**Blastball Coaching Plan**

* **Recommend all coaches have a watch and a whistle.**

**Game #1** usually a 5 min review, 5 min warm up, 15 min practice, 20 min game.

GAME 1 will be 10 min meeting, 5 min warm up, 15 min practice, 15 min game.

**6:00-6:10 Meet with team - Safety Rules and introductions.**

**HAND OUT NAME TAGS AND UNIFORMS.**

1) Keep your eyes on the ball

2) Don't touch the bat unless you are batting

3) Must have batting helmet on when not in the field.

4) NO dawdling.  Hustle IN, Hustle OUT.

ONE COACH WILL HANDLE WARM UP, WHILE ONE COACH WILL HANDLE THE PARENT MEETING!

**6:10-6:15 Warm-Up Coach #1**

- Mini kids aerobic class (jumping jacks, running on spot, etc.)

**6:10-6:15 Parent Meeting Coach #2  HAND OUT SCHEDULES.**

Talk to parents about:

1) Please do your best to arrive on time.

2) Please call or email if your child won't be there.

3) Kids must be wearing uniform and hat.  Both uniform pieces are theirs to keep. It is easier to keep kids on assigned teams when they are wearing their color coded shirt. Bring Hat - NO BATS are allowed, gloves are optional - but not needed. 4) Bring water, even if it's not that hot!  No snacks will be permitted on field or bench. 5) Parent involvement is mandatory!  Your involvement will enhance your Childs enjoyment. 6) Please do not force your child, Blastball is to encourage FUN!!

7) Blastball is an outdoor sport, and poor weather may occur.  Blastball cancellations will be decided by 4:30 p.m. on game day and coaches notified thereafter.  Our facebook page will remain updated, and coaches will do their best to contact parents.  Patience and understanding is appreciated, as ensuring everyone is up-to-date on cancellations is a difficult undertaking.  Let's hope for great weather! 8) Please ensure you come equipped with bug spray and sunscreen and MASKS! 9) Our outdoor location does not have a bathroom facility, so please encourage a potty break before heading to the field!

**6:15-6:20 Drill #1 Running - 5 mins**

1) Explain that once the ball is hit, we want to go RUN as fast as you can to first base and make it HONK. DEMONSTRATE!!

2) Explain that in softball there are usually 3 bases and home plate but we are just going to use our special HONKING first base this year!

3) Line them up behind the TEE and when coach yells PLAY BALL, child runs down the first base line, makes base HONK, leaves towards bench and re-lines up.

**6:20-6:25 Drill #2 Batting - 5 mins**

1) Demonstrate HOW to hold the bat; i.e. hands together, knuckles lined up, knees bent and where to stand in relation to the tee.

2) Show how to swing and follow through.  EXPLAIN WE DROP THE BAT, NO THROWING THE BAT!

3) Each child to bat ONCE.

**6:25-6:30 Explain how to play Blastball – 5 mins**

1) In the field: Everyone is fanned out (2 meters apart), no positions. There are cones available in your equipment bag to position the kids 2 meters apart. Please have 1 child + parent staggerd at each

2) Stay in your "zone" or spot, so no one gets ran into!

3) Explain that if they get the ball after it is hit they yell "Blast" and throw it in to the coach beside the tee.

4) When batting: Everyone will get a turn to bat.

5) MUST wear helmet

6) You swing once the coach places ball on Tee and says “Play BALL”

7) When you hit the ball - RUN to 1st and make it honk!!

**Pre-game**   
Before each game, gather all players in a small circle.  Have all the players chant the team name three times, "Go Yankees", repeat, repeat.  After the third chant, players HUSTLE to the field or bench. This will reinforce a spirit of teamwork and unity.  
   
**6:30-6:45 Game!**

**After the game**

Hip Hip Hurray or Cheer Cheer Cheer, re-enforces sportsmanship!

HAVE FUN.

**Game #2**

**6:00-6:05 Meeting - Review of last game**

1) What do you do when you hit the ball? (answer - RUN!!!!!)

2) What did we learn about batting (many answers)

Consider introducing the **High Five:**   
One sure way to build team unity is to teach your players to support their own teammates. Have each player learn the same "high five". Keep it simple such as two smacks of the hand or maybe a forearm bash. If everyone knows and uses the same one it can create a positive team spirit and the kids love it. Keep it simple.

**6:05-6:10 Warm-Up**

Blastball FOLLOW the LEADER

Hop like a bunny, walk like a crab, bear walk, skip, walk backwards, log roll, etc.

**6:10-6:18 Throwing (in partners) 8 mins**

Pair off children with teammate.

Let them each hold the ball so that they can see it is not HARD.

Show them how to throw the ball.  We throw OVERHAND, not underhand.  LOOK where you are throwing.

Throw from standing position.

**6:18-6:25 Fielding 7 mins**

Blastball Activity - fan kids out in playing field.  SHOW READY POSITION.  
Coach throws balls - have kids chase them down and yell “blast”.

