

## SOFTBALL - RUNNING RELAY

### Quick introduction

Teams start at different bases and race around the softball diamond.

### Getting started

- The race is conducted on a softball diamond.
- The group is split into teams of equal numbers and each team is assigned a base.
- When the teacher/leader gives the 'go' signal, one player from each team sets off running anti-clockwise around the diamond, making sure they touch each base.
- When they arrive back at their starting point they give their team-mate a high five and then the next player sets off running.
- The game is over when all players have run around the bases and are back in their original starting position.

### Health and safety

- Players waiting for their turn to run must stay out of the way of runners from other teams.
- Ensure teams are relatively even to avoid overtaking.

### Equipment required

- Four bases.



# SOFTBALL – RUNNING RELAY



## PHYSICAL ME

- Run as fast as you can. Pump your arms as you run.
- Make sure you touch the inside edge of each of the bases.

## SOCIAL ME

### Leading and volunteering

- The leader gives the instruction to start the race and decides which team wins.
- The leader also makes sure that no one sets off running too early. Runners may only run once they have high fived their team-mate.

## Think inclusively (STEP)

### Space

- Move the bases closer together.
- Move the activity to a hard surface area to allow SEN/disabled players to participate.

### People

- Ensure mixed ability teams start at each base.
- Allow runners to go in pairs.

## THINKING ME

- How can I get around the bases fastest? i.e. straight lines or curves.

## SPORTING ME

### Spirit of the Games: *Excellence through Competition*



Did I touch all the bases and did I wait until I had been high fived before setting off?

## TACTICAL ME

Which order should runners run in?



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## SOFTBALL - THROWING STRIKES

### Quick introduction

Students work in teams of three and score points for every time they throw a ball into the strike zone.

### Getting started

- Players work in teams of three.
- One person is the pitcher, one the fielder and one the score keeper. After each round everyone rotates roles.
- The pitcher stands on the throwing line where four balls are lined up.
- The scorekeeper stands behind the pitcher so they can see if the ball hits the strike zone. If it does, the score keeper records it.
- After the pitcher has thrown all four balls the fielder collects all four balls and everyone swaps roles. Usual rotation would be: fielder to pitcher to scorer.
- The game is complete when everyone has had a turn at every role. The first team to finish should all sit down to show they were first to finish.
- Each strike thrown is awarded one point, plus three bonus points are awarded to the team who completed it first.

### Health and safety

- Scorekeeper and fielder must stand behind the pitcher.
- Pitchers to be well spaced.

### Equipment required

- A rectangular strike zone target for each group should be hung or marked onto a wall and a throwing line marked on the ground 10-20m away.
- Four softballs or tennis balls for each team.
- One fielder's glove for each team (optional).



# SOFTBALL - THROWING STRIKES



## PHYSICAL ME

- The pitcher should stand side on to their target.
- The pitcher should move quickly but not rush their throw.
- Pitchers should take a step forward with the opposite foot to their throwing hand.
- The fielder should be as quick as they can when collecting up the balls to ensure transitions are fast.
- Pitchers to point at their target with their non throwing hand.

## SOCIAL ME

### Leading and volunteering

- Scorers keep tally of their team's score, everyone rotates through this role.
- An overall leader could decide which team finished first.
- An overall score keeper can tally all teams' scores.

### Think inclusively (STEP)

#### Space

- Shorten distance to target.
- Increase strike zone target area.

#### Task

- Consider giving half points for hitting the wall but not the strike zone.

## Equipment

- Use larger/lighter balls.

## People

- All players to throw from a seated position..

## THINKING ME

- Keep eyes on target when pitching.
- After pitching the ball, follow through towards target.
- Step forward with your front foot.
- When fielding how can I gather up the balls fastest?

