

U10 PROGRAM 1



Warm up- 5mins		Throwing- 10mins	
<p><u>Rats Rabbits</u></p> <ul style="list-style-type: none"> - Players face each other two lines 3m apart - One line "Rats", the other "Rabbits" - 5-10m behind each line is a line of markers on ground - Coach calls out either "Rats" or "Rabbits" - Named team must turn and run over line behind them before being touched by opponent 		<p><u>Bombs Away! Throwing</u></p> <ul style="list-style-type: none"> - Split group in two - Each group attempts to throw ball into opponent's area. - Throw ball on an arch from behind their attack/ mid line 	
Equipment/ set up	Variations	Equipment/ set up	Variations
<ul style="list-style-type: none"> - Four markers placed on ground 15-20 m apart 	<ul style="list-style-type: none"> - Players face side on - Players on stomachs - Players on back 	<ul style="list-style-type: none"> - Glove for each player - One ball - Markers to identify playing surface - Sufficient rectangle split into two (similar to tennis/ volleyball) 	<ul style="list-style-type: none"> - Multiple foam/ plastic/ tennis balls - Throw ball from where it is fielded - Split into three teams and play elimination style.
Fielding- 15mins		Hitting/ Mod game- 30mins	
<p><u>Bombs Away! Fielding</u></p> <ul style="list-style-type: none"> - Split group in two - Each group attempts to roll ball over opponents goal line - Must roll ball from behind their attack/ mid line attack line 		<p><u>Stop Ball</u></p> <ul style="list-style-type: none"> - Two equal teams - Batting team hits ball off tee - Batter then runs the bases, scoring one point for every base - Batted ball is fielded and then passed to each fielder - Once the ball reaches the last fielder they shout 'STOP' 	
Equipment/ set up	Variations	Equipment/ set up	Variations
<ul style="list-style-type: none"> - Glove for each player - One ball - Markers to identify playing surface - Sufficient rectangle split into two (similar to tennis/ volleyball) 	<ul style="list-style-type: none"> - Multiple foam balls - Throw ball from where it is fielded - Split into three teams and play elimination style. 	<ul style="list-style-type: none"> - Suitable sized baseball field - Tee - Bat - Helmet - Ball - Glove 	<ul style="list-style-type: none"> - Pitch ball to batter - Using a softer ball, have fielders start in different positions (facing other way, on ground etc.)

U10 PROGRAM 2



Warm up- 5mins		Throwing- 10mins	
<p><u>Ship To Shore</u></p> <ul style="list-style-type: none"> - Two lines 10m apart - Everyone lines up on one line, which will be “shore” - The other line is called “ship” - Coach will call either “ship” or “shore” with players running to respective line 		<p><u>Gorri (Traditional Indigenous Game)</u></p> <ul style="list-style-type: none"> - Players line up with a ball in their hand - Coach rolls hoop/ exercise ball 5m in front and down the line - Players must stay behind the line and attempt to throw through the hoop 	
Equipment/ set up	Variations	Equipment/ set up	Variations
<ul style="list-style-type: none"> - Markers placed on ground 10m apart identifying the two lines (ship and shore) 	<ul style="list-style-type: none"> - Add ‘hit the deck’. When this is called players go to the ground - Slowest is eliminated - Add different movements (skipping, hopping etc.) 	<ul style="list-style-type: none"> - Markers to identify throwing line - Hoola hoop/ exercise ball - Safety balls 	<ul style="list-style-type: none"> - Split into two groups with one side throwing and the other side fielding the thrown balls - Add smaller object (soccer, rugby ball etc.) - Increase the distance of rolled object
Fielding- 15mins		Hitting/ Mod game- 30mins	
<p><u>Roll-a-Goal (Fielding Soccer)</u></p> <ul style="list-style-type: none"> - Two even teams - Whilst rolling the ball, players either pass to team mates or shoot for goal - Players in possession of the ball must not move 		<p><u>Beat The Bomb</u></p> <ul style="list-style-type: none"> - Two even teams - Batting team must remain at safe distance from tee (at least 5m) - Batter hits bomb (ball) off tee and into field of play - Batter then runs around a marker (15m away) and back to the tee - Fielding team must get bomb back to tee before it explodes (appropriate time eg. 10 sec) - Batting team receive 1 point for making it back to the tee before the bomb is returned 	
Equipment/ set up	Variations	Equipment/ set up	Variations
<ul style="list-style-type: none"> - Setup a suitable playing surface similar to soccer/ hockey - Gloves - Safety balls 	<ul style="list-style-type: none"> - Use a larger ball and remove gloves - Size of goals 	<ul style="list-style-type: none"> - Tee - Safety ball - Gloves - Markers 	<ul style="list-style-type: none"> - Have multiple hitters. Once the last ball is hit then everyone can run.

