > A fielder with the ball touches a base before the runner arrives at the base

Category Game application

Time 30 minutes

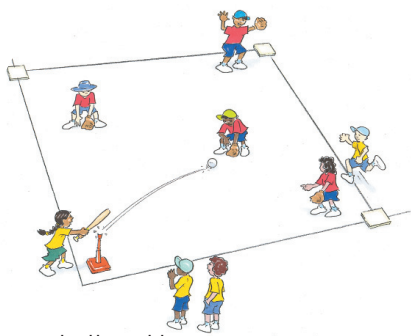
Equipment 1 soft core ball per group,
1 batting tee per group,
4 bases per group, 1 bat per group,
5 batting helmets per group

Skill focus

Fielding, throwing, catching, shot placement, striking and teamwork

Content descriptions

ACPMPO43, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- > Use a larger ball and bat
- > Shorten the distance between the bases

Tips

- > Rotate players in the field regularly
- > No base stealing is allowed

Question

- > How can you work as a team to stop players scoring runs?

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CIRCLE SIT

How to

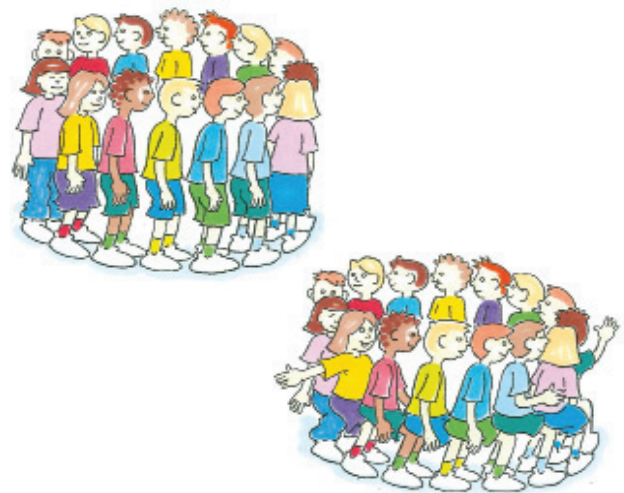
1. Players stand in a circle facing the back of the person in front of them
2. Players are close to each other with the toes of each player touching the heels of the player in front
3. After the count of 3, all players sit down slowly on the knees of the player behind
4. Players stand up on the count of 3

Format

Cooperative play

Questions

- > What did you learn today?
- > What was one thing you did well today?



GAME SENSE

The game is the focus

The coach enables players to develop sporting skills and tactics by playing fun and competitive games.

The coach is the facilitator

Rather than direct players on how to perform skills, the coach acts as a facilitator and sets challenges allowing players to find solutions through game-play.

Discrete coaching

Ensure the activity remains engaging for all, discretely providing tips to allow the game to flow. Create an encouraging and supportive environment, building player confidence and self-esteem.

Ask the players

Ask the players questions about how they think the games can be modified to make them easier or harder.

Make changes

Game variations create fun, safe and inclusive environments. Modify games to challenge all participants.

SESSION FOUR 5-6

BAT TAPPING

Learning intention

Bat tapping is a fun activity that allows players to develop hand-eye and bat coordination.

How to

1. Each player has a bat and a ball suitable for their age and ability
2. The aim is to hit the ball into the air continuously and keep the ball from hitting the ground

Category Starter

Time 10 minutes

Equipment 1 soft core ball per player
1 bat per player (foam, plastic, alloy)

Skill focus

Striking

Content descriptions

ACPMP043, ACPMP061



Change it

Easier

- > use a lighter bat and foam ball
- > use a flat edged cricket bat
- > allow one bounce before hitting the ball back into the air

Harder

- > Count the number of taps you can do in a row
- > Move around a designated course
- > Use multiple balls
- > Tap in pairs, counting consecutive taps

Tip

- > Watch the ball onto the bat

Safety

- > Ensure players keep their distance from other players and obstacles around them

Questions

- > Which part of the bat do you need to hit the ball with so it will go straight up in the air?
- > How high did you have to hit the ball in the air to make sure you had time to get ready for the next hit?
- > Would it be easier or harder with a different bat and ball?

