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 **Softball Lesson 1 Batting Technique (Week 1)**

**Grade Level: Middle School**

 **Topic/Unit:**  Batting in Softball

 **National Standards and Corresponding Objectives:**

###### Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

###### Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

###### Standard 3: Participates regularly in physical activity.

###### Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

***By the end of the lesson, the student will be able to:*** Orally talk through the steps of the proper batting technique and demonstrate their new knowledge.

**Lesson Description/Overview:** The goal of this lesson is to teach my softball athletes the proper batting technique in softball. They will be able to demonstrate how to properly bat and build up their motor skills to bat at full speed.

**Lesson:** For this lesson you will need enough bats for half of your team.

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| **Time****15 min****(prepare)** | **Warm-Up:** Athletes will do a series of dynamic stretches: arm circles, lunges, leg swings, high knees, butt kicks and karaoke. After these exercises the athletes then run a jog lap around the softball field. Then athletes will warm their arms up by throwing at different distance increments. |

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| **Time****7 min****(demo)** | **Learning Experiences/Activity(ies):** I will demonstrate proper batting technique. 1. feet shoulder width apart2. front elbow bend and back elbow at 45 degree angle3. place dominant hand on top of non dominant4. stand perpendicular to pitcher5. bring bat to side of body farthest from pitcher6. pivot back foot as you swing, “squish the big with front foot”7. swing bat at a 45 degree angle, wrists break when they cross your body8. follow through with your hips, bat should finish on your back9. let the ball come to you10. keep your head and eyes on the bat until contact is made |

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| **Time****10 min****(activity)** | **Learning Experiences/Activity:** Athletes will get in partners and grab 1 bat. The batter will walk their partner through the technique of a swing. Making sure that each step is demonstrated properly. As they become more comfortable with the technique they will begin to swing at a faster rate of speed until they are swinging at full speed. I will be walking around monitoring and giving tips.  |
| **Time****10 min****(activity)** | **Cool Down:** Students will do a series of static stretches. Stretching out their arms, hamstrings, quads, calves, core and back. |

**Assessment:**

Students will demonstrate to me, the coach, the proper technique for batting. They will walk through all the steps and show me their improved swing.

**Softball Lesson 2 Batting from a Tee (Week 2)**

**Grade Level: Middle School**

 **Topic/Unit:**  Batting in Softball

 **National Standards and Corresponding Objectives:**

###### Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

###### Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

###### Standard 3: Participates regularly in physical activity.

###### Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

***By the end of the lesson, the student will be able to:*** Use proper form to hit softballs off a tee.

**Lesson Description/Overview:** The goal of this lesson is to have my softball athletes utilize proper batting technique to hit softballs off a tee. This will require them to know the proper technique, have practiced at full speed, and be able to add the element of aiming for a stationary object.

**Lesson:** For this lesson you will need bats, softballs and tees. Depending on the number of athletes the quantity of each will vary.

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| **Time****15 min****(prepare)** | **Warm-Up:** Athletes will do a series of dynamic stretches: arm circles, lunges, leg swings, high knees, butt kicks and karaoke. After these exercises the athletes then run a jog lap around the softball field. Then athletes will warm their arms up by throwing at different distance increments. |

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| **Time****7 min****(demo)** | **Learning Experiences/Activity(ies):** I will review proper batting technique. 1. feet shoulder width apart2. front elbow bend and back elbow at 45 degree angle3. place dominant hand on top of non dominant4. stand perpendicular to pitcher5. bring bat to side of body farthest from pitcher6. pivot back foot as you swing, “squish the big with front foot”7. swing bat at a 45 degree angle, wrists break when they cross your body8. follow through with your hips, bat should finish on your back9. let the ball come to you10. keep your head and eyes on the bat until contact is madeThen I will demonstrate how to set up the tee to the proper height for each player and how to load the balls on to the tee. I will demonstrate the proper technique of batting using the tee.  |

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| **Time****15 min****(activity)** | **Learning Experiences/Activity:** I have 12 athletes. I will divide them up into groups of four. Each group will be given a bat, 10 balls and a tee. In each group there will be three different duties: batting, loading the tee, and fielding (two individuals). Each batter will be given 10 balls to hit off the tee and then they will switch positions until everyone has batted twice.  |
| **Time****5 min****(activity)** | **Cool Down:** Students will do a series of static stretches. Stretching out their arms, hamstrings, quads, calves, core and back. |

**Assessment:**

Students will demonstrate that they have mastered the proper batting technique. They will use this knowledge to hit balls off the tee, missing the ball or hitting the tee a minimum number of times.

**Softball Lesson 3 Wiffle ball Batting**

**Grade Level: Middle School**

 **Topic/Unit:**  Batting in Softball

 **National Standards and Corresponding Objectives:**

###### Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

###### Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

###### Standard 3: Participates regularly in physical activity.

###### Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

***By the end of the lesson, the student will be able to:*** Hit wiffle balls that a teammate is tossing to them.

**Lesson Description/Overview:** Athletes have learned proper batting technique and practiced off a tee. They will now move to soft toss wiffle ball. This means an individual will toss wiffle balls to the batter. The batter will hit the wiffle balls to their teammates in the field.

