

striking Skills and Drills

Equipment	Age	Equipment	Age
• Softball bat	5-6	• Softball bat	10-11
• Softball	5-6	• Softball	10-11
• Softball glove	5-6	• Softball glove	10-11
• Softball field	5-6	• Softball field	10-11
• Softball	5-6	• Softball	10-11
• Softball	5-6	• Softball	10-11
• Softball	5-6	• Softball	10-11
• Softball	5-6	• Softball	10-11

Lesson 1. Baseball hitting basics

Equipment	Age	Equipment	Age
• Softball bat	5-6	• Softball bat	10-11
• Softball	5-6	• Softball	10-11
• Softball glove	5-6	• Softball glove	10-11
• Softball field	5-6	• Softball field	10-11

Lesson 2. Baseball hitting for distance and control

Equipment	Age	Equipment	Age
• Softball bat	5-6	• Softball bat	10-11
• Softball	5-6	• Softball	10-11
• Softball glove	5-6	• Softball glove	10-11
• Softball field	5-6	• Softball field	10-11

Lesson 3. Hockey striking and games

Equipment	Age	Equipment	Age
• Hockey stick	5-6	• Hockey stick	10-11
• Hockey puck	5-6	• Hockey puck	10-11
• Hockey field	5-6	• Hockey field	10-11

The skills

When practicing striking for control, focus on hitting with different hands for different goals. A bigger, more powerful swing is used for the longer, harder ball, and a smaller, more controlled swing is used for the shorter, softer ball.

The 2-handed strike

When practicing for control, the ball should be about the height of your belly button.

1. Holding the bat: Grip the bat with 2 hands, hands touching together - and don't separate too hard. Place your "power" hand "closed" to the fat end of the bat.
2. Standing ready: Stand side on, with your feet in line with the ball. Keep your "power" hand on the ball. Hold your bat on straight in front of you "measures up" - don't stand too close. Then swing the bat behind your shoulder - like carrying a "bat case".
3. Striking: Take a big step with your front foot and swing through the ball. Hit the ball, and follow through with the bat and it is on your opposite shoulder.

Once the kids have built confidence and had practice hitting off a tee, you can then progress to **ambidextrous** striking. Either the teacher, or a student with a consistent throw can stand 3-4 metres in front of the hitting and pitch a ball to them.

The skills

The 1-handed strike

When practicing for control, the ball should be about the height of your belly button.

1. Ready to swing: stand side on with your body in the "T" position, legs apart. Hold your racket behind you with a straight arm. From your non-racket hand forward in front of your "striking arm".
2. Take a big forward step with your front foot, and swing your racket from low to high, like an **overhead golfing swing**.
3. Follow through with your racket over your shoulder.

The Overhead hit

Hitting the ball with your racket over your shoulder.

1. Keep your eyes on the ball in the air.
2. Get into the "ready" position. Place your non-racket hand on the air. "Control" your racket with your racket.
3. Swing your racket over your head and the ball with a **straight arm**.

The Hockey stance

Hold the stick with your hands well apart and the blades for your feet. Keep your feet back on the edge of the stick. Have your feet back about shoulder width apart. Feet shoulder width apart. Feet shoulder width apart. Feet shoulder width apart.

Controlling the ball

In the ball comes towards you, move your stick behind it. "Cushion" the ball - gently touch it and stop it.

The push pass

Push the ball along the ground with your stick. Push the ball along the ground with your stick. Push the ball along the ground with your stick.

The shot

Push the ball up into the air with your stick. Push the ball up into the air with your stick. Push the ball up into the air with your stick.

See if you can...

Control the ball with your stick. Control the ball with your stick. Control the ball with your stick.

Push the ball along the ground with your stick. Push the ball along the ground with your stick. Push the ball along the ground with your stick.

Push the ball up into the air with your stick. Push the ball up into the air with your stick. Push the ball up into the air with your stick.

Over the top

Over the top of the ball, swing the bat over your shoulder. Over the top of the ball, swing the bat over your shoulder.

Over the top

Over the top of the ball, swing the bat over your shoulder. Over the top of the ball, swing the bat over your shoulder.

Goalkeeper

Goalkeeper skills: blocking, catching, and throwing. Goalkeeper skills: blocking, catching, and throwing.

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Baseball hit game

Baseball hit game: hitting and catching. Baseball hit game: hitting and catching.

Baseball hit game

Baseball hit game: hitting and catching. Baseball hit game: hitting and catching.

Field the ball

Field the ball: catching and throwing. Field the ball: catching and throwing.

Field the ball

Field the ball: catching and throwing. Field the ball: catching and throwing.

Start the practice

Start the practice: warm-up and drills. Start the practice: warm-up and drills.

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Start the practice: warm-up and drills. Start the practice: warm-up and drills.

Ball game

Ball game: hitting and catching. Ball game: hitting and catching.

Ball game

Ball game: hitting and catching. Ball game: hitting and catching.

Head and toe

Head and toe: hitting and catching. Head and toe: hitting and catching.

Head and toe

Head and toe: hitting and catching. Head and toe: hitting and catching.

Hit the ball

Hit the ball: hitting and catching. Hit the ball: hitting and catching.

Hit the ball

Hit the ball: hitting and catching. Hit the ball: hitting and catching.

Grab the ball

Grab the ball: catching and throwing. Grab the ball: catching and throwing.

Grab the ball

Grab the ball: catching and throwing. Grab the ball: catching and throwing.

Change

Change: hitting and catching. Change: hitting and catching.

