

The logo features the word "express" in a dark blue, lowercase, sans-serif font. A large, stylized green leaf-like shape arches over the letters. Below "express" is the text "coaching services" in a smaller, grey, lowercase, sans-serif font.

express

coaching services



SOFTBALL

Years 1 & 2



Lesson Week:	Lesson Topic:
Week 1	Roll-A-Ball
Week 2	Tower Game
Week 3	'10 Game' Catchers -vs- Runners
Week 4	Fielding
Week 5	Run Out
Week 6	Fielding Races

Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Roll-A-Ball. • Up to 30 Children. 	<ul style="list-style-type: none"> • Soft / Tennis Balls / Catching Mitts. • Cones / Hoops – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To learn to stop ball with a catching mitt. • To practice stopping a ball with a catching mitt, in a competitive game. 	<ul style="list-style-type: none"> • Roll, Stop, Throw, Catch, Run, Waist, Ankle, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Hand.
Warm Up:	Differentiation:
<p>“Relays”</p> <ol style="list-style-type: none"> 1) Children work in groups one behind the other with a ball at the front. Set a hoop a certain distance in front of each line and a cone even further away. Children take it in turns to run and place the ball in the hoop, run around the cone and back to the hoop, then pick up the ball and underarm roll it back to the next person and join the back of the line. Team mates repeat. 2) Same exercise as 1, but this time, increase the distance. 3) Same exercise as 2, but this time, allow underarm throw. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the running distance. 3) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the running distance. 3) Decrease the equipment size. 4) Introduce races and time limits. 5) Introduce overarm throwing.
Main Content:	Differentiation:
<p>“Roll-A-Ball”</p> <ol style="list-style-type: none"> 1) Split the children into two equal teams. Each team starts with the same number of balls. Each team spreads out just in front of their goal line. Aim of the game is to continuously roll the balls underarm, attempting to cross the other team's goal line. The ball must be rolled underarm from just in front of the goal line. A goal is scored each time a ball crosses the goal line. First team to so many goals wins. 2) Same exercise as 1, but this time, increase the distance between the goal lines. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the playing area. 3) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the playing area. 3) Decrease the equipment size.
Cool Down:	Assessment Opportunities:
<p>“Relays”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge instead of walk. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.



<p>Session Topic and Number of Participants:</p>	<p>Equipment:</p>
<ul style="list-style-type: none"> • Tower Game. • Up to 30 Children. 	<ul style="list-style-type: none"> • Soft / Tennis Balls / Bases / Skittles / Catch Mitts • Cones – Variety of colours. • Bibs – Variety of colours.
<p>Learning Outcomes:</p>	<p>Vocabulary:</p>
<ul style="list-style-type: none"> • To learn how to underarm. • To improve throwing by use of a target. 	<ul style="list-style-type: none"> • Bases, Skittles, Throw, Catch, Run, Arm, Crocodile, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Hand.
<p>Warm Up:</p>	<p>Differentiation:</p>
<p>“Relays”</p> <ol style="list-style-type: none"> 1) Children work in groups one behind the other with a ball at the front. Set a hoop a certain distance in front of each line and a cone even further away. Children take it in turns to run and place the ball in the hoop, run around the cone and back to the hoop, then pick up the ball and underarm throw it back to the next person and join the back of the line. Team mates repeat. 2) Same exercise as 1, but this time, increase the distance. 3) Same exercise as 2, but this time, allow overarm throw. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the running distance. 3) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the running distance. 3) Decrease the equipment size. 4) Introduce races and time limits.
<p>Main Content:</p>	<p>Differentiation:</p>
<p>“Tower Game”</p> <ol style="list-style-type: none"> 1) Split the children into two equal teams. Each team starts with the same number of balls. Each team spreads out just in front of a throwing line a distance either side of a tower / set of bases / skittles, etc. Teams throw continuously until the tower is knocked over. First team to knock down the tower so many times wins. Teams must not throw from in front of the throwing line. Teams must concentrate on throwing accurately. 2) Same exercise as 1, but this time increase the distance in between the throwing lines and the tower. 3) Same exercise as 1, but this time team has their own tower. First team to knock the others tower down first so many times wins. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the playing area. 3) Increase the equipment size. 4) Increase the number of towers/bases/skittles. 5) Teams throw underarm only. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the playing area. 3) Decrease the equipment size. 4) Increase the number of teams.
<p>Cool Down:</p>	<p>Assessment Opportunities:</p>
<p>“Relays”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge instead of walk. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • '10 Game' Catchers -vs- Runners. • Up to 30 Children. 	<ul style="list-style-type: none"> • Soft / Tennis Balls and Bases / Catching Mitts. • Cones – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To practice catching in a competitive game. • To practice running between stumps in a competitive game. 	<ul style="list-style-type: none"> • Bases, Skittles, Throw, Catch, Run, Arm, Crocodile, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Cone, Hand.
Warm Up:	Differentiation:
<p>“Relays”</p> <ol style="list-style-type: none"> 1) Children work in groups one behind the other with a ball at the front. Set a hoop a certain distance in front of each line and a cone even further away. Children take it in turns to run and place the ball in the hoop, run around the cone and back to the hoop, then pick up the ball and overarm throw it back to the next person and join the back of the line. Team mates repeat. 2) Same exercise as 1, but this time, increase the distance. 3) Same exercise as 2, but this time, children try to catch with one hand. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the running distance. 3) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the running distance. 3) Decrease the equipment size. 4) Introduce races and time limits.
Main Content:	Differentiation:
<p>“Catchers -vs- Runners”</p> <ol style="list-style-type: none"> 1) Split the children into two equal teams. One team starts as batters / runners and the others as catchers. Runners stand in a line facing some bases, catchers stand in circle facing each other. Runners take it in turns to run to the bases and back like a relay. Catchers throw the ball to each other clockwise around the circle. Each clean catch counts as one point. When all the runners have been once, the catchers stop and then the teams swap over. Highest score wins. 2) Same exercise as 1, but this time increase the distance in between the runners and the bases. 3) Same exercise as 1, but this time increase the size of the catchers circle. 4) Same exercise as 1, but this time swap scoring so runners earn points every time they reach the bases and back and they stop running time the catchers pass around the circle so many times. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the circle size. 3) Decrease the distance between bases. 4) Increase the equipment size. 5) Catchers pass the ball instead of throw. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the circle size. 3) Increase the distance between bases. 4) Decrease the equipment size. 5) Runners have to carry and pass a rounders bat.
Cool Down:	Assessment Opportunities:
<p>“Relays”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge instead of walk. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.



