

7th Grade Block Plan

DAY 1

Skills: Rules and strategies of Softball, Intro Overhand Throw, Catching
Drills: Throw to partner, throw for accuracy (through hoops)
Concepts: Make "T" Cover it and Chest
Activities: 6 ball drill, Relay toss

DAY 2

Skills: Review overhand throw/catch; Intro fielding grounders
Drills: Partner work
Concepts: Body in front of the ball, glove on the ground
Activities: Soft hands, Grounders, Infield drill, Blind toss, Grounder relay

DAY 3

Skills: Review grounders; intro fly balls
Drills: Partner work
Concepts: Get under ball and Cover it!
Activities: Pop flies, Fly balls, Volleyball

DAY 4

Skills: Warm-up, Review fly balls; intro Underhand pitching
Drills: Accuracy and partner work
Concepts: Snap wrist and follow through
Activities: Hula pitching, Round-the-Bases relay

DAY 5

Skills: Review pitching; intro Striking/Batting
Drills: Use batting tees; student pitched balls
Concepts: Squash the bug and watch ball to bat
Activities: Wiffle toss or tee, Soft toss

DAY 6

Skills: Review rules and strategies/ Lead-up games
Drills: Team work
Concepts: Put everything together
Activities: Knock-Pin Softball, Whack-O Softball, Battle tee

DAY 7-10

Lead-up games and Game Time