

Age: 5 - 7		Sport: Week 6 - T-Ball	
Duration: 55 mins	Physical Skills: Grounders	Social Skill: Goal Setting	Stickers: Grounders, Goal Setting

Instructions	Language
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Welcome!	Equipment: N/A
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<p>Welcome everyone back to GoPlay!</p> <ol style="list-style-type: none"> 1. Introduce the sport - holding out t-ball bat and ball 2. Talk about the actions we do in t-ball. 3. Introduce the social skill. 3. Talk about what goal setting is and how we use it. 	<p>Who can remember what we are playing?</p> <p>Yes, T-Ball!</p> <p>Last week we worked on tagging, this week we are going to work on grounders.</p> <p>What do we think grounders would involve? Yes! The ground. Sometimes balls in t-ball might be in the air and sometimes they are on the ground.</p> <p>Today we are going to practice another important skill. Goal setting!</p> <p>If we set a goal for all of you to run to the other side of the field, and you all did it. That means you achieved the goal!</p>
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<p>Note:</p> <ol style="list-style-type: none"> 1. Start the lesson by setting up the circle of cones/pylons for everyone to meet at. 2. Complete 2-3 warm-up actions. 3. Then, always move into the second warm-up again after.

Warm-Up: Get Moving! ~ 5 - 10 mins	Equipment: Cones
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<p>Set up a circle of cones in the middle of the playspace and have everyone find a spot.</p> <p>Start by talking about why we always warm-up.</p> <p>Try to ask some kids in the group if they have a movement they want to share.</p> <p>If they do, try to all complete that movement.</p> <p>Some examples:</p> <ul style="list-style-type: none"> - Reach high to the sky - Jumping jacks - Reach low to the ground - Arm circles - Running on the spot - High knees 	<p>Before we start playing any sport we need to get our bodies warm and moving!</p> <p>Does anyone in the group have a warm up action that they would like to share? Raise your hand if you would like to share!</p> <p>Thank you for sharing! Let's try!</p> <p>Or</p> <p>Who wants to know coach's favourite ways to warm up?!</p> <p>I think we should do.... (use examples)</p>
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Over & Under	Equipment: Cones/pylons, playground ball
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<p>Split the kids into two teams. Each team will line up behind a cone/pylon.</p> <p>Set up cones/pylons on the other side of the playspace to mark the finish line.</p> <p>Each team will have a playground ball. The person at the start of the line will have the ball.</p> <p>On coach's go, the first player in line will stay facing forward but pass the playground ball over their head to the next person in line. They will keep passing the ball overhead until it reaches the last player in line.</p> <p>That player will roll the ball back through the legs of their</p>	<p>The goal of this activity is to make it to the finish line before the other team does!</p> <p>The ball is going to go over all of our team members head's and then the last person will roll it back to the front while they run to the start of the line.</p> <p>Let's do a practice round to try the actions! (you don't need to go all the way to the finish line but let the teams try a couple times of going overhead and then rolling under).</p>
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teammates and then run to the front of the line.

They will keep doing this action until they reach the finish line. The goal is to make it there before the other team!

[Example](#)

Physical Skills ~ 15 - 20 mins
T-Ball Safety Talk!

Equipment: Bats

Before playing any games with the bats, have a quick safety talk with the group and show the kiddos how to hold the bat.

Have all of the kids face coach.

First, coach will show the group.

When showing the group, hold the bat upwards with your one hand against the bottom of the handle, resting against the knob. Your other hand will go on top of your first hand, so your palms are facing inwards and wrapped around the grip.

Then, show the kids the 360 rule. This means that you are holding the bat in front of you, either the barrel or the handle, and if you ever want to turn around while holding the bat, you have to turn 360 degrees. So your head/torso is rotating but the bat is staying close to you and not swinging as you turn.

This is so that kids don't quickly turn around, swing the bat and hit another kid who is beside or behind them.

Have the kids get into 2 lines. The coaches will now have them each come up to one of the bats and try.

It is not the most exciting but it is necessary!

[Example](#)

Okay GoPlayers!, who remembers how to hold a bat from last class??

Let's review!

We need our eyes on coach and listening ears on!

T-Ball is superrrr fun, but we need to be awesome GoPlayers! today to make sure everyone is being safe.

Okay GoPlayers, now that you have seen coach hold the bat and do the 360 rule, let's all try before we start playing!

Who wants to try?! Let's line up behind the bats.

Can we practice our **sharing** and let each of our friends hold the bat?

Alligator Traps

Equipment: Cones/pylons, balls

This will have players work on how to catch grounders.

Start by having all of the kids in a line facing coach.

Each player should have a ball.

Demonstrate their alligator traps. This means the hand that they would have a glove on is resting against the ground, their other arm is straight out, and the ball is on the ground just before the "glove".

Their arms should resemble an alligator mouth. Look at the example to see how it should look!

