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

## Berkey's Assessment of Games

Score: 19/20

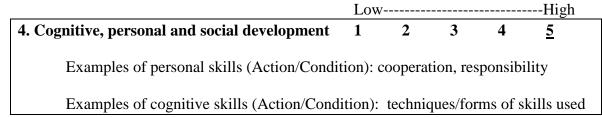
1. Name of the game: Soft Hands

2. Source of the game: Softball Coach LE

3. Brief description of the game: This drill helps students develop "soft" hands and release the ball quickly and is one that helps with lateral movement and fielding: Have four fielders form a square with about 10 ft. between them. Then, without gloves they flip the ball around counter-clockwise, then shift direction and gradually increase the distance. You can also divide the fielders into pairs and have them face their partner at a distance of about 10 to 15ft., then, while moving sideways they roll the ball to each other a couple of times before shifting direction. It's important in this drill that the students stay low and watch the ball all the way into the body.

## **Activity Analysis**

	Low-	Low			High
1. Students can develop physical skills.	1	2	3	4	<u>5</u>
State the skills: Fielding					
Students can practice appropriately	Yes		No		
	Low-				High
2. Participation level	1	2	3	4	5
Roles of the students: fielder, thrower				_	
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Potential examples of waiting: as thrower					
Potential examples of waiting: as thrower			form his		High
,	Low-				



Modifications for special needs students: Shorten distance, larger ball