Explain zones and safety as to why each child should stay in their zone.

**Game Prep**

1) Where do your helmets go while you're in the field? (under or behind the bench)

2) What do you yell when you get control of the ball? ("BLAST")

3) What are you doing while waiting for your turn to bat? (cheering on your teammates)

**Pre-game**   
Before each game, gather all players in a small circle.  Have all the players chant the team name three times, "Go Yankees", repeat, repeat.  After the third chant, players HUSTLE to the field or bench. This will reinforce a spirit of teamwork and unity.

**6:25-6:45 Game!**

**After the game**

Hip Hip Hurray or Cheer Cheer Cheer, re-enforces sportsmanship!

**TELL PARENTS TOMORROW THEY WILL BE PAIRED WITH CHILD FOR A CATCHING DRILL!**

**Game #3**

**6:00-6:05 Meeting - Review from last week**

1) What do you yell when you get control of the ball? ("BLAST")

2) Show ready position.

**6:05-6:10 Warm-Up**

1) Jog around field.

2) Normal stretches.  Make circles: neck circles, shoulder circles, arm circles, waist circles, leg circles, ankle circles, etc.

**6:10-6:17 Drill #1 Running to 1st - 7 mins**

1) swing, DROP BAT, run

2) run to 1st, make sure you step on it (hear the "honk")

**6:17-6:25 Drill #2 Catching Techniques - 8 mins**

1) How many hands ya got? How many hands do you use to catch the ball?

2) Ready Position

3) Pair parent/adult to each child.  Have adult throw to child.

**Game Prep - Same reminders from last time - BE CONSISTANT.  KIDS NEED REPETITION!**

1) Where do your helmets go while you're in the field? (under or behind the bench)

2) What do you yell when you get control of the ball? ("BLAST")

3) What are you doing while waiting for your turn to bat? (cheering on your teammates)

**Pre-game**   
Before each game, gather all players in a small circle.  Have all the players chant the team name three times, "Go Yankees", repeat, repeat.  After the third chant, players HUSTLE to the field or bench. This will reinforce a spirit of teamwork and unity.

**6:25-6:45 Game!**

**After the game**

Hip Hip Hurray or Cheer Cheer Cheer, re-enforces sportsmanship!

**Game #4**

**6:00-6:05 Meeting field - Review**

1) Ready positions

2) How many hands catch a ball?  TWO!!

3) What do we yell if we catch the ball?  BLAST!

4) What do we do when we hit the ball?  RUN!

**6:05-6:10 Warm-Up TAG**

**6:10-6:17 Drill #1 Throwing - 7 mins**

**Nose, Toes and Throws**For beginning players, it is helpful to use a rhyme to help the players remember the proper throwing motion. Say "Nose, Toes and Throws" as they practice throwing. "Nose" is for looking at the target before throwing. "Toes" is for stepping toward the target with their glove-side foot (OR NOT THEIR THROWING HAND SIDE) and "Throws" is for throwing the ball.  It works!  IF YOU CAN....Have them begin their throwing motion with their glove-side shoulder facing the target to force them to turn their shoulders as they throw.

1. Line children up in a line one behind another, each with a ball.  Have them throw (nose, toes, throws) a ball to the coach.  Run to coach to get their ball, and return to line up.

**6:17-6:25 Drill #2 Batting - 8 mins**

1) Demonstrate HOW to hold the bat i.e. hands together, knuckles lined up, knees bent and where to stand in relation to the tee.

2) Show how to swing and follow through.  EXPLAIN WE DROP THE BAT, NO THROWING THE BAT!

3) Each child to bat as many times as you can in 10 mins.

**Game Prep - Same reminders from last time - BE CONSISTANT.  KIDS NEED REPETITION!**

1) Where do your helmets go while you're in the field? (under or behind the bench)

2) What do you yell when you get control of the ball? ("BLAST")

3) What are you doing while waiting for your turn to bat? (cheering on your teammates)

**Pre-game**   
Before each game, gather all players in a small circle.  Have all the players chant the team name three times, "Go Yankees", repeat, repeat.  After the third chant, players HUSTLE to the field or bench. This will reinforce a spirit of teamwork and unity.

**6:25-6:45 Game!**

**After the game**

Hip Hip Hurray or Cheer Cheer Cheer, re-enforces sportsmanship!

**TELL PARENTS TOMORROW THEY WILL BE PAIRED WITH CHILD FOR A CATCHING DRILL!**

**Game #5**

**6:00-6:05 Meeting - Review**

1) Nose, Toes, Throws.

2) Do we drop or throw the bat?

3) What do we say when we catch the ball?  BLAST!

4) Where do we throw the ball?  HOME!

**6:05-6:10 Warm Up**

- Mini kids aerobic class (jumping jacks, running on spot, etc.)

