



# LEARNING BANDS F-2

# FOUR SESSIONS



Australian Government  
Australian Sports Commission

FUN COMMUNITY DIVERSITY  
EXCELLENCE TEAMWORK

# SESSION ONE F-2

## 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** 5 minutes

**Equipment** 1 ball per player

### Skill focus

Balancing and catching

### Content descriptions

ACPMPO08, 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?

# 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. The leader throws to each player in the group.
3. Once each player has received the ball, the first player in line runs out to take the leader's place
4. The previous leader then moves to the end of the line and the activity continues

**Category** Get into it

**Time** 10 minutes

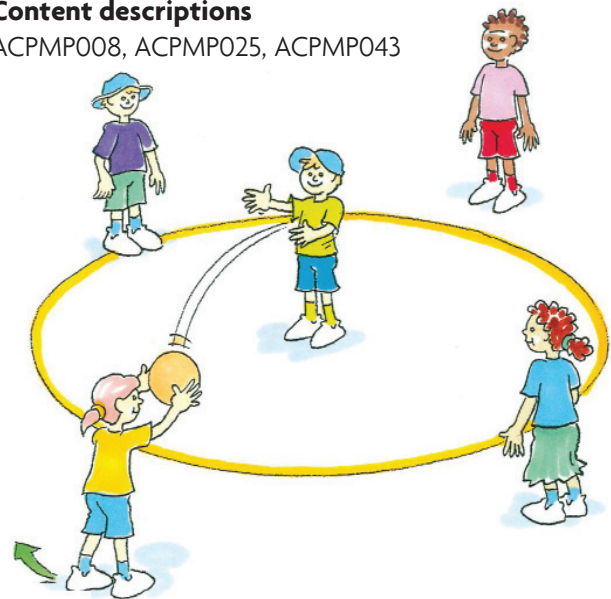
**Equipment** 1 foam ball (or similar) per group

### Skill focus

Throwing, catching and teamwork

### Content descriptions

ACPMPO08, 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?

# CIRCLE GROUNDERS

## Learning intention

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

## How to

1. Players form a large circle
2. 1 player begins with the ball and rolls it to another person in the circle
3. That player fields the ball and rolls it to another player in the circle, trying to get it through their legs

**Category** Get into it

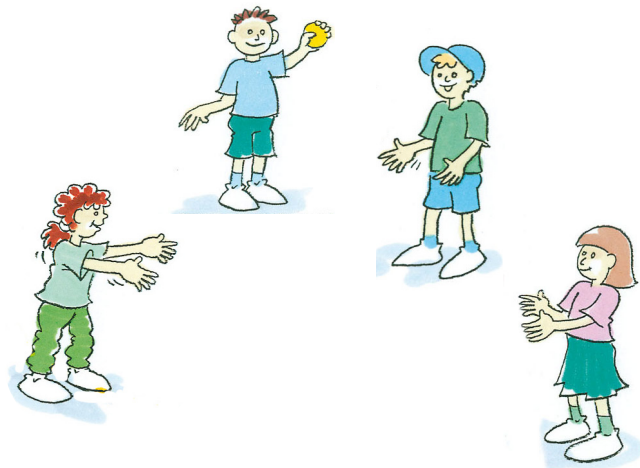
**Equipment** 1 soft core ball per group  
1 glove per player (optional)

## Skill focus

Fielding, catching, throwing and locomotor movement

## Content descriptions

ACPMP008, ACPMP025, ACPMP043



## Change it

Easier

- > Use larger balls

Harder

- > Play with 2 or more balls
- > Make the circle bigger

## Tips

- > Move behind the ball
- > Bend at the waist and knees
- > Watch the ball into your hands

## Question

- > What can you do to help your teammates receive the ball?

