



What is Softball Batter Up?

"A program that makes playing, teaching and coaching softball easy."

Softball Australia's national participation program, Softball Batter Up, is designed to be fun, flexible and engaging for children from kindergarten age to Year 6, focusing on fun activities while learning basic throwing, catching and striking skills. You don't need to be an experienced softballer or coach to deliver a successful program, which can be adapted for all ages and abilities using the Game Sense and CHANGE IT approach. Softball Batter Up activities align with the national health and physical education curriculum and are written with coaches and teachers in mind. Detailed information is provided on each activity's learning intention, band levels, and skill focus, together with questions to encourage participant engagement. With more than 60 different softball activities and games on offer, you can design your own softball sessions, or even design your entire program.

FOR KIDS

FOR PARENTS

FOR COACHES

FOR TEACHERS

For Teachers

Softball Australia's national participation program, Softball Batter Up is designed to be fun, flexible and engaging for children from kindergarten age to Year 6, focusing on fun activities while learning basic throwing, catching and striking skills.

You don't need to be an experienced softballer or coach to deliver a successful program, which can be adapted for all ages and abilities using the Game Sense and CHANGE IT approach. Every teacher will feel confident delivering a Softball Batter Up lesson.

Softball Batter Up activities align with the national health and physical education curriculum and are written with coaches and teachers in mind. Detailed information is provided on each activity's learning intention, band levels and skill focus, together with questions to encourage participant engagement.

The Program resources are designed to be informative, stimulating, comprehensive and easy to follow, providing any teacher the ability to develop creative sessions and provide strategies to keep students engaged.

With more than **65 different softball activities** on offer, you can design your own softball sessions, or even design your entire program allowing for repetition over time to maximise learning and development opportunities.

The [SBU for coaches and teachers booklet](#) contains all the information you will need to run a successful and engaging program.

To be endorsed as a teacher to deliver Sporting Schools, please [click here](#).

Softball Batter Up Website:

www.softballbatterup.com.au

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Our Approach



Planning a Session



Managing Groups



Safety



Fundamental Skills



Games



Session Planner



Pre-planned Sessions



- HOW TO USE RESOURCES
- SESSION PLANNER
- PRE-PLANNED SESSIONS
- EQUIPMENT

SKILL FOCUS	A-Z	CONTENT DESCRIPTION	BAND LEVEL
Starter	2 square bounce	Around the world	Bombard ball
	Cats and dogs	Cham tag	Flip it
	Hoop relay run	How high	Kolap
	No-go	Noughts and crosses	Perfect catch
	Ship to shore	Stork tag	Throw roll
	Triangle tag	Water balloons	
Get into it	Along the line	Base run	Boma jokes
	Bunting accuracy	Catching in pairs	Continuous fielding
	Croc frenzy	Cut the cake	Fielding soccer
	Gom	Ground ball	Hit the spot
	Hollow triangles	Hoop throw	Leader throw
	Line bunting	Pairs flyballs	Pepper
	Pressure fielding	Rebound catch	Ten trips
Game Application	Beat the ball	Beat the base	Blast ball
	Diamond ball	Engage all	Fast track
	Hit hit throw and go	In the zone	Progressive coach pitch
	Target throw and run	Tee ball	Tunnel ball throw
			Coach pitch
			Field hit
			Runners and throwers

MY SESSION PLAN

Session Date: 19/08/2019

- Bombard ball
- Circle grounders
- Hit hit throw and go

[Add customised session](#)

[VIEW PREVIOUS PLANS](#) [SAVE](#) [PRINT](#)

[RESET SESSION PLAN](#)

STARTER: Bombard ball



[View Order](#)

[Add](#)

LEARNING INTENTION

- 1. To be able to throw the ball accurately.
- 2. To be able to catch the ball accurately.
- 3. To be able to throw the ball accurately.

BAND LEVEL

1-2-3-4-5-6-7-8-9-10-11-12

CONTENT DESCRIPTION

Circle grounders

SKILL FOCUS

Accuracy, Precision, Power

EQUIPMENT

- 1. Bombard ball
- 2. Soft ball
- 3. Soft ball

HOW TO

1. Stand on the edge of the circle.
2. The person in the middle of the circle gets the ball and they throw it to the person on the edge.
3. The person on the edge catches the ball.

CHANGE IT...

Use different equipment.

Notes

- 1. Use different equipment.
- 2. Use different equipment.

QUESTIONS

- 1. What is the name of the ball?
- 2. What is the name of the circle?
- 3. What is the name of the person who gets the ball?
- 4. What is the name of the person who catches the ball?
- 5. What is the name of the person who throws the ball?
- 6. What is the name of the person who gets the ball?

FOR KIDS

FOR PARENTS

FOR COACHES

FOR TEACHERS

Pre-planned Sessions



LEARNING BANDS
F-2

- Level F-2 Four Sessions
- Level F-2 Six Sessions



LEARNING BANDS
3-4

- Level 3-4 Four Sessions
- Level 3-4 Six Sessions



LEARNING BANDS
5-6

- Level 5-6 Four Sessions
- Level 5-6 Six Sessions

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

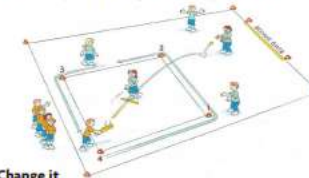
Equipment 1 foam ball, per group
1 batting tee, per group
1 foam bat, 4 marker cones (bases)

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.