



## YEAR 8 PLANNER 2014

### SEMESTER 1

WEEK	1	2	3	4
1	Introduction to course. Handouts. Blog Agility ladder drills	Dynamic Warm-up Throwing drills Funnel drills Square drills 6F's	Conditioning Crossfit WOD  Pool rehab	Hitting- absolutes Tee work- on field Tyre targets & back nets
2	RST, Introduction to relays  Game of long ball reinforcing relays	Defence- Agility ladder w/up Throwing drills Outfield everyday drop step drills  OF throws to 2nd	Conditioning Fartlek training Walk-Jog-Sprint  Pool rehab 4 laps + stretch	Hitting Cages- 6 stations of tee, toss, flip Working on 'NO FLY' zone
3	Defence Infield Fundamentals Defence- infield drills w/ paddles fungos	Wiffle ball game  Conditioning Bodyweight circuit	Pool rehab- Swimming practice for carnival with PE classes	Gameplay Over the line game
4	Cuts & relays drill  Game play Long ball	Hitting Circuit on the field Flip, Tee targets	<a href="#">Task 1</a> Thinglink on computers	Defence Throwing around bases Box drill infield
5	Baserunning Leads @ first base  Pop up priorities w/ rubber balls	Conditioning Aerobic- Triathlon  Run, Bike, Swim	Task 1- computers	ZONE SWIMMING
6	Hitting -bunting intro -bunting game	Conditioning Ladder & sprint work Game play Over the line	Task 1- Computers	Ind Defence - 2 groups outfield fly balls -infield throws to first
7	Defence How to pickoff to first base w/ runners How to hold runner at first	Game play - advancing runners in groups	Theory Goal setting	Hitting On field circuit
8	PFP's	<a href="#">Article Review</a>	Conditioning Crossfit WOD	<b>Combined practice</b> <b>-team defence</b> <b>-2 pitch game</b>
9	Infield/ Outfield intro	Year 8 Activity Day	Year 8 Activity Day	Hitting Video hitters
10	Game play Over the line	Catch up- Revision	Wiffle ball Crossfit WOD	Clean up - student choice game

# BASEBALL

## SOUTH FREMANTLE

### SENIOR HIGH SCHOOL



WEEK	1	2	3	4
11	Throwing game w/up Infield square drills Funnel drills Throwing to bases Wiffle ball	RST Outfield Throwing to bases GAME SENSE- oppo field game	Interschool Training	Interschool Training
12	Photos for cards Speed Ladder w/up Hitting in cages T's, Flip, BP	RST Pick-offs PFP's Game sense- 2-pitch	Interschool Training	Interschool Training
13	Conditioning Speed ladder Sprint training Throw- long toss	Hitting Partners in cages T, flip, throw Ahead in the count situations	Interschool Training	Interschool Training
14	W/up- over the line game in 2 teams Game sense- Line hame or 2 pitch w/flip	Article Review Students need to look up a Baseball article from blog or MLB.com & write a review	Interschool Training	Year 8 Lightning Carnival
15	Conditioning Circuit training in Weights room	RST Game sense- Flip game on field	RST Pitching drills Flat ground pens	STUDENT FREE DAY NO SCHOOL
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17				
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20				

# BASEBALL

SOUTH FREMANTLE  
SENIOR HIGH SCHOOL