U10 PROGRAM 3



Warm up- 5mins		Throwing- 10mins	
<p><u>Stuck in the mud</u></p> <ul style="list-style-type: none"> - Nominate one person to be "it" - That player attempts to tag as many people as possible - Players who are tagged must stand in that spot with feet spread a part - Players who aren't stuck can free the players who are by crawling between their legs 		<p><u>Bulls eye</u></p> <ul style="list-style-type: none"> - Players stand in a straight line with multiple balls - Place hoops along fence - Throwing one ball at a time, players attempt to throw balls into the hoops. - Once all the balls are thrown then pick up and start again 	
Equipment/ set up	Variations	Equipment/ set up	Variations
	<ul style="list-style-type: none"> - Have multiple players that are 'it' 	<ul style="list-style-type: none"> - Markers to identify throwing line - Hoola hoops/ buckets/ chairs - Safety balls 	<ul style="list-style-type: none"> - Increase the distance from target - Place a ball (large or small) on a tee to use as a target.
Fielding- 15mins		Hitting/ Mod game- 30mins	
<p><u>Great Wall of China</u></p> <ul style="list-style-type: none"> - Split players in groups of no less than 3 - Nominate one player to be leader - Rest of players stand side by side with feet touching - Captain attempts to roll ball passed players 		<p><u>Hit 5 and Run</u></p> <ul style="list-style-type: none"> - One hitter at a time. Rest of team occupies a position on the field - Hitter hits 5 balls consecutively into the field of play - On the fifth ball the player runs around bases - Fielders remain still till the fifth ball is hit. - Fielders collect all balls and place them at home plate before runner gets home. 	
Equipment/ set up	Variations	Equipment/ set up	Variations
<ul style="list-style-type: none"> - Gloves - Safety balls 	<ul style="list-style-type: none"> - Have captain roll multiple balls - 'Captain ball' style- Captain rolls the ball to each player. Once the last player in line fields the ball they then become the new leader. Game stops when every player has become leader. 	<ul style="list-style-type: none"> - Set up suitable field with bases - Tees - Bat - Helmet - Gloves 	<ul style="list-style-type: none"> - Hitter to hit more balls - Have multiple hitters. Once the last ball is hit than everyone can move - Fielders set up in different starting positions (face other way, on stomachs). Will need to use softer balls

U10 PROGRAM 4



Warm up- 5mins		Throwing- 10mins	
<p><u>Chicken Tag</u></p> <ul style="list-style-type: none"> - Players partner up - Using their hands as chicken beaks players attempt to peck each other on the back of the knee 		<p><u>Relay race</u></p> <ul style="list-style-type: none"> - Split players in groups of no less than 4 - Players 10 paces apart in a straight line - Player at one end starts with ball - The ball is thrown down the line to each player 	
Equipment/ set up	Variations	Equipment/ set up	Variations
	<ul style="list-style-type: none"> - Everyone vs. everyone - Start with one player as 'it' and every player that is tagged also becomes 'it' 	<ul style="list-style-type: none"> - Gloves - Safety balls - Markers (to identify player position in line) 	<ul style="list-style-type: none"> - Ball is thrown up and down the line multiple times - Vary the rotation of players receiving the ball
Fielding- 15mins		Hitting/ Mod game- 30mins	
<p><u>Croc Frenzy</u></p> <ul style="list-style-type: none"> - Groups of 6-8 - Players form a circle at a suitable distance - Coach stand in middle of circle and randomly rolls ball to players - Using their 'crocodile chops' (glove and bare hand) players 'eat and swallow' (field and bring to midsection) the ball - Return the ball back to the middle for the next roll 		<p><u>50 count</u></p> <ul style="list-style-type: none"> - One batter at a time - Rest of team occupies the field - Hitter hits 10 balls into field - Fielders attempt to stop the ball - Every ground ball stopped by fielder they are awarded 5 points - Every fly ball caught by fielder they are awarded 10 points - Once a player reaches 50 points restart counting 	
Equipment/ set up	Variations	Equipment/ set up	Variations
<ul style="list-style-type: none"> - Gloves - Safety balls 	<ul style="list-style-type: none"> - Roll multiple balls - Remove coach from middle and have players roll the ball to opposite side 	<ul style="list-style-type: none"> - Tee - Bats - Helmet - Safety balls 	<ul style="list-style-type: none"> - Multiple hitters at once. With everyone at a safe distance have one hitter hitting pitched balls and the others hitting off a tee.