<p>Session Topic and Number of Participants:</p>	<p>Equipment:</p>
<ul style="list-style-type: none"> • Fielding. • Up to 30 Children. 	<ul style="list-style-type: none"> • Soft / Tennis Balls, Bats / Bases / Catching Mitts. • Cones – Variety of colours. • Bibs – Variety of colours.
<p>Learning Outcomes:</p>	<p>Vocabulary:</p>
<ul style="list-style-type: none"> • To learn basic fielding techniques. • To practice basic fielding skills in a continuous game. 	<ul style="list-style-type: none"> • Bases, Throw, Catch, Run, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Bounce, Land, Return, Crouch, Barrier, Chase, Back Stop.
<p>Warm Up:</p>	<p>Differentiation:</p>
<p>“Running With The Bat”</p> <ol style="list-style-type: none"> 1) Children work in pairs, with one ball between two, jogging around the area. On command, pairs throw low and catch as many times as they can in 30 seconds, then carry on jogging around the area. Pairs try to beat their score each time. 2) Same exercise as 1, but this time, the children alternate between throwing low, high and up in the air. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the running distance. 3) Decrease the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the running distance. 3) Increase the equipment size.
<p>Main Content:</p>	<p>Differentiation:</p>
<p>“Run Out”</p> <ol style="list-style-type: none"> 1) Children work in groups with one ball, one cone and one base per group. Children take it in turns to act as a fielder on the base and to throw at the base from behind the cone. After each throw, the thrower becomes the fielder on the base and the fielder on the base brings the ball back to the next child in line then joins the back of the line. Teams get 2 points every time they make a good throw and catch with the fielder on the base. First group to so many points wins. 2) Same exercise as 1, but this time, 5 points is awarded for hitting the base. 3) Same exercise as 2, but this time, increase the bowling distance. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the running distance. 3) Increase the equipment size. 4) Fielders run with ball to the bases (Batters). <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the running distance. 3) Decrease the equipment size. 4) Fielders run with ball to the bases (Fielders).
<p>Cool Down:</p>	<p>Assessment Opportunities:</p>
<p>“Creating Space and Catching”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge instead of walk. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.



