



LEARNING BANDS 5-6

SIX SESSIONS



Australian Government
Australian Sports Commission

FUN COMMUNITY DIVERSITY
EXCELLENCE TEAMWORK

SESSION ONE 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 in 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?

AROUND THE WORLD

Learning intention

Around the world is a fun activity that introduces gross motor movement and spatial awareness.

How to

1. Players pass the ball quickly from hand to hand around their waist
2. As players advance, pass the ball around their knees and ankles
3. Players pass the ball between their knees forming a figure 8
4. Knees apart and bending forward players drop the ball from behind their back and quickly move their hands to the front to catch the ball before it hits the ground
5. Explore and ask the players to invent their own passes

Category Starter

Time 10 minutes

Equipment 1 ball per player

Skill focus

Balancing and catching

Content descriptions

ACPMP008, ACPMP025



Change it

- > Players can work in pairs
 - > Players come up with their own movement patterns
- Harder
- > Introduce a second ball

Questions

- > What is another type of pass we can try?
- > Can you show me?

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 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

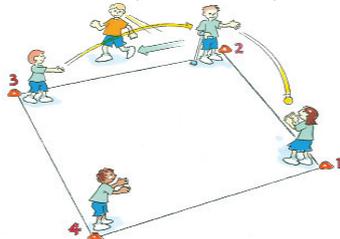
Equipment 1 batting tee, 1 foam bat,
1 foam ball, 1 marker cone

Skill focus

Fielding, throwing, catching shot placement, striking and teamwork

Content descriptions

ACPMP043, 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 shout '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?

Page 2

FREEZE FRAME

How to

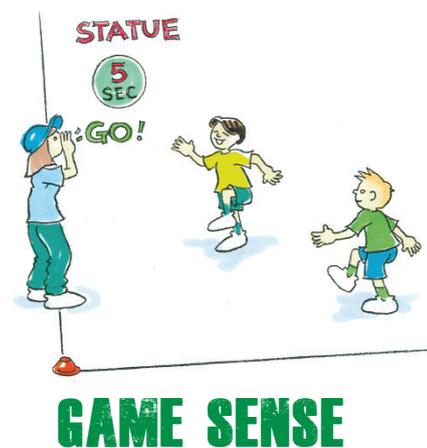
1. Ask players to mime a particular sporting action, eg passing, kicking or throwing
2. Players perform that action until you call 'FREEZE!'
3. You then look at the statues and provide feedback on their technique
4. Try to incorporate stretches

Format

Coach feedback and skill review

Questions

- > What did you learn today?
- > Which activity do you think was the most fun?



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.

Discreet coaching

Ensure the activity remains engaging for all, discreetly 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

BOMBARD BALL

Learning intention

Bombard ball is a target activity that combines accuracy, tactics and fun.

How to

1. Divide your players into groups of at least 4
2. The object 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

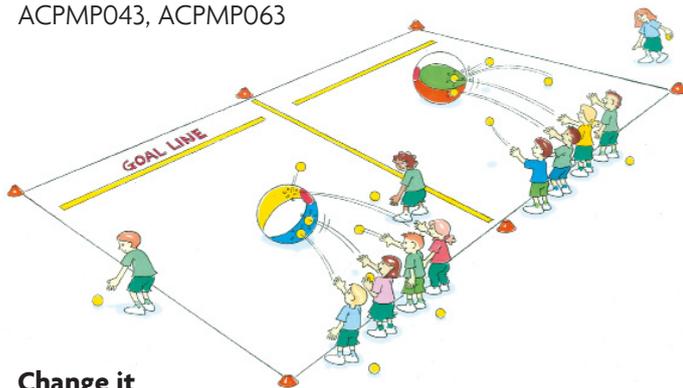
Equipment 1 large ball
4 markers, 1 bean bag per player

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 more 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 past you?
- > How do you work as a team to move your target ball forward?

BASE RUN

Learning intention

Base run develops the skills of moving into space and relies on passing and catching skills. Defenders have to close down space and attackers have to find space and choose between options.

