

Justin Minnich

Teaching Team Activities

Unit Plan Analysis/Drills

Warm up Activities

5 minute jog- students will jog around the gym for 5 minutes

Red light, green light- students will run to the other end of the floor while listening to the red light, green light commands

Three blind mice- students will have pennies hanging from their shorts, other students will go around trying to take the pennies from the other students

Sharks in the water- 2 students are it, the sharks, the rest of the students try to run to the other end of the floor without being tagged by the shark

Stuck in the mud- game of tag, when a student is tagged they are stuck in the mud and can resume the game if another student who is not it crawls through their legs

Throwing and catching

Drills: 1. Have students throw and catch with a partner

2. See how many times partners can throw and catch in 30 seconds

Analysis: Do not hold the ball with your palm

Throwing and catching

Drills: 1. Have students throw and catch with a partner

2. See how many times partners can throw and catch in 30 seconds

Analysis: Keep eye on ball when catching

Fielding ground balls

Drills: 1. Have students field ground balls thrown from a partner

2. See how many times partners can field ground balls and throw to partner in 30 seconds

Analysis: Get in front of the ball

Fielding Fly balls

Drills: 1. Have students field fly balls thrown from a partner

2. Hit fly balls in front of students; students trying to keep ball in front of them if not caught

Analysis: Keep your eye on the ball

Fielding ground balls

Drills: 1. Hit ground balls to students' left and right sides

2. Have students break up into teams; one player from each team goes at a time; player from team 1 bounces or rolls the ball to player on team 2; player on team 2 fields ball and bounces or rolls ball back to player on team 1; team with most successful fielded balls wins

Analysis: Keep your glove on the ground

Fielding Fly balls

Drills: 1. Hit fly balls to students

2. Hit fly balls between two students; have them communicate who will catch

it

Analysis: Use throwing hand to help trap the ball in the glove

Pitching

- Drills: 1. Have students work on form of pitching
2. Have students pitch over a plate

Analysis: Follow through when pitching

Batting

- Drills: 1. Have students hit a ball off of a tee
2. Have students partner up; one partner underhand tosses the ball to their partner who hits the ball against the fence or wall

Analysis: Keep eyes on the ball

Batting

- Drills: 1. Have students partner up; one partner underhand tosses the ball to their partner who hits the ball against the fence or wall

2. Pitch to students and have them hit the ball

Analysis: Keep back foot planted in the ground

Base Running

- Drills: 1. Have the students hit the intermediate base when running (2nd base when running from 1st to 3rd)

2. Give students scenarios of where the ball is hit and what base they are on

Analysis: Make sure the students touch all the bases

Defensive Strategy

- Drills: 1. Have students field ground balls and throw to 1st base
2. Hit the ball to students lined up in positions on the field and have them throw the ball to the right base in certain situations

Analysis: Make sure the students throw it to the right base in the right situation

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