

Season Plan for 8 to 9 Year Olds

Many 8 - 9 year olds have had little or no exposure to softball. Don't assume they have any knowledge of the game. Help them explore the basic tactics and skills of the sport, as suggested in the following season plan.

Practice	Purpose	Tactics and Skills
1	To learn throwing and catching techniques	Proper Grip; throwing; catching; throwing to bases
2	To defend in the infield on ground balls.	Fielding grounders and throwing to first base; hitting and running to first base
3	To learn hitting mechanics	Hitting off a batting tee; fielding batted balls; running to first base after hitting
4	To defend in the outfield on fly balls and ground balls	Fielding grounders and throwing to the appropriate base; fielding fly balls and throwing to the appropriate base; hitting off the tee and fielding the hits
5	To develop bunting techniques and baserunning skills	Bunting and running to first base; fielding bunts and throwing to first base
6	To work on hitting and baserunning mechanics	Hitting off the batting tee; running the bases; tagging up and advancing; fielding and throwing
7	To defend at second base by using force plays	Fielding ground balls; making force plays at second base
8	To work on pitching and throwing mechanics	Pitching; hitting; throwing; running out the hits
9	To defend at third base by fielding bunts and making tag plays	Making tag plays at third base; fielding bunts; baserunning
10	To work on hitting and baserunning strategies	Hitting off the batting tee; fielding and throwing to bases; running out the hits
11	To defend in the outfield, including making relay throws	Fielding ground balls and fly balls in the outfield; throwing to a relay person; running the bases
12	To work on bat control and hitting mechanics	Hitting off the batting tee; hitting only ground balls; running the bases
13	To develop pitching and bunting	Pitching; bunting; running out bunts
14	To defend at second base and first base by converting double plays	Fielding grounders and throwing to second base; running the bases; making double plays