How to

1. 2 players with 1 ball try to stop a 3rd player from reaching the base at either end of the playing area by tagging them
2. Warm up by playing without bases
3. Play in groups of 3

Playing

- > Defenders start at opposite ends, the runner (without the ball) begins in the middle
- > Defenders can move position but cannot run with the ball
- > Defenders pass the ball to one another aiming to tag the runner
- > The runner tries to reach either base
- > Rotate positions regularly so that each player has a chance to be the runner

Category Get into it

Time 10 minutes

Equipment 1 set of bases, 1 soft core ball per group
1 helmet per group, 1 glove per player

Skill focus

Throwing, catching, spatial awareness and locomotor movement

Content descriptions

ACPMPO43, ACPMP061



Change it

Easier

- > Taggers can take 2 steps with the ball

Tips

- > Tags must be confined to the area between the runner's shoulders and knees
- > Vary the type of ball, size of the playing area and tagging combinations, ie 3 v 2, 2 v 2 etc

Questions

- > Ask the players to set their own rules for the activity, ie can you tag the player only after a specified number of passes?
- > What do you need to do as a team to make a tag?

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 batter 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 point for each base reached

Category Game application

Time 30 minutes

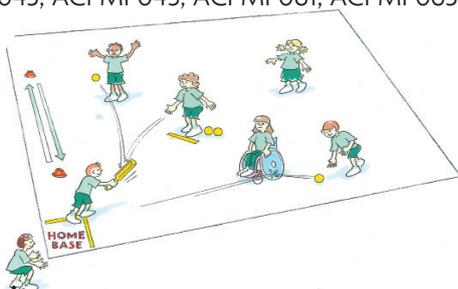
Equipment 1 batting tee, 1 foam bat, 1 foam ball
1 Blast base

Skill focus

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

Content descriptions

ACPMP043, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- > Reduce the distance to the bases

Tips

- > 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?

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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 an activity
4. Emphasise 1 key point and keep it short

Format

Short, focused demonstration

Tip

- > 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

EGGS IN A BASKET

Learning intention

Eggs in a basket can be used as a high-energy warm-up that requires agility. A good lead-in to fielding games.

How to

1. Mark out an area with 4 cones and place all balls in the centre
2. Players line up behind each cone
3. On a signal, the first person from each team runs to the centre and picks up a ball to throw to the next person in line
4. Once the ball is caught and placed beside the team, the catcher runs to the centre repeating the process
5. The aim is to be the first team to each retrieve a ball

Category Starter

Time 10 minutes

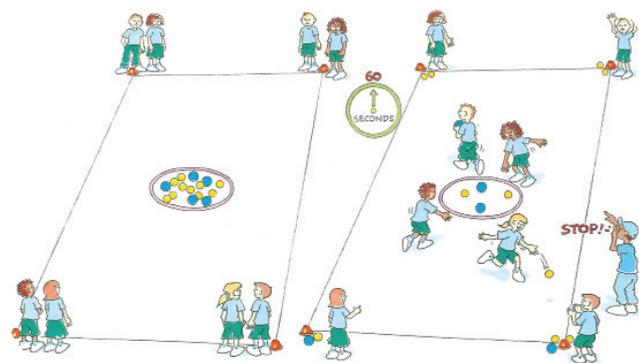
Equipment 4 marker cones per group
1 foam ball or bean bag per player

Skill focus

Throwing, catching, locomotor movement and teamwork

Content descriptions

ACPMPO43



Change it

Easier

- > Increase the size of the balls
- > Players roll the balls to the next person in line

Harder

- > Increase the distance to the centre of the cones
- > Vary the type of throw, fly ball, underarm or overarm

Tips

- > Use a no-go zone to separate players

Questions

- > What type of throw is the most accurate?