U10 PROGRAM 5



Warm up- 5mins		Throwing- 10mins	
<p><u>Cat and Mouse (base running)</u></p> <ul style="list-style-type: none"> - Players are in two lines behind home plate - One line is “Cat” the other “Mouse” - Mouse is released to run around the bases - Cat is then released and chases the mouse around the bases - Both Cat and Mouse must touch every base 		<p><u>Partner Throwing</u></p> <ul style="list-style-type: none"> - With a partner, players throw the ball to one another - Gradually move back (1min intervals) till the distance cannot be reached 	
Equipment/ set up	Variations	Equipment/ set up	Variations
<ul style="list-style-type: none"> - Suitable sized base paths 	<ul style="list-style-type: none"> - Vary the time you release the ‘Cat’ - Add a third person ‘Dog’ into the race - Run bases in opposite direction 	<ul style="list-style-type: none"> - Gloves - Markers to identify the starting line - Safety balls 	<ul style="list-style-type: none"> - Increase the distance to where the thrown ball bounces a couple of times - Add a point system (5 points for a ball caught at chest high, 1 point for a ball caught, 0 points for an over throw)
Fielding- 15mins		Hitting/ Mod game- 30mins	
<p><u>Brain Buster</u></p> <ul style="list-style-type: none"> - Players in pairs and remove gloves - Player throws tennis ball into the air to their partner - Partner attempts to headbutt the ball (if required helmets can be used) 		<p><u>Small sided game</u></p> <ul style="list-style-type: none"> - Split into two teams - Play a game and give the players the option to stand/ field where they please 	
Equipment/ set up	Variations	Equipment/ set up	Variations
<ul style="list-style-type: none"> - Tennis balls - Markers - Helmets (if required) - Tennis racket (optional) 	<ul style="list-style-type: none"> - Have thrower catch the headbutted ball - Coach hits tennis ball with racket - Have a small group and one ball (communication) - Have any sized group and hit multiple balls 	<ul style="list-style-type: none"> - Suitable sized field - Gloves - Safety ball - Tee - Helmets - Bat - Tennis racket (optional) - Tennis balls (optional) 	<ul style="list-style-type: none"> - Pitched ball (either coach or player) - Replace bat with tennis racket and safety ball with tennis ball

U10 PROGRAM 6



Warm up- 5mins		Throwing- 10mins	
<p><u>Relay race (Base running)</u></p> <ul style="list-style-type: none"> - Two even teams - One team at home plate the other at 2nd base - On “Go” players run the direction of the base path to where they started from - Once they are back to the base they started at then they tag the next person in line 		<p><u>Leader Throw</u></p> <ul style="list-style-type: none"> - Split into groups no less than three - Nominate one player to be leader - Rest of group stand side by side at arms length between each other and at least 5m from leader - Ball is thrown to each person in line by the leader 	
Equipment/ set up	Variations	Equipment/ set up	Variations
<ul style="list-style-type: none"> - Base paths at suitable distance - Safety balls (optional) 	<ul style="list-style-type: none"> - Run opposite direction - Change the direction of running at any time during the race - Rather than tag, players can pass the ball to the person in line 	<ul style="list-style-type: none"> - Similar set up as ‘Great Wall of China’ - Gloves - Safety Balls 	<ul style="list-style-type: none"> - Increase the throwing distance - ‘Captain ball’ style- Captain rolls the ball to each player. Once the last player in line fields the ball they then become the new leader. Game stops when every player has become leader
Fielding- 15mins		Hitting/ Mod game- 30mins	
<p><u>What’s your name?</u></p> <ul style="list-style-type: none"> - Players in regular fielding positions - Coach at home plate and rolls/ throws/ hits balls into the field of play - One player to field the ball and throw to another whilst calling out their name. - Once every player has caught the ball then the ball is thrown back to the coach 		<p><u>Speed Ball</u></p> <ul style="list-style-type: none"> - Split into two teams - Hitters use a tennis racket to hit a pitched tennis ball - Hitter has two chance to put the ball in play. If not achieved the batter is out. - Regular rules apply - 30 sec. change over time between the 3rd out and the next pitch 	
Equipment/ set up	Variations	Equipment/ set up	Variations
<ul style="list-style-type: none"> - Suitable sized field - Gloves - Safety ball - Bat (optional) - Helmets (optional) - Tennis ball (optional) - Tennis racket (optional) 	<ul style="list-style-type: none"> - Nominate a player to run the bases. Regular plays are made whilst calling out the receiving players name - Using tennis balls, roll multiple balls into the field of play 	<ul style="list-style-type: none"> - Suitable sized field - Gloves - Tennis racket - Tennis balls - Helmets 	<ul style="list-style-type: none"> - The size of field - Give the hitter only one chance - Have fielders start either facing the opposite direction or lying on the ground