# WHAT DID YOU LEARN?

## How to

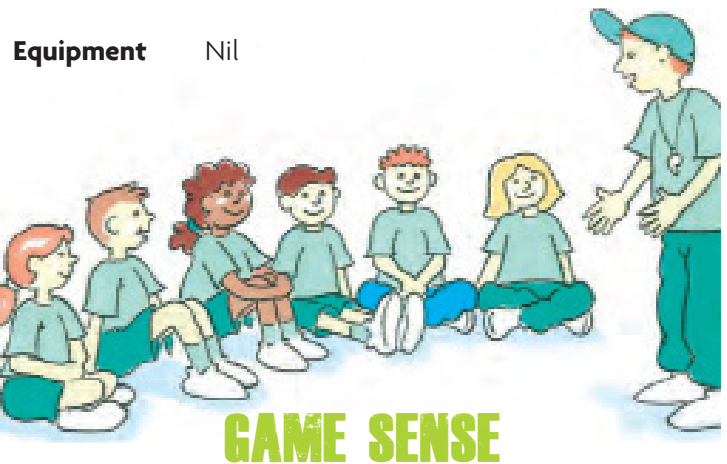
1. This reinforces key skills or tactical points. Use keywords and provide tactical tips.
2. Ask the players questions, eg remember when I asked Mary, Kate and John to show us how to throw?
3. What did you learn?

## Format

Questions and answers

## Tips

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



**Equipment** Nil

## 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 F-2

## THROW CLAP CATCH

### Learning intention

Throw clap catch is a fun, cooperative activity that supports players to develop the fundamental skills of catching.

### How to

1. Each player begins with a ball, which they throw in the air, clap their hands and then catch the ball
2. Options for this game are to see how many claps a player can do, clap behind their backs or touch the ground

**Category** Starter

**Time** 10 minutes

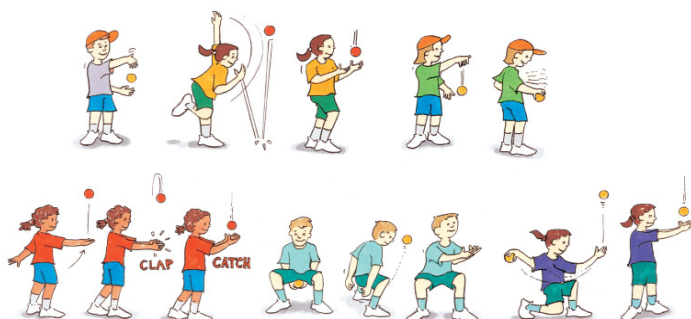
**Equipment** Various sized balls

### Skill focus

Catching, throwing and hand-eye coordination

### Content descriptions

ACPMPO08, ACPMP025, ACPMP043



### Change it

Easier

- > Use a bigger ball

Harder

- > Count the number of catches in 30 seconds then increase the time
- > Catch the ball with 1 hand, turn 180 degrees before catching the ball

### Question

- > Can you show me the best way to catch the ball?

## GROUND BALL

### Learning intention

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

### How to

1. Players line up side-by-side, each with a ball. 1 player begins facing the group, 10 metres away.
2. On 'GO', 1 player at a time rolls a ground ball in the direction of the other player
3. The player must move to field and return as many ground balls as possible within a certain time

**Category** Get into it

**Time** 10 minutes

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

### Skill Focus

Fielding, throwing, catching, locomotor movement and rolling

### Content descriptions

ACPMPO08, ACPMP025, ACPMP043



### Change it

Easier

- > Use larger balls
- > Allow the players to field the ball before the next ball is rolled
- > Increase the rolling distance to give the fielder more time

Harder

- > Vary the speed of the rolls to challenge the fielder
- > Reduce the time between rolls

### Tips

- > Move behind the ball
- > Bend at the waist and knees
- > Watch the ball into your hands

### Questions

- > How can you field the most ground balls?
- > Once you field the ball what do you need to do to get ready for the next roll?

# HIT THE SPOT

## Learning intention

Hit the spot is an inclusive activity to develop throwing, fielding and catching skills.

## How to

1. Players form pairs and stand either side of a target area marked by cones
2. Player 1 bounces the ball into the target area
3. Player 2 moves in to field the ball, returning it back to the thrower as quickly as possible, scoring 1 point for each successful return

