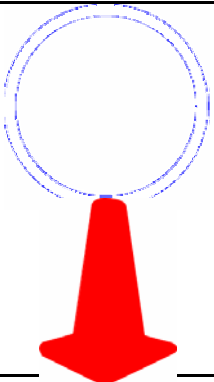


LEVEL	UNIT	LESSON Number 3	EQUIPMENT
Second Grade	Softball	Pitching Underhand	Poly Squares, Whiffle Balls, Chalk, Hoops, Control cones.

Objectives

1. Students will demonstrate base running during the warm up game.
2. Students will have fun.
3. Students will play safe.
4. Students will verbally describe the strike zone.
5. Students will play fairly, calling the balls and strikes during the pitching games.

Activity	Time (Minutes)	Procedure	Comments/Set- up/ Diagram
Part 1 Warm Up	10	<p>Play running bases.</p> <p>Three in a group. Two bases, two throwers, and one runner. The two throwers play catch back and forth. The runner tries to run back and forth between bases without getting tagged out by one of the throwers. The throwers can only tag the runner out if they are not on the base. Each time the runner makes it safely to the base, they get one point. If they get tagged out, they switch roles with one of the throwers.</p> <p>The runner can run at any time. The runner must attempt to run at least every 6 throws. If they do not it is an automatic out. If the runner scores 5 points they must also switch automatically with a thrower. (There is a station card for this game. You can have it sitting in a control cone so the students can look at it to remember the rules.)</p>	<p>Have the bases in groups of two with the whiffle balls spread out in hoops on the side of the bases. Remind the students not to set up in the path of another game.</p>
Part 2 Review pitching.	10	<p><u>The Strike Zone</u></p> <p>The space above the batters knees and below the batters shoulders makes the strike zone on the batter. The ball must also travel over the plate in order to be a strike.</p> <p>The students can take a hoop and clip it to a fence, as long as they are sure they won't throw it over the fence! Or they may draw a box about the same height as their own strike zone, as wide as the home plate, on the wall. This will be their target to practice pitching to.</p> <p>You may also place a hoop in a control cone (You may need two control cones to hold the hoop upright.) and the students can partner up to practice underhand throwing through the target, one partner on each side of the target. This will serve as a strike zone and will count as a strike if the ball travels through the hoop.</p>	
Part 3	8	<p>When everyone is pitching fairly accurately you can move onto the next part.</p> <p>When I say go, get a partner and sit back to back. You are going to work on pitching with your partner. You both will get a chance to practice pitching as well as being a catcher and calling the pitches either balls or strikes. You will have to use your imagination as to whether the pitch is a within the height of the strike zone. You will have a base to practice pitching over. One of the catcher's jobs is to provide a target for the pitcher that is within the strike zone. Be sure you give your partner a good target to throw to.</p> <p>Explanation of game:</p> <p>Have the catcher call the pitches. When the pitcher strikes out the batter, have them switch roles. Three strikes must be thrown before four balls. If the pitcher throws four balls first, then the count starts over again at 0/0. The count is always said Balls first, Strikes second. Example: 2/1 count would mean two balls and one strike.</p> <p><i>Once your students have the hang of calling the pitches, move onto the game below.</i></p> <p>Pretend to pitch to a batter; with the catcher calling the pitches, if the pitcher walks the batter, the batters and base runners advance bases. One base is awarded for each walk; runners may only advance one base. If the pitcher strikes the batter out, the pitcher and catcher trade rolls. If the pitcher walks in any runs, those can be kept track of, as if it was a score.</p>	<p>Remind the students that they will get to play rolls, pitcher and catcher. Remind them to use their time catching to try and recognize what a good pitch will look like. This will help them as a batter. Be fair when you are calling the pitches, your partner will be the umpire when you pitch! While your students are working you can go around to the partners, verbally reviewing the strike zone. And the points to throwing the ball underhand. This is a great time for individual warm fuzzies. You can also use this time to let partners doing a great job show off!</p>
Closure	2	Verbally review the strike zone with the class. Tell them what a great job they did!	