The kids will practice slowly how to trap their ball into their alligator mouth!

Then, have them line up and one at a time, coach will roll a ground ball and the first person in line will alligator trap it, throw it back to coach and then go to the back of the line.

If it is a large group, you may want to consider splitting them into two groups and one coach can work with each group.

[Example](#)

(Demo big alligator arms in the air) - GoPlayers, can anyone think of an animal that chomps like this?

Alligators!

When we are receiving a ground ball in t-ball we want to use our alligator mouths to trap the ball on the ground!

Like this! (demo on ground)

Let's all try.

Social Skill ~ 10 - 15 mins
Grounders and Pop-Ups

Equipment: Cones/pylons, balls

<p>Split the group into two lines, each behind a cone/pylon.</p> <p>Each coach will stand facing one of the lines.</p> <p>To start, one line will be catching grounders, the other pop-ups (balls that go high in the air).</p> <p>Once the first kiddo in line has caught the ball properly (two hands, alligator traps or two hands in the air), they throw it back to coach and then go to the back of the OTHER line.</p> <p>Once everyone has tried a couple rounds of each line, start to alternate throws within the lines.</p> <p>Example</p>	<p>We are going to set a goal for this game. Our goal is going to be to properly catch and throw the balls!</p> <p>Can everyone show me their alligator traps? Perfect!</p> <p>And what about if the ball is high in the air? Yes! Two hands!</p>
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<p>Game/Fun Activity ~ 10 - 15 mins Ground Ball Shuffle</p>	<p>Equipment: Balls</p>
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<p>Before moving on to a t-ball game, play a quick round of ground ball shuffle.</p> <p>Put the kids into two lines. Then the kids will turn to face their partner in the other line. They should be about 15 feet apart and far enough from the players on either side of them to shuffle.</p> <p>One of the lines will start with the balls. On coach's go, they will roll a ground ball to their partner that does not go perfectly into their hand.</p> <p>The kids should have to shuffle side to side in order to get the ball.</p> <p>They will then repeat this action back to their partner.</p> <p>Example</p>	<p>Let's try one more game to work on grounders before we play a t-ball game.</p> <p>Does anyone know what it means to shuffle side to side?</p> <p>You want to stay in your ready position, keep your eye on the ball and only move your legs.</p> <p>Like a sideways horse gallop! Let's all try this movement first.</p> <p>You are all going to have the shuffle to get the ball at some point when you're playing. The ball will not always be magically going right into our hands!</p>
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<p>T-Ball Game</p>	<p>Equipment: Bat, tee, ball, ground markers/bases</p>
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<p>This is going to be a simplified and organized game of T-Ball to introduce the kiddos to some of the ways a real game works.</p> <p>Have the ground markers/bases set up the way a regular game would be.</p> <p>Put one tee at home.</p> <p>Try to mimic a real game, working on some of the skills that the kiddos have been practicing.</p> <p>You can slow it down as much as needed to have the game flow smoothly.</p>	<p>Who wants to try putting all of the skills we have learned so far together into one game??</p> <p>Let's do it! We can expand on the game we played at the end of last class!</p> <p>Okay GoPlayers, let's all work together to make this game run smoothly.</p> <p>All positions are important in T-Ball and we will ALL get a turn at both!</p>
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<p>Clean-Up</p>	<p>Equipment: N/A</p>
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<p>Have the kids help with clean up.</p> <p>Countdown from 3 and have the kids run as fast they can to grab all of the balls and bring to coach.</p> <p>Count down again and do the same for any other equipment.</p> <p>Give out high fives as they bring the equipment to you!</p> <p>Make sure to say thank you ____, using the kiddos names as much as you can.</p>	<p>Let's see you quickly you can bring all of the balls to me!</p> <p>Now let's do it again for ____!</p>
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<p>Review!</p>	<p>Equipment: Bat and ball</p>
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<p>Hold out the bat and ball to the kids.</p>	<p>Can anyone remember what the sport we played today is called?</p>
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	<p>Yes, T-Ball!</p> <p>Can I hear everyone say “t-ball”?</p> <p>Who remembers what skill we worked on?</p> <p>Yes,grounders!</p> <p>Now, who remembers what social skill we worked on today?</p> <p>We practiced goal setting!</p> <p>Can I hear everyone say “I practiced goal setting!”!</p>
<p>Cheer! Equipment: N/A</p>	
<p>GO! PLAY! GO! PLAY! Have the coach yell ‘GO’ and the kids yell ‘PLAY’</p>	<p>Be as LOUD as you can!</p> <p>I can’t hear you!</p> <p>Again, louder!!</p>
<p>Stickers Equipment: Sticker boxes</p>	
<p>Hand out Grounders and Goal Setting stickers</p>	<p>Try to use the kiddos names as you hand out their stickers:</p> <p>Good job ____!</p> <p>Thanks for a great class ____!</p> <p>Thanks for being awesome!</p>