**Lesson:** For this lesson you will need bats and wiffle balls.

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| **Time****10 min****(prepare)** | **Warm-Up:** Athletes will do a series of dynamic stretches: arm circles, lunges, leg swings, high knees, butt kicks and karaoke. After these exercises the athletes then run a jog lap around the softball field. Then athletes will warm their arms up by throwing at different distance increments. |

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| **Time****5 min****(demo)** | **Learning Experiences/Activity(ies):** I will quickly review proper batting technique. 1. feet shoulder width apart2. front elbow bend and back elbow at 45 degree angle3. place dominant hand on top of non dominant4. stand perpendicular to pitcher5. bring bat to side of body farthest from pitcher6. pivot back foot as you swing, “squish the big with front foot”7. swing bat at a 45 degree angle, wrists break when they cross your body8. follow through with your hips, bat should finish on your back9. let the ball come to you10. keep your head and eyes on the bat until contact is madeThen I will demonstrate how to toss wiffle balls to a batter.  |

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| **Time****20 min****(activity)** | **Learning Experiences/Activity:** First, athletes will practice tossing wiffle balls at proper height and distance for a batter to hit. Then, athletes will get into groups for 4. There are 3 different positions in each group: batter, wiffle toss-er and fielder (two individuals). Each group will get 10 wiffle balls. Each batter will be thrown 10 good tosses and then they will switch.  |
| **Time****5 min****(activity)** | **Cool Down:** Students will do a series of static stretches. Stretching out their arms, hamstrings, quads, calves, core and back. |

**Assessment:**

Students will demonstrate their ability to hit wiffle balls from a soft toss.

**Softball Lesson 5 Batting of a Pitcher**

**Grade Level: Middle School**

 **Topic/Unit:**  Batting in Softball

 **National Standards and Corresponding Objectives:**

###### Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

###### Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

###### Standard 3: Participates regularly in physical activity.

###### Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

***By the end of the lesson, the student will be able to:*** Demonstrate their ability to hit softballs from a slow pitch pitcher.

**Lesson Description/Overview:**

The goal of this lesson is to expose the athletes to slow pitch pitching. They will practice their batting technique and gain more experience batting.

**Lesson:** For this lesson you will bats, gloves and softballs.

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| **Time****10 min****(prepare)** | **Warm-Up:** Athletes will do a series of dynamic stretches: arm circles, lunges, leg swings, high knees, butt kicks and karaoke. After these exercises the athletes then run a jog lap around the softball field. Then athletes will warm their arms up by throwing at different distance increments. |

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| **Time****5 min****(demo)** | **Learning Experiences/Activity(ies):** I will demonstrate proper batting technique. 1. feet shoulder width apart2. front elbow bend and back elbow at 45 degree angle3. place dominant hand on top of non dominant4. stand perpendicular to pitcher5. bring bat to side of body farthest from pitcher6. pivot back foot as you swing, “squish the big with front foot”7. swing bat at a 45 degree angle, wrists break when they cross your body8. follow through with your hips, bat should finish on your back9. let the ball come to you10. keep your head and eyes on the bat until contact is madeThen I will demonstrate what slow pitch pitching looks like.  |

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| **Time****25 min****(activity)** | **Learning Experiences/Activity:** Athletes will be assigned to a position in the field. The remaining 2 people will bat first. They will get 7 good pitches each. When they hit their 7th ball they will run to first base. The fielders will catch the balls and return them to me as I pitch. We will rotate batters until time is up. This will be one of their first experiences seeing live pitching and the first time they will be exposed to this while batting.  |
| **Time****5 min****(activity)** | **Cool Down:** Students will do a series of static stretches. Stretching out their arms, hamstrings, quads, calves, core and back. |

**Assessment:**

Students will demonstrate their ability to hit live pitching.

**Softball Lesson 6 Batting in a game**

**Grade Level: Middle School**

 **Topic/Unit:**  Batting in Softball

 **National Standards and Corresponding Objectives:**

###### Standard 1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.

###### Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

###### Standard 3: Participates regularly in physical activity.

###### Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

***By the end of the lesson, the student will be able to:***  Hit pitching in a game. Each school teaches pitching differently so the athletes will need to make adjustments to the individual pitcher.

**Lesson Description/Overview:**

The goal of this lesson is to expose the athletes to a different style of pitching. They will take the skills they have and apply them to a new situation.

**Lesson:** For this lesson you will bats, gloves and softballs.

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| **Time****10 min****(prepare)** | **Warm-Up:** Athletes will do a series of dynamic stretches: arm circles, lunges, leg swings, high knees, butt kicks and karaoke. After these exercises the athletes then run a jog lap around the softball field. Then athletes will warm their arms up by throwing at different distance increments. |

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| **Time****20 min****(demo)** | **Learning Experiences/Activity(ies):** Each athlete will have the opportunity to hit 10 soft toss pitches from me, prior to the beginning of the game. |

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| **Time****75 min****(activity)** | **Learning Experiences/Activity:** Athletes will bat in order throughout the whole game. Each player will get 3 strikes or four balls to get on base. |
| **Time****5 min****(activity)** | **Cool Down:** Students will do a series of static stretches. Stretching out their arms, hamstrings, quads, calves, core and back. |

**Assessment:**

Can each batter make contact with the ball, swing affectively and/or get on base.