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 team
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 player and continue to practise fielding
6. The game concludes when one team has no fielders left to field the balls

Category Get into it

Time 10 minutes

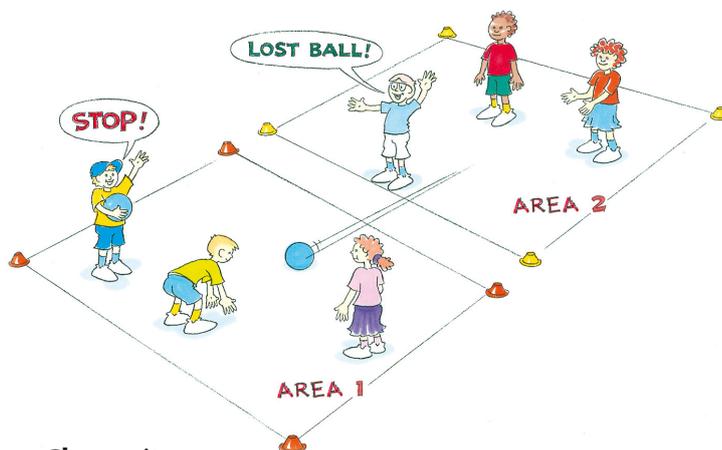
Equipment Marker cones
Various sized balls

Skill focus

Fielding, throwing, catching, rolling and locomotor movement

Content descriptions

ACPMPO43, ACPMP061



Change it

Easier

- > Take balls away (fewer 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?

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

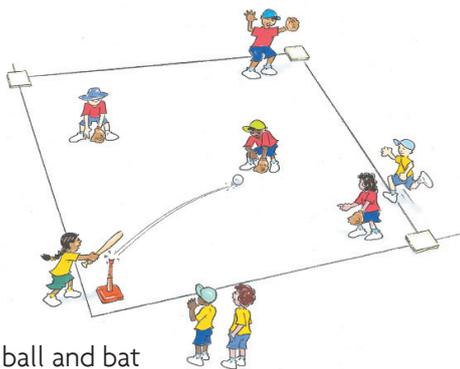
Equipment 1 soft core ball per group
1 batting tee per group
4 bases, 1 bat per group
5 batting helmets per group

Skill focus

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

Content descriptions

ACPMPO43, ACPMP045, ACPM061, 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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GREAT WORK

Examples

1. When you played today, I saw some great examples of fielding the ball and anticipating what the opposition were going to do
2. Today I saw lots of examples of players keeping an eye on the ball and their teammates. Well done!

Individual feedback

Use when appropriate. Emphasise improvement rather than best all-round performance.

Format

'Pat on the back', feedback 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.

Discreet coaching

Ensure the activity remains engaging for all, discreetly 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

KEEP THEM IN

Learning intention

Keep them in develops the skills of moving into space and relies on passing and catching skills. Defenders have to close down space and attackers have to find space and choose between options.

How to

1. Divide players into groups of 3 and nominate 1 player as 'IT'
2. 2 players stand opposite each other with 'IT' standing in the centre
3. 'IT' tries to catch the ball entering the playing area
4. Once the ball has been caught, players change position so each player gets a turn in the centre

Category Starter

Time 10 minutes

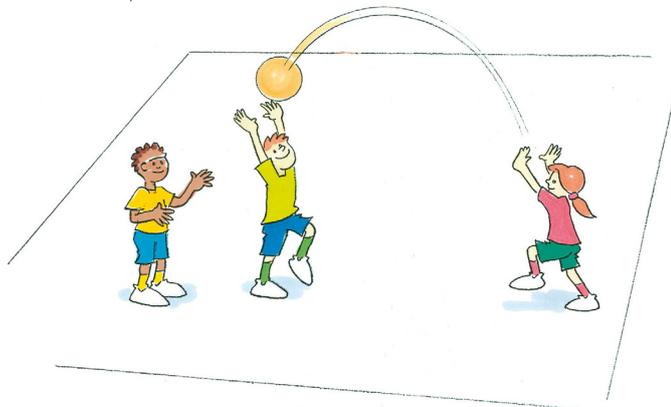
Equipment 4 marker cones
Various sized balls

Skill focus

Throwing, catching and spatial awareness

Content descriptions

ACPMP043, ACPMP061



Change it

Easier

- > Use a bigger ball and allow bounce throws only
- > Set a time limit and change the 'IT' player
- > Players score a point for each ball caught

Harder

- > 5 players, 1 player as 'IT' stands in the playing area, with 'IT' in the centre. Players pass the ball keeping it from 'IT'.

Questions

- > Are there other types of throws we can use?
- > Could we use more players? If so how?
- > How can we make this game harder or easier?
- > Where is the best place to stand when you are defending?

