

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

Score: 19/20

## Berkey's Assessment of Games

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

	Low				High
<b>2. Participation level</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b><u>4</u></b>	<b>5</b>
Roles of the students: fielder, thrower					
Potential examples of waiting: as thrower and fielder perform his/her tasks					

	Low				High
<b>3. Activity is developmentally appropriate</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b><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 needs students: Shorten distance, larger ball