**Category** Get into it

**Time** 30 minutes

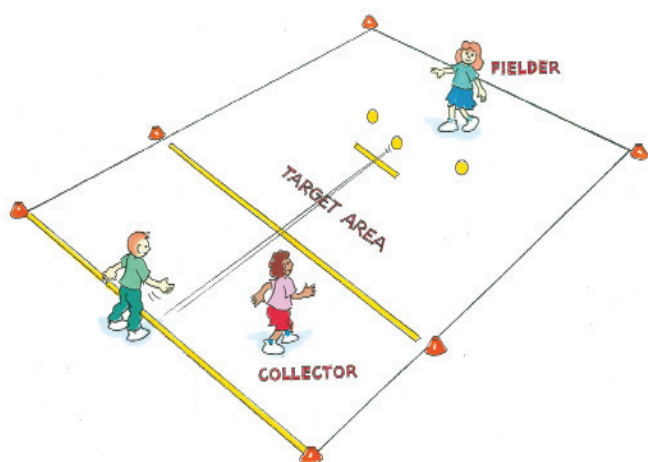
**Equipment** 6 marker cones per group  
1 soft core ball per pair

## Skill focus

Fielding, catching and throwing

## Content descriptions

ACPMP025, ACPMP029, ACPMP043, ACPMP045



## Change it

Harder

- > Increase the distance between player 1 and the target
- > Player 1 moves position after the throw to player 2
- > Player 2 throws to a target

## Tip

- > Turn side-on to throw the ball

## Questions

- > What method can you use to make your throw more accurate?
- > Where is the best place to throw the ball to score more points?
- > In which direction should you step to throw the ball?

# 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

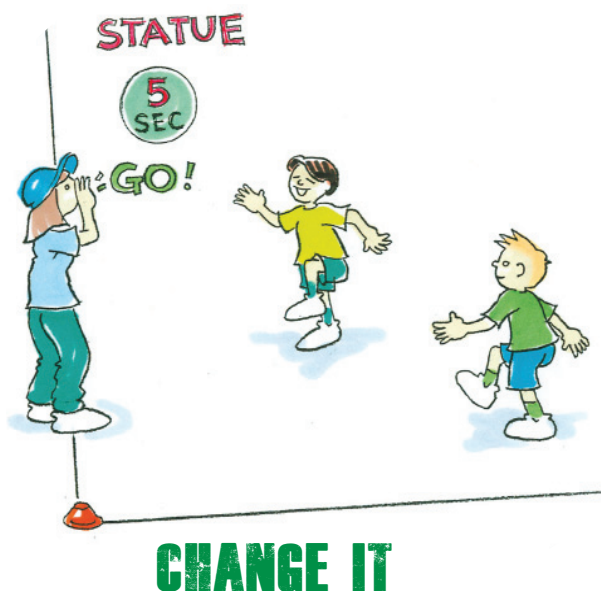
## Format

Coach feedback and skill review

## Questions

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

**Category:** Winding down



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 F-2

## CATS AND DOGS

### Learning intention

Cats and dogs develops spatial awareness, which is crucial for softball.

### How to

1. Players sit back to back along a line approximately 1 metre apart. One line is 'CATS', the other 'DOGS'.
2. Call the lines randomly. When a line is called, the group must stand and run to the safe zone in front of them.
3. The other group chases. If tagged, players must move to the other team.

**Category** Starter

**Time** 10 minutes

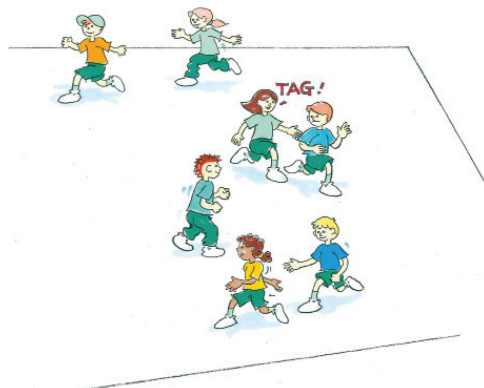
**Equipment** 4 marker cones

### Skill focus

Locomotor movement and tagging

### Content descriptions

ACPMPO08, ACPMP025, ACPMP043, ACPMP061



### Change it

- > Players start lying down
- > Vary the locomotion
- > Change the size of the playing area

### Safety

- > Encourage players to be aware of other players and the space around them

### Questions

- > What can you do to get to your feet quickly?
- > What can we do to make this activity easier or harder?

## HOOP THROW

### Learning intention

Hoop throw combines fielding, passing and target throwing.

