



# SOFTBALL JUGGLING GUIDE

## Starting the session:

Quick introduction, *“here’s what we are going to do today, everyone grab a ball and follow my lead”*

Hand out balls, one per player (no gloves needed to start)

- passing ball from hand to hand in front of body
- passing ball from hand to hand behind back
- passing ball around your body
- around your knees
- around your ankles

## Each exercise is done quickly to keep children focused

- Holding the ball straight out in front of your body with a straight arm, let the ball drop as close to the ground as possible then catch the ball with the same hand that drops it. Make sure the ball is dropped not thrown.
- Depending on age and ability do the same but add a clap before catching the ball.
- Ball between your feet then flick the ball up in front of your chest by jumping and bringing your knees up and catch the ball.
- Again depending on ability, ball between feet then flick the ball over your head and catch the ball out in front. Done best with momentum going forward.
- Holding the ball with a straight arm and in front of your body and do a circle around the ball as its dropping then catch the ball on top with the same hand that drops it.
- Stand with you feet wide apart, start by holding the ball with both hands behind your body, just under your bum. Pass the ball through your legs by doing a soft throw with both hands then quickly bring your hands around to the front of your body and catch it with two hands. Go back and forth trying not to drop the ball.
- Get the kids to spread out and find a space to themselves, this game is called the world clapping record. Throw the ball up underarm and start with one clap then two claps and so on.
- Once you drop the ball start back at one. After about 2 or 3 minutes bring the kids in and tell them they will have 1 minute to start at their record and try to beat it by 2 claps. They don’t have to start at 1 if they drop it. Ask them to give you some ways to get those extra claps. eg quicker claps, higher throws and catch the ball lower to the ground.

**Try to keep each exercise around two to three minutes, change activities quickly, demonstrate each new skill, give loads of positive feedback and *“Have FUN with it”*.**