

Type of Activity:  
 Lead-up **Drill**  
 Fitness **Game**

Score: 19/20

## Berkey's Assessment of Games

1. Name of the game: 6 Ball Drill - Throwing
2. Source of the drill: Softball Coach LE
3. Brief description of the game: 1) Students stand shoulder width apart, puts throwing arm up at 90 degree angle, holds elbow with glove, throws ball to partner just using their wrist action. 2) Student sits with legs spread and has arm in same position, only this time they can use their elbow and wrist to throw the ball to their partner. 3) Student remains sitting, only now they can rotate hips and turn upper torso to throw the ball. Follow through is not necessary yet. There is an emphasis on using the glove arm or elbow to direct throw. 4) Student now goes to one knee. Rotates hips and upper torso and throws the ball, only now they put the emphasis on following through across knee, which is raised. 5) Student now stands with glove arm closest to partner, and feet shoulder width apart. Using all of the above steps, they throw the ball concentrating on follow through, but they cannot move their feet. 6) Student can now take a step and throws the ball using the above steps.

### Activity Analysis

	Low-----High
<b>1. Students can develop physical skills.</b>	<b>1    2    3    4    <u>5</u></b>
State the skills: Catching, throwing	
Students can practice appropriately	<u>Yes</u> No

	Low-----High
<b>2. Participation level</b>	<b>1    2    3    <u>4</u>    5</b>
Roles of the students: work on throwing	
Potential examples of waiting: as thrower performs his/her tasks	

	Low-----High
<b>3. Activity is developmentally appropriate</b>	<b>1    2    3    4    <u>5</u></b>
Stage/Age for which activity is appropriate: 6-8 <sup>th</sup>	
Justification for this population/group: developmentally appropriate for sport skills	

Low-----High

<b>4. Cognitive, personal and social development</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b><u>5</u></b>
Examples of personal skills (Action/Condition): cooperation, responsibility					
Examples of cognitive skills (Action/Condition): techniques/forms of skills used					

Modifications for special need students: Shorten distance, larger ball