**6:10-6:18 Drill #1 Fielding Grounders. - 8 mins**

**Fielding with the crocodile.**Do not get too technical. Yes, you must teach basics, but do it the way they would understand. Teach the "crocodile".  The crocodile has a big mouth, and we use our hands like the crocodile.  One hand (or the glove, if you have kids using gloves) is the bottom of the crocodile's mouth; the throwing hand is the top. Now get down low in the ready position, like a crocodile getting ready to snap. Here comes the ball, let it roll to you. Put your glove on the ground like the crocodile's mouth and with the top (throwing) hand, close those jaws down and lock that ball in your glove.

1) Pair child with an adult.  Have parent roll the ball to their child to practice the alligator.

**6:18-6:25 Drill #2 Batting stance - 7 mins**

1) Hand Grip

2) Arms Up/Bat off the shoulder

3) Legs open and knees slightly bent

4) Full swing with follow through. First without balls, then with full swing and ball.

**Game Prep - Same reminders from last time - BE CONSISTANT.  KIDS NEED REPETITION!**

1) Where do your helmets go while you're in the field? (under or behind the bench)

2) What do you yell when you get control of the ball? ("BLAST")

3) What are you doing while waiting for your turn to bat? (cheering on your teammates)

**Pre-game**   
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**6:25-6:45 Game!**

**After the game**

Hip Hip Hurray or Cheer Cheer Cheer, re-enforces sportsmanship!

**TELL PARENTS TOMORROW THEY WILL BE PAIRED WITH CHILD FOR A CATCHING DRILL!**

**Game #6**

**6:00-6:05 Meeting - Review**

1) How to hold a bat

2) Swing Drop Run

3) How do we make a crocodile?

**6:05-6:10 Warm Up**

 Blastball FOLLOW the LEADER

Hop like a bunny, walk like a crab, bear walk, skip, walk backwards, log roll, etc.

**6:10-6:18 Drill #1 - Grounders - the SHUFFLE - 8 mins**

1) Pair children up with adult.  Using cones as goal markers.  Give each child a goal.

2) Show the shuffle, in ready position.

3) Remind children of the Crocodile technique.

4) Have adult roll the ball towards their goal.  Get child to shuffle to field the grounder.  If adult gets it past child, they score the goal.  If child stops the grounder with the shuffle and crocodile, they saved the goal!

**6:18-6:25 Drill #2 - Speed Batting - 7 mins**

Speed batting (each child bats 10 balls while the others retrieve and yell blast)

**Game Prep - Same reminders from last time - BE CONSISTANT.  KIDS NEED REPETITION!**

1) Where do your helmets go while you're in the field? (under or behind the bench)

2) What do you yell when you get control of the ball? ("BLAST")

3) What are you doing while waiting for your turn to bat? (cheering on your teammates)

**Pre-game**   
Before each game, gather all players in a small circle.  Have all the players chant the team name three times, "Go Yankees", repeat, repeat.  After the third chant, players HUSTLE to the field or bench. This will reinforce a spirit of teamwork and unity.

**6:25-6:45 Game!**

**After the game**

Hip Hip Hurray or Cheer Cheer Cheer, re-enforces sportsmanship!

**Game #7**

**6:00-6:05 Meeting - Review**

1. How do we make a crocodile?
2. Show the shuffle.
3. What do we say when we get the ball? (BLAST!)

**6:05-6:10 Warm-Up**

Blob Tag

-coach begins as tagger, with each kid they tag; they hook arms, becoming a blob to tag all the other children.

-basic stretches to follow.

**6:10-6:17 Throwing (in partners) 7 mins**

Pair off children with teammate.

Let them each hold the ball so that they can see it is not HARD.

Show them how to throw the ball.  We throw OVERHAND, not underhand.  LOOK where you are throwing.

Throw from standing position.

Nose, toes, Throws!

**6:17-6:25 Fielding 8 mins**

Blastball Activity - fan kids out in playing field.  SHOW READY POSITION.  
Coach throws balls - have kids chase them down and yell “blast”.

Explain zones and safety as to why each child should stay in their zone.

**Game Prep**

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**Pre-game**   
Before each game, gather all players in a small circle.  Have all the players chant the team name three times, "Go Yankees", repeat, repeat.  After the third chant, players HUSTLE to the field or bench. This will reinforce a spirit of teamwork and unity.

**6:25-6:45 Game!**

**After the game**

Hip Hip Hurray or Cheer Cheer Cheer, re-enforces sportsmanship!

**ADVISE PARENTS THAT NEXT DAY WILL BE THE WIND UP - A BBQ AND SMALL AWARDS CEREMONY.  (TO START AT 6:00) CHILD WILL RECEIVE THEIR MEDAL, BRING CAMERA!**

**#8 LAST DAY**

**6:00 - Start of windup and BBQ.**

**6:30 – Start with awards.**

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Further information to follow in regards to windup.

Contact information for Blastball:

Meagan Taylor

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