CUT THE CAKE

Learning intention

Cut the cake is an introductory passing and catching activity.

How to

1. Form groups of 4 to 5
2. A leader stands in front of each group 3 metres away
3. The leader throws to each player in the group
4. Once each player has received the ball, the first player in line runs out to take the leader's place
5. The previous leader then moves to the end of the line and the activity continues

Category Get into it

Time 10 minutes

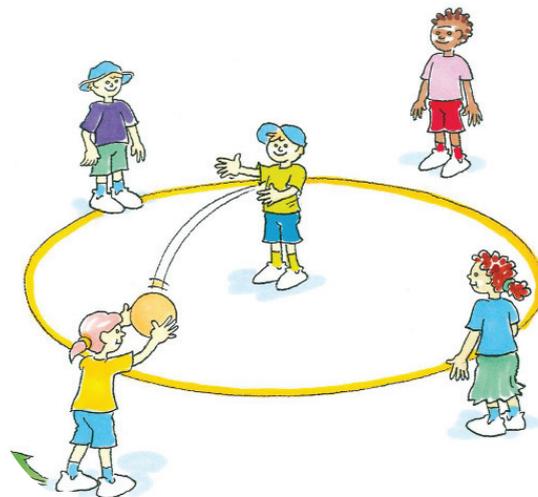
Equipment 1 foam ball per group

Skill focus

Throwing, catching and teamwork

Content descriptions

ACPMP008, ACPMP025, ACPMP043



Change it

Easier

- > Use a larger ball

Harder

- > Have groups race each other as a mini competition
- > Increase the size of the circle

Tips

- > Keep your eyes on the ball

Questions

- > What can you do to encourage your teammates?
- > How can you make your passes quicker?

COACH PITCH

Learning intention

Coach pitch is a modified game of softball that builds on striking and fielding skills. Coach pitch introduces the skill of hitting a pitched ball.

How to

1. Form a batting team and a fielding team
2. Players take it in turns to bat the ball, which is pitched underarm by the coach or opposition
3. The batter runs around the bases while the fielders field the ball

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 batter arrives
- > A fielder with the ball touches a base before the runner arrives at the base

Category Get into it

Time 30 minutes

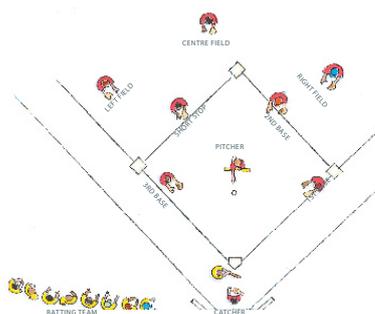
Equipment 2 soft core balls and 1 bat per group
1 batting tee, 4 bases, 5 batting helmets
1 set of catchers gear

Skill focus

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

Content descriptions

ACPMPO43, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

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

Tips

- > Each batter has 3 attempts to hit the pitched ball. If the player fails to hit the ball into play, the batter may hit the ball from a batting tee.
- > Provide discreet coaching on the side

Question

- > Where should you stand to field the ball?
- > Where is the best place to hit the ball so you can reach 1st base?

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PUPPETEER

How to

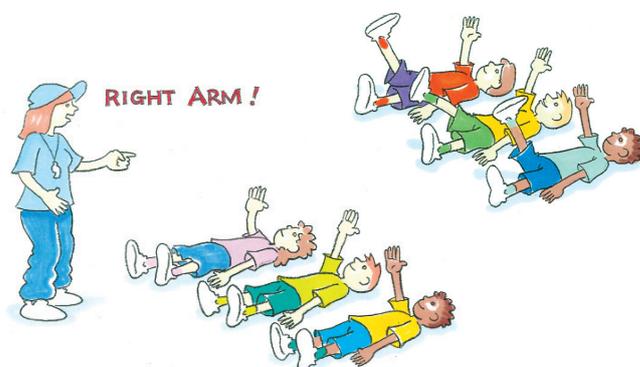
1. Players act as puppets, moving their body to your calls (you are the puppeteer). Players lie down.
2. Players respond to your calls. The coach says 'I am pulling the string to your right arm now' (players raise their right arm).
3. 'Now I'm lowering your arm and pulling the string to your right leg'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

SESSION FIVE 5-6

STORK TAG

Learning intention

Stork tag combines running with cooperative throwing and catching. It also requires players to be aware of others and emphasises space finding.