### How to

1. Players stand opposite their partner in a wide circle around a hoop
2. Instruct players to throw the ball so it bounces inside the hoop for their partner to catch
3. A point is scored for each catch

**Category** Get into it

**Time** 20 minutes

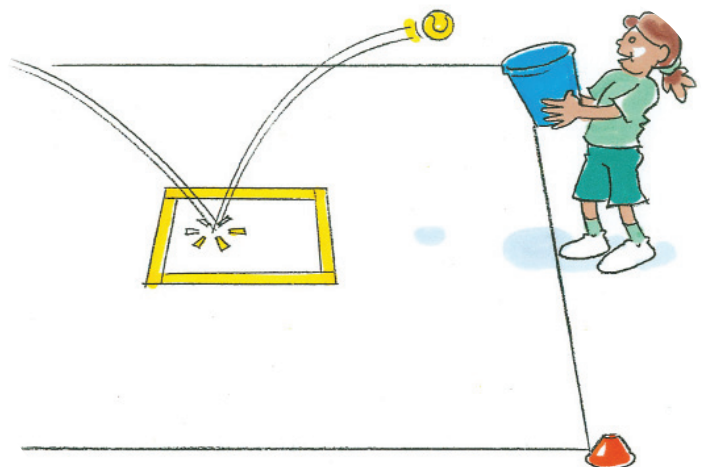
**Equipment** 1 hoop  
1 foam ball per pair  
1 bucket (or similar) per pair

### Skill focus

Throwing, catching and teamwork

### Content descriptions

ACPMPO43, ACPMP061



### Change it

Easier

- > Decrease the distance between the hoop and the players
- > Players get 2 points for catching the ball in the hoop

Harder

- > Receiver moves backwards on each catch
- > Increase the distance between the hoop and the player

### Question

- > Is it easier to catch the ball on the full in the hoop or on the bounce?

# KEEP IT OFF

## Learning intention

Keep it off links to activities requiring defending, throwing and catching.

## How to

1. Divide the players into groups of 3 with 2 players passing the ball to each other, keeping it away from the 3rd group member
2. When the ball is intercepted, players switch roles

**Category** Get into it

**Time** 20 minutes

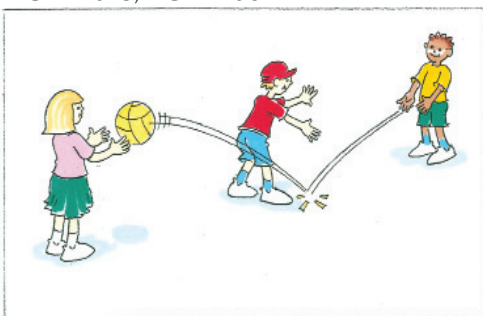
**Equipment** 1 foam ball per group

## Skill focus

Throwing, catching and defending

## Content descriptions

ACPMPO43, ACPMP061



## Change it

Easier

- > Reduce the playing area
- > Introduce a no-go zone that only the defender can enter

Harder

- > On your call, vary the type of pass, ie ground ball, underarm or overarm
- > Set a target
- > Add a time limit

## Tips

- > Fielding players should move their feet and body behind the ball
- > Players should bend at the knees and waist, with the fingers pointing down to field the ball

## Questions

- > What could we do to make this game harder for the player trying to intercept the ball?
- > When the defender is standing in front of you, what is the best type of throw?
- > When the defender is standing next to the receiver, what type of throw is best?

# 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.

## 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 F-2

## CHAIN TAG

### Learning intention

Chain tag is an activity that develops cooperative behaviours as students work together to move around the playing area.

### How to

1. Players spread out within a designated area
2. 2 players are nominated as taggers and hold hands to form a chain
3. Holding hands, they run to tag as many players as they can
4. Once tagged, others join the chain
5. Only outside hands can tag free runners, ie first and last person of the chain

**Category** Starter

**Time** 5 minutes

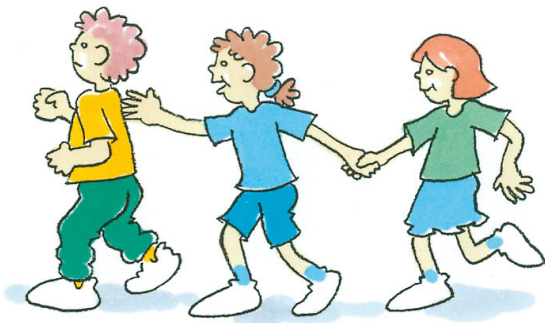
**Equipment** 4 Marker cones

### Skill focus

Locomotor movement and teamwork

### Content descriptions

ACPMPO08, ACPMP025, ACPMP043



### Change it

- > Have more players in a chain
- > Change the size of the playing area

### Safety

- > Players need to be aware of other players and the space around them.

