

TIMBITS[®] SOFTBALL

Ages 5-10



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ACKNOWLEDGMENTS

Softball Canada gratefully acknowledges Softball Saskatchewan and Shirley Kowalski for their vision and foresight in the development of the original Timbits Softball Program for softball in the province of Saskatchewan. Since taking over the Timbits Softball Program in 2004, Softball Canada has been promoting the Timbits Softball Program as the National Initiation Program across Canada. The Timbits Softball Program is a revolutionary way of introducing the sport of softball to children in a **FUN** and **POSITIVE** environment involving high levels of **ACTIVITY!**

2004 Initiation Committee: Rose Hodgson, Irv Bruck, Gil Read, Marg Seaman, John Zboya, Jacqueline Eiwanger, Dr. Janice Butcher, Lise Jubinville

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Ophea for allowing Softball Canada to include and adapt activities from their PlaySport program in Timbits Softball Lesson Plans.

The CANpitch Committee for contributing new developmentally appropriate pitching activities for Timbits Softball athletes.

Paula Lussier for the activity diagrams and **Louise Wood** for the layout design.

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ISBN 1-894697-82-0

Published by:



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LESSON PLAN #1

DATE:

WARM-UP

BLOB TAG

Time: 5 minutes

Equipment: n/a

Activity Description:

- Mark out boundaries of playing area desired. One player is chosen to be the chaser (beginning Blob) and the rest scatter
- On "GO" the Blob chases, trying to tag others
- Tagged players link arms by hooking together at elbows with the Blob
- When Blob becomes 3, only outside players can tag
- When Blob becomes 4, split to make 2 Mini-Blobs

Key Teaching Points: Running, agility, multidirectional movement, cooperation, endurance

DIAMOND ORIENTATION

Time: 5 minutes

Equipment: Bases in proper field set up

Activity Description:

- Put 1 adult in charge of 2 players. Make sure players know the name of their partner and the adult in charge, as well as the coach's name
- Familiarize players with diamond layout and terms
- Demonstrate as you speak
- Start players at home plate making them familiar with the name (home) and that this is where the batter stands to hit
- Let players pretend to hit and run to 1st base, run to 2nd base, run to 3rd base and run back to home plate

Key Teaching Points: Diamond layout, softball terms

MAIN ACTIVITIES

PERT GERT OR PERT BERT

Time: 5 minutes

Equipment: 1 ball and glove for every player

Activity Description:

- Each player has a ball and space to work in where they won't bump into others. Objective is to see which "Pert Gert" (girl) or "Pert Bert" (boy) can get under the ball and catch it
- Each player tosses the ball in the air for a self-catch
- Coaches emphasize proper use of glove
- See if they can throw it higher each time
- How many consecutive catches can they make
- Throw a little away from you and run to get under

Key Teaching Points: Proper use of glove for catching, how to wear it, how to use it

Note: Depending on skill level coaches may have to throw the ball to the players.



POWERBALL

Time: 5 minutes

Equipment: 1 ball for every 2 players

Activity Description:

- Players line up with one adult assigned to every 2 players, an appropriate distance apart
- Coach teaches Throwing Progressions for learning proper technique (keep it short) as outlined in the Softball Skills Section
- Players start with no ball then progress to throwing a ball to an adult. To help make it FUN emphasis should be on trying to “Blast” the adult with the ball

Key Teaching Points: Throwing, catching, co-operation

CHAMP

Time: 10 minutes

Equipment: 1 ball for every 2 players

Activity Description:

- 1 adult for every 2 players or players in partners if they are capable of throwing and catching the ball back and forth
- Every time the ball is caught by one of the pair they get a letter of “CHAMP”
- Partners can compete against other partners to see which pair can spell CHAMP first. Letters can be awarded for good throws back to the adult as well
- For variation have players select other words (i.e. superstar, elephant, etc.)

Key Teaching Points: Catching, throwing

GIMME 5

Time: 5 minutes

Equipment: 4 bases

Activity Description:

- Put bases down 30’ – 40’ from players. Form 4 groups of 3
- Players, in turn, take a swing at an imaginary ball, drop bat, run as fast as possible past their base, give coach “high 5”, return to base as if running to 2nd base, touch base and shout “GREEN LIGHT” to signal next player to leave
- Make sure players are running full speed across the bag, slowing down only after touching it

Key Teaching Points: Running through 1st base and speed development

LEAD UP GAME

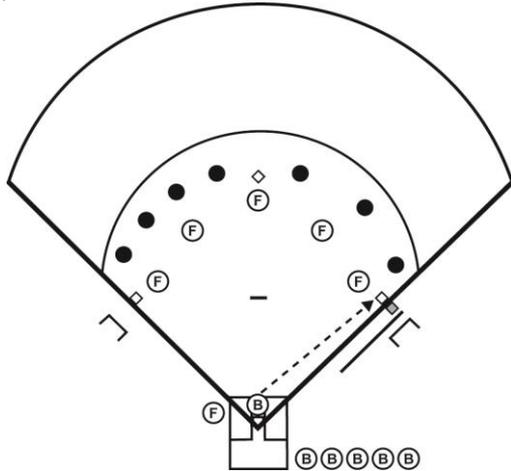
SEMI CIRCLE SOFTBALL

Time: 20 minutes

Equipment: 1 ball, 4 bases, markers

Activity Description:

- 2 teams of 6: 1 team on defense and 1 team on offence
- Place a semi-circle of markers approximately at the edge of the infield
- Defensive team has 1 player at home and the rest position themselves throughout the infield at approximately the same distance. Both markers and players can be adjusted according to skill level
- Offensive team tries to throw the ball over or through the markers and then runs through 1st base
- Team gets 1 point if ball goes through the marker or 2 points if ball goes over markers
- No point is awarded if the ball is caught or stopped at the markers
- Defense throws the ball home as quickly as possible
- Change sides after all players on the offensive team throws



Key Teaching Points: Throwing, catching, co-operation, teamwork