How to

1. Play with 8 or more
2. Start with 2 taggers for each group of 8
3. Taggers chase runners with a ball
4. If runners are tagged, they have to stand on the spot in a stork stance
5. A tagged runner can be freed by a fellow runner by exchanging a ball with an underarm throw
6. Either a stork or a free runner can throw the ball.
7. The game stops after a set period of time or when all runners are tagged

Category Starter

Time 10 minutes

Equipment 3 foam balls per group
4 marker cones

Skill focus

A good warm-up that practises tagging, throwing and catching

Content descriptions

ACPMPO43, ACPMP061



Change it

- › Use only 1 ball, which taggers must throw among themselves to corner a player to make a tag. Storks become free by another player touching them on the shoulder.

Easier

- › Make the playing area smaller to allow the tagger to catch more players

Harder

- › Taggers cannot move their feet when they have the ball

Questions

- › What kind of moves do we need to make to avoid being tagged?
- › What can we do to make this activity easier or harder?

END TO END

Learning intention

End to end builds on introductory invasion activities requiring throwing and catching.

How to

1. Play in teams of 8 or fewer
2. 2 teams spread the length of the playing area
3. On your signal, the player with the ball at one end passes the ball to a teammate
4. This continues until a goal is scored at the other end
5. If the ball is dropped, the other team begins with the ball

Playing

- › The goal defender of the attacking team begins with the ball
- › Defenders try to intercept the ball
- › No running with the ball

Category Get into it

Time 10 minutes

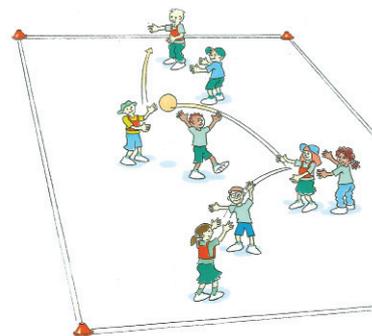
Equipment 1 foam ball (or similar per group)
8 markers cones

Skill focus

Throwing, catching and defending

Content descriptions

ACPMPO43, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- › Reduce the playing area
- › Allow 2 drops or intercepts before the ball is turned over to the other team

Harder

- › A player can run with the ball until tagged

Tips

- › Use role models to emphasise good examples of throwing and catching
- › Encourage players to communicate with each other

Questions

- › Where can you stand to defend a pass?
- › How can you defend the player with the ball?

DIAMOND BALL

Learning intention

Diamond 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. Form 2 teams of 6
2. The batter hits the ball off the batting tee into the field and runs to 1st base
3. The batter may continue running until the ball is thrown by the fielding team in the direction of the home plate but must stop at the next base once the ball is thrown
4. All players in the batting team bat and then change over with the fielding team
5. The batter scores one run for each base reached

Category Game application

Time 10 minutes

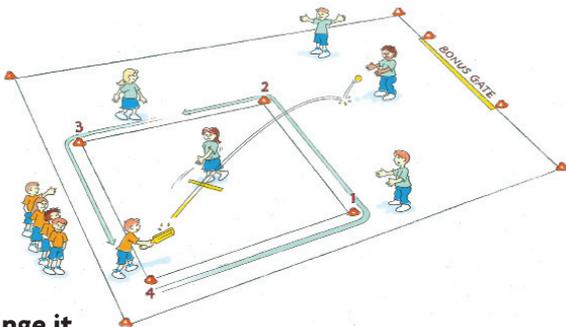
Equipment 1 foam ball, per group
1 batting tee, per group
1 foam bat, 4 marker cones (bases)

Skill focus

Fielding, throwing, catching, shot placement, striking, teamwork and decision-making

Content descriptions

ACPMPO43, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- > Decrease the distance of the bases
- > Players throw the ball into play

Harder

- > Increase the distance between the batting tee and bases

Safety

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

Question

- > Where is the best place to hit the ball to score the most points?

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WHAT DID YOU LEARN?