Session Topic and Number of Participants:	Equipment:
<ul style="list-style-type: none"> • Run Out. • Up to 30 Children. 	<ul style="list-style-type: none"> • Soft / Tennis Balls, Bats / Bases / Catching Mitts. • Cones – Variety of colours. • Bibs – Variety of colours.
Learning Outcomes:	Vocabulary:
<ul style="list-style-type: none"> • To improve throwing. • To improve running between stumps. 	<ul style="list-style-type: none"> • Bases, Throw, Catch, Run, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Bounce, Land, Return, Crouch, Barrier, Chase, Back Stop.
Warm Up:	Differentiation:
<p>“Running With The Bat”</p> <ol style="list-style-type: none"> 1) Children work in groups with a bat each. Set up small races. Children take it in turns to run with their bat to a certain line and back. The next child in line can go when the bat of the child in front of them crosses the start line. 2) Same exercise as 1, but this time, give the children a target number of runs to get to in the specified time. 3) Same exercise as 1, but this time, increase distance. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. 3) Increase the time limit. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area. 3) Decrease time limit.
Main Content:	Differentiation:
<p>“Run Out”</p> <ol style="list-style-type: none"> 1) Split the children into two equal teams. One team starts as the batters, the other as fielders. Both teams start one behind the other behind a start line. One fielder acts a back stop and stands behind the base. On command, the first batter tries to run to a cone and back, before the first fielder can run and pick up a stationary ball and throw it to the back stop who catches and touches the base with the ball. The batter is run out if the ball touches the base before they get back. Fielders earn a point for every batter they run out. Teams swap when every child has had their turn. Highest score wins. 2) Same exercise as 1, but this time increase the running and throwing distances. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the running distance. 3) Increase the equipment size. 4) Fielders run with ball to the bases (Batters). <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the running distance. 3) Decrease the equipment size. 4) Fielders run with ball to the bases (Fielders).
Cool Down:	Assessment Opportunities:
<p>“Running With The Bat”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths while carrying their bat. 2) Same exercise as in 1, but this time the children have to slowly lunge to the line and back. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A's, Observations.



<p>Session Topic and Number of Participants:</p>	<p>Equipment:</p>
<ul style="list-style-type: none"> • Fielding Races. • Up to 30 Children. 	<ul style="list-style-type: none"> • Soft / Tennis Balls / Catching Mitts. • Cones – Variety of colours. • Bibs – Variety of colours.
<p>Learning Outcomes:</p>	<p>Vocabulary:</p>
<ul style="list-style-type: none"> • To learn basic fielding skills. • To practice fielding skills a race. 	<ul style="list-style-type: none"> • Bases, Throw, Catch, Run, Arm, Shoulder, Head, Ball, Underarm, Overarm, Power, Accuracy, Fingers, Bounce, Land, Return, Crouch, Barrier, Chase, Back Stop.
<p>Warm Up:</p>	<p>Differentiation:</p>
<p>“Imaginary Fielding”</p> <ol style="list-style-type: none"> 1) Children work individually jogging around the area. On command “left”, “right” or “both”, the children have to pretend to pick up a ball with that hand. 2) Same exercise as 1, but this time, the children have to put the same knee on the ground their picking up hand. 3) Same exercise as 1, but this time, the children have to pretend to throw the ball after they have picked it up. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of movement. 2) Decrease the playing area. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of movement. 2) Increase the playing area.
<p>Main Content:</p>	<p>Differentiation:</p>
<p>“Fielding Races”</p> <ol style="list-style-type: none"> 1) Children work in groups with ball per group. One half of each group start as the ‘servers’ and the other half start as the ‘fielders’. The ‘servers’ line up one behind the other with the ball at the front. The ‘fielders’ line up one behind the other facing the ‘servers’. The first ‘server’ rolls the ball out towards the ‘fielders’ then runs to the back of the fielding line. Then first ‘fielder’ runs, picks up the ball and underarm throws it to the next ‘server’ in line, then runs to the back of the serving line. Second ‘server’ catches with two hands then repeats. First team to so many rolls, throws and catches wins. 2) Same exercise as 1, but this time ‘servers’ catch with one hand. 3) Same exercise as 1, but this time increase the fielding distance. 	<p>“Easier”</p> <ol style="list-style-type: none"> 1) Decrease the speed of play. 2) Decrease the serving distance. 3) Increase the equipment size. <p>“Harder”</p> <ol style="list-style-type: none"> 1) Increase the speed of play. 2) Increase the serving distance. 3) Decrease the equipment size. 4) Introduce overarm throwing.
<p>Cool Down:</p>	<p>Assessment Opportunities:</p>
<p>“Imaginary Fielding”</p> <ol style="list-style-type: none"> 1) Same exercises as in the warm up section, but this time the children have to walk and take long deep breaths. 2) Same exercise as in 1, but this time the children have to slowly lunge around the area. 	<ul style="list-style-type: none"> • Peers, Self, Group Work, Q & A’s, Observations.