Change

Change: hitting and catching. Change: hitting and catching.

Defence

Defence: blocking and catching. Defence: blocking and catching.

Defence

Defence: blocking and catching. Defence: blocking and catching.

Head and toe

Head and toe: hitting and catching. Head and toe: hitting and catching.

Head and toe

Head and toe: hitting and catching. Head and toe: hitting and catching.

The Buzzer

The Buzzer: hitting and catching. The Buzzer: hitting and catching.

The Buzzer

The Buzzer: hitting and catching. The Buzzer: hitting and catching.

Head and toe

Head and toe: hitting and catching. Head and toe: hitting and catching.

Head and toe

Head and toe: hitting and catching. Head and toe: hitting and catching.

Through the gate

Through the gate: hitting and catching. Through the gate: hitting and catching.

Through the gate

Through the gate: hitting and catching. Through the gate: hitting and catching.

Strike the ball

Strike the ball: hitting and catching. Strike the ball: hitting and catching.

Strike the ball

Strike the ball: hitting and catching. Strike the ball: hitting and catching.

Double hit

Double hit: hitting and catching. Double hit: hitting and catching.

Double hit

Double hit: hitting and catching. Double hit: hitting and catching.

Runners hit game

Runners hit game: hitting and catching. Runners hit game: hitting and catching.

Runners hit game

Runners hit game: hitting and catching. Runners hit game: hitting and catching.

Striking Skills.



Moving Skills and Drills

Level	Equipment	Age	Duration
Level 1	None	5-7	10-15 min
Level 2	None	8-10	10-15 min
Level 3	None	11-13	10-15 min
Level 4	None	14-16	10-15 min
Level 5	None	17-19	10-15 min
Level 6	None	20-22	10-15 min
Level 7	None	23-25	10-15 min
Level 8	None	26-28	10-15 min
Level 9	None	29-31	10-15 min
Level 10	None	32-34	10-15 min
Level 11	None	35-37	10-15 min
Level 12	None	38-40	10-15 min
Level 13	None	41-43	10-15 min
Level 14	None	44-46	10-15 min
Level 15	None	47-49	10-15 min
Level 16	None	50-52	10-15 min
Level 17	None	53-55	10-15 min
Level 18	None	56-58	10-15 min
Level 19	None	59-61	10-15 min
Level 20	None	62-64	10-15 min
Level 21	None	65-67	10-15 min
Level 22	None	68-70	10-15 min
Level 23	None	71-73	10-15 min
Level 24	None	74-76	10-15 min
Level 25	None	77-79	10-15 min
Level 26	None	80-82	10-15 min
Level 27	None	83-85	10-15 min
Level 28	None	86-88	10-15 min
Level 29	None	89-91	10-15 min
Level 30	None	92-94	10-15 min
Level 31	None	95-97	10-15 min
Level 32	None	98-100	10-15 min

The Sprint

Fast running

- Run on the balls of your feet (not heels)
- Use your knees high as you run
- Keep your arms backwards and forwards (not out to the side)
- Starting position:
 - One leg straight
 - The other bent
- Keep your body low bending your knees, and looking forward
- Push off your outside foot
 - If quickly changing to go to the right, push off your left foot
 - If quickly changing to go to your left, push off your right foot

The Dodge

Moving your body quickly in a different direction

- 1. Bend your knees, and swing your arms back behind you
- 2. Swing your arms forwards and upwards with as much power as you can, off with both legs
- 3. Land on both feet (try to land with 'soft feet')

The Jump

A 2-foot jump to either go far or high in the air

- 1. Bend your knees, and swing your arms back behind you
- 2. Swing your arms forwards and upwards with as much power as you can, off with both legs
- 3. Land on both feet (try to land with 'soft feet')

The Balance

Controlling your body position along a line, either while still or moving

- Put your arms out straight to the side, like a 'T'
- Keep your feet together, looking forward
- Look at something that is not moving to help you
- Squeeze your stomach muscles to help you

Hoops

Below are different ways you can use them

- 2-foot jump/leap in and out
- Slide jump in and out
- Penic jump in and out
- Step from hoop to hoop, switching legs
- Leap in and out
- Walk balance around the hoop - forwards
- Spin the hoops and try to jump in and out

Hurdles

- Frog jump over (touch the ground then leap over)
- Leap over
- Step over
- Jump backwards over

Benches

- Walk across backwards
- Walk across sideways
- Slide back across (back out without walking)
- Crawl (on all fours)
- Thrust and catch all in the air (with a partner (each side) try to get to 10 sides) without falling off - discover new

Gym mats

- Star jumps
- Frog jumps (touch the ground and jump)
- Push-ups and sit-ups
- Back 'W' rolls (back backwards and knees, then try to sit up without using hands to balance on)
- Forward and backwards roll over
- Cartwheel and handstand

Moving Skills.

Rolling

Rolling around a spinning top

Have the class spread out around the playing area

Choose 4-5 players to be the 'rollers' (throw with a soft/hollow ball each)

Rollers move around the playing area, trying to avoid getting hit by a ball (the rollers (soft egg) throwers) try to throw their balls to hit the rollers (you get hit by a ball (soft egg) you stop and stand with your top up)

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grades K-2

Thank you so much for previewing our complete Kindy Sport lesson Pack.

We know you'll love what's inside, and we are always striving to improve the lesson plans with updates, bonus content and extras.

The complete pack...



Striking



Moving



Bouncing



Throwing



Catching



Kicking

plus a bonus of printable skill posters:



...and rainy day colouring sheets