How to

1. This reinforces key skills or tactical points. Use keywords 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 feedback 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.

Discreet coaching

Ensure the activity remains engaging for all, discreetly 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 SIX 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

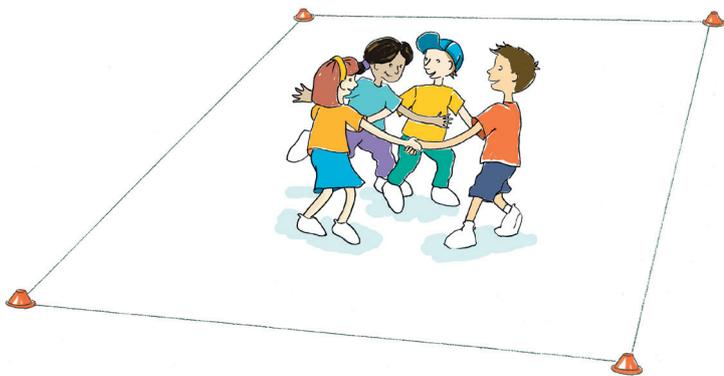
Equipment 4 marker cones

Skill focus

Balancing, locomotor movement

Content descriptions

ACPMP043, 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

Question

- > 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

FIELDING SOCCER

Learning intention

Fielding soccer combines passing, catching, running and fielding with the need to evade defenders and hit a target. Interceptors have to read the play and anticipate the throw.

How to

1. Mark out an area with marker cones as goal posts
2. Players form into 2 teams
3. Rolling and fielding the ball between their teammates, players attempt to score goals
4. The ball can only roll through goals and cannot be lifted into the air
5. A player cannot run or move off the spot with the ball

Category Get into it

Time 10 minutes

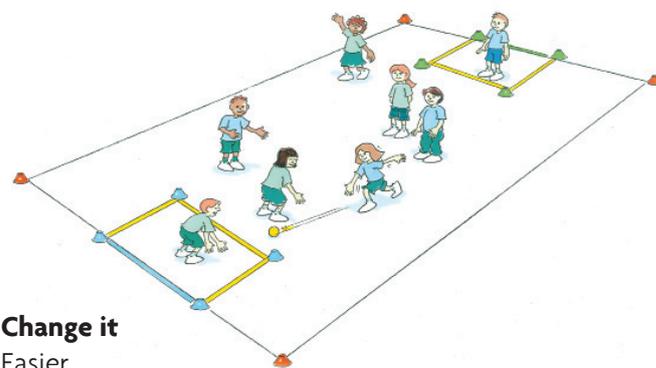
Equipment 1 low impact volleyball (or similar)
12 marker cones

Skill focus

Fielding, catching, defending and teamwork

Content descriptions

ACPMP043, ACPMP045, ACPMP061, ACPMP063



Change it

Easier

- > Reduce the size of the field
- > Have 2 end zones (goals) at each end

Harder

- > Use more than 1 ball at a time
- > Use different sized balls
- > Limit the time in the goal area

Tips

- > Introduce a number of passes before they can shoot a goal

Questions

- > What can you do to help your teammates receive the ball?
- > Where is the best place to stand when defending your opponent's goal?

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

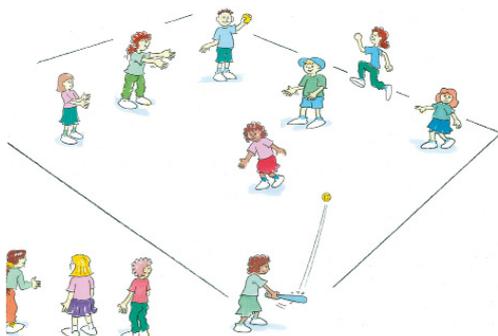
Equipment 1 soft core ball per group
1 batting tee per group (optional)
4 bases per group
1 glove per player, 1 set of catchers gear

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?

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GREAT WORK

Examples

1. When you played today, I saw some great examples of fielding the ball and anticipating what the opposition were going to do
2. Today I saw lots of examples of players keeping an eye on the ball and their teammates. Well done!

Individual feedback

Use when appropriate. Emphasise improvement rather than best all-round performance.

Format

'Pat on the back', feedback and encouragement



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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