CROC FRENZY

Learning intention

Croc frenzy is a rolling and trapping activity that leads to improved fielding skills.

How to

1. Players form a large circle with feet touching
2. 1 player stands in the middle of the circle with all the balls
3. On your signal the player in the middle attempts to roll the balls through the outside player's legs

Category Get into it

Time 10 minutes

Equipment 1 foam ball (or similar) per player
1 glove per player (optional)

Skill focus

Fielding, catching, throwing and locomotor movement

Content descriptions

ACPMP008, ACPMP025, ACPMP043



Change it

Easier

- > Use larger balls

Harder

- > Roll more than 1 ball at a time, ie 2 or more players in the middle

Tips

- > Move behind the ball
- > Bend at the waist and knees
- > Watch the ball into your hands
- > Reinforce the ready position
- > Make the circle larger to increase lateral movement

Question

- > How can you work as a team to stop the balls leaving the circle?
- > Show me how you can make your passes quicker

FAST TRACK

Learning intention

Fast track is a modified game of softball that builds on striking and fielding skills and encourages teamwork and thoughtful placement of the ball. Fast track introduces the skill of pitching and hitting a pitched ball.

How to play

1. Play in teams of 6
2. Each batter has 3 attempts to hit the ball pitched by the opposition
3. If no ball is hit, the coach pitches a maximum of 2 balls to the player
4. Batters may run as many bases as they can until the ball is thrown and held on a base ahead of the runner. On a ball pitched by the coach, batters may only run to 1st base

The batter is out if

- > The ball is caught on the full
- > A batted ball is fielded and thrown to 1st base before the batter arrives
- > A fielder with the ball touches the base the batter is running to before the batter arrives

Category Game application

Time 30 minutes

Equipment 1 soft core ball per group
1 batting tee per group (optional)
4 bases per group, 1 glove per player,
1 set of catchers gearper group

Skill focus

Fielding, throwing, catching, shot placement, striking and teamwork

Content descriptions

ACPMPO43, ACPMP045, ACPMP061, ACPMP063



Change it

- > The coach pitches the ball
- > Use a batting tee

Question

Can you show me the type of throw that is the most accurate?

PUPPETEER

How to

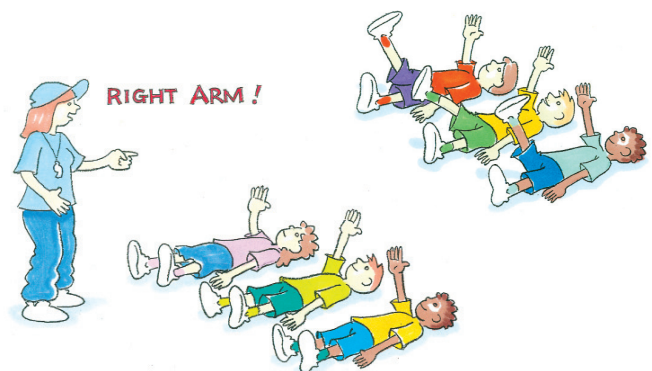
1. Players act as puppets, moving their body to your calls (you are the puppeteer). Players lay down
2. Players respond to your calls. The coach says 'I am pulling the string to your right arm now' (players raise their right arm)
3. 'Now I'm lowering your arm and pulling the string to your right leg' etc. Gradually slow down the activity

Format

Relaxation, gentle stretching and winding down

Questions

- > What did you learn today?
- > What activity did you enjoy the most?



CHANGE IT

When observing the activity, ask yourself the following questions:

- > Is the game safe and fun?
- > Are all players engaged in the game?
- > Is the objective of the game being achieved?
- > Are all the players being included?
- > Is participation being maximised?
- > Is the game appropriate to the ability level of each player?
- > Are they being challenged?

If the answer to any of these questions is No, then CHANGE IT?



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