### Questions

- > Is it easier or harder with more people in the chain?
- > What is the best way to work as a team to tag players?

# 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 3 coloured bean bags in a row

**Category** Starter

**Time** 10 minutes

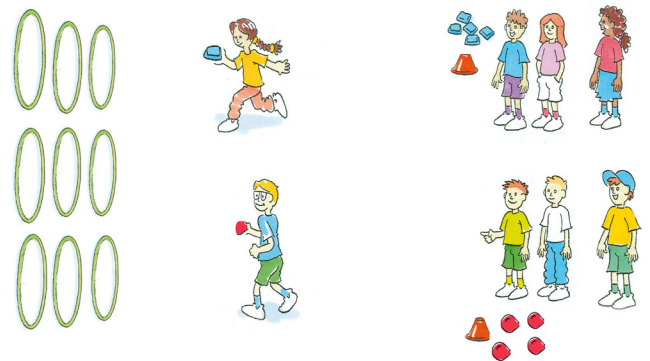
**Equipment** 9 hoops per group  
6 blue bean bags per group  
6 red bean bags per group

### Skill focus

Locomotor movement and teamwork

### Content description

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?



# LEADER THROW

## Learning intention

Leader throw combines throwing and catching with agility.

## How to

1. Form players into teams of 5
2. 1 player in each team stands 3 metres in front of the rest of the group, who stand side by side facing them
3. The leader commences to throw the ball down the line of players. As soon as the last person receives the ball, the player at the start of the line becomes the new leader.

**Category** Get into it

**Time** 30 minutes

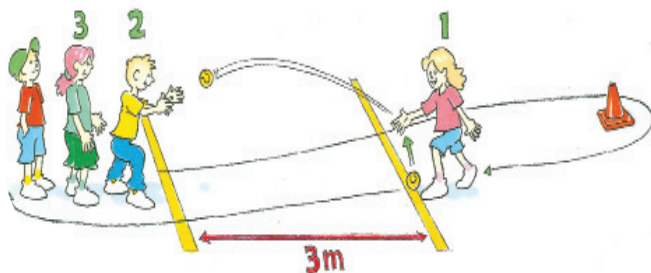
**Equipment** 1 foam ball per group  
Marker cones

## Skill focus

Throwing, catching, teamwork and locomotor movement

## Content descriptions

ACPMPO43



## Change it

Easier

- > Increase the size of the ball
- > Players pass to the person next to them rather than to the leader
- > Pass the ball down the line between players rather than back to the leader. When the ball reaches the last player, they become the new leader.

Harder

- > Move the leader further away

## Tips

- > Encourage players to have fast hands
- > Watch the ball into your hands
- > Vary the type of throw

## Question

- > How can we get the ball down the line faster?

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# PUPPETEER

## How to

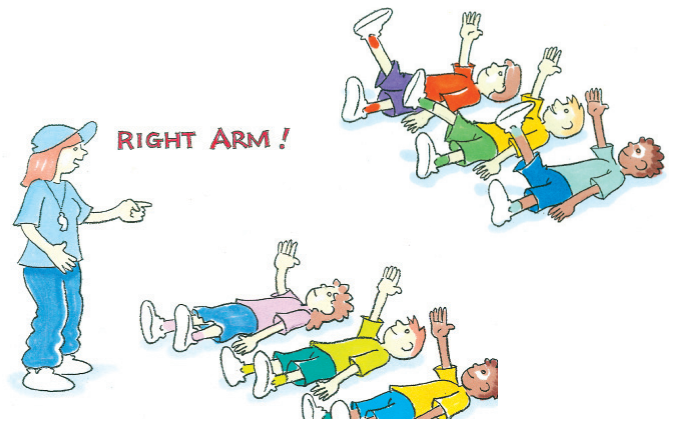
1. Players act as puppets, moving their body to your calls (you are the puppeteer). Players lay down.
2. You pretend to be the puppeteer. Players respond to your calls. The coach says 'I am pulling the string to your right arm now' (players raise their right arm).
3. 'Now I'm lowering your arm and pulling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