## SPORTING ME

### Spirit of the Games:

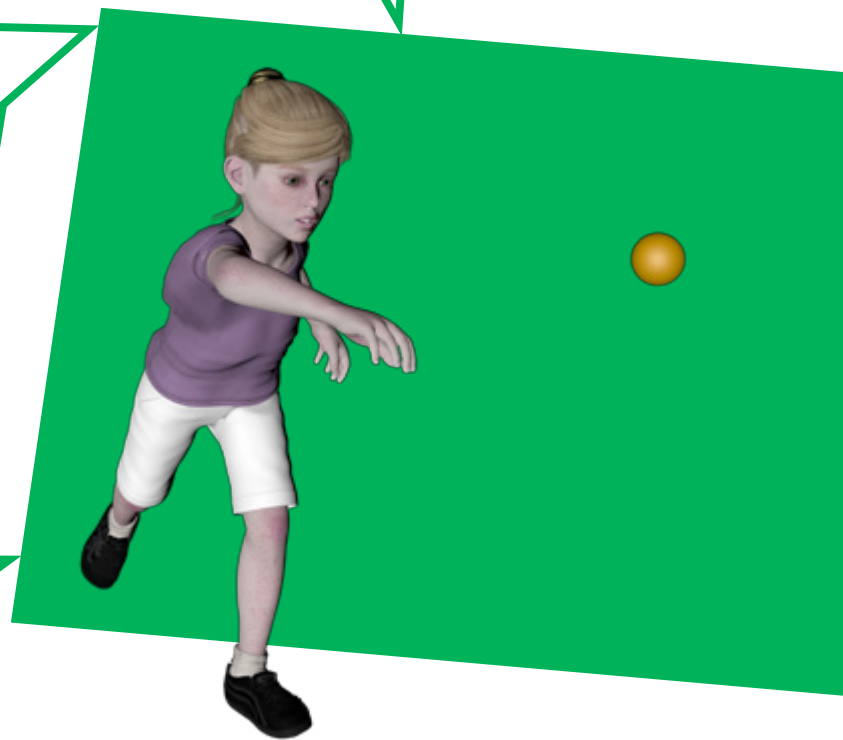
#### *Excellence through Competition*



Even if the first few throws miss, I will keep trying my best and aiming at the strike zone. I will field the balls quickly and return them to station ready to throw.

## TACTICAL ME

- Which order should our team work in?
- When pitching either hold onto the spare balls or have them very nearby.
- Should I throw them as quickly as I can or take time to aim?



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## SOFTBALL - UP THE MIDDLE

### Quick introduction

Up the middle is a softball activity where the aim is to hit the ball up the middle of the field. Fielders can reduce the batting team's point scoring by fielding it before it leaves the infield or not allowing any points if the ball is caught.

### Getting started

- Divide the group into two teams of four players.
- The fielding team positions itself to field the balls but players stand no closer than the imaginary line between first and third base.
- Each player from the batting team hits four balls off of a tee into the field of play.
- Foul balls or balls caught by the fielding team don't score any points.
- Balls hit inside the diamond in the left and right segment score one run. Balls hit inside the diamond but up the middle score two runs. Balls hit into the outfield outside the cones score two runs, while outfield hits up the middle score four.
- When all four players on the batting team have hit four balls, the teams swap over.

### Health and safety

- Surrounding area to be clear of bags, equipment etc.
- Ensure players waiting to bat are standing a safe distance away.

### Equipment required

- Three bases.
- One tee.
- One bat.
- Cones or chalk to mark the playing area.
- Throw-down lines.
- Softballs or tennis balls.
- Four fielders gloves (optional).



# SOFTBALL - UP THE MIDDLE



## PHYSICAL ME

- When batting, make sure you keep looking at the ball while swinging.
- Keep your eye on the ball when fielding.

## SOCIAL ME

### Leading and volunteering

- Record keepers could keep and record the scores for each participant as well as team scores.

### Think inclusively (STEP)

#### Space

- Reduce or increase the size of the scoring areas.

#### Task

- Allow points to be scored even if the ball goes into foul territory.
- Allow points to be scored even if the fielder catches it.
- Allow batters to hit more balls and count only their top three scores.

#### Equipment

- Allow the players to hit a bigger/lighter ball.

#### People

- Increase or decrease the amount of fielders.

## THINKING ME

- Could I call for the ball to avoid a collision with my team-mate?

## SPORTING ME

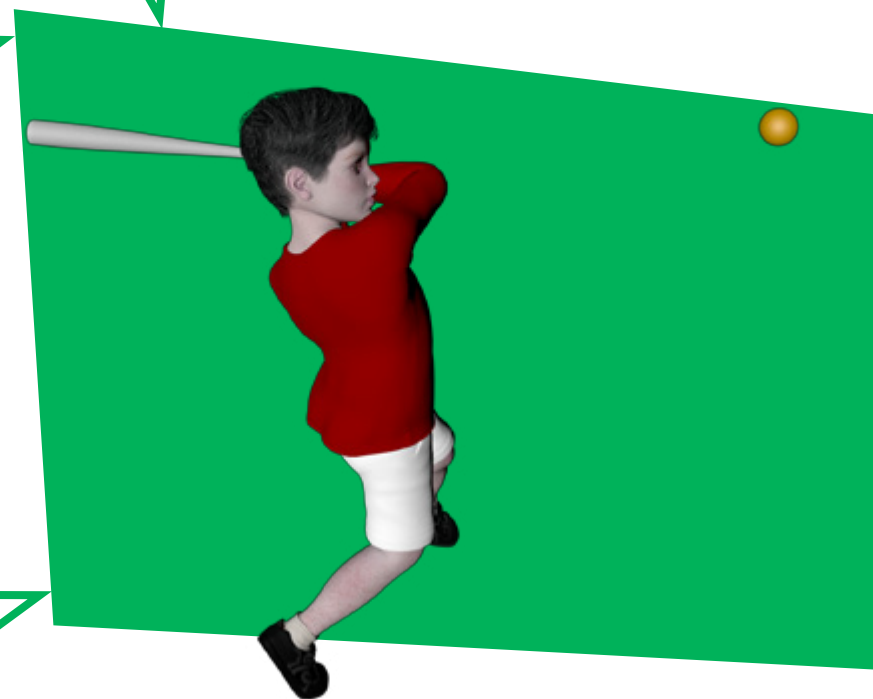
### Spirit of the Games: *Excellence through Competition*



I should focus on one play at a time – if I don't hit the ball or misfield the ball then I will try to forget about it and try my best for the next one.

## TACTICAL ME

- If I hit the ball hard and flat, it's less likely to be caught.
- I should stand side on but changing the direction of my feet slightly to help me direct the ball when hitting.



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