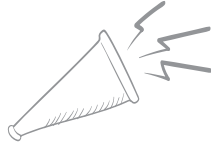


Word of the Week: **INTEGRITY** ←

Word of the Week Talk:



- Since this is the final week of Junior Giants, ask each of your players to share their favorite memory from this season.
- Define the word INTEGRITY:** Doing the right thing even when no one is watching.
- Begin a conversation about integrity by asking the players the following questions:

T-Ball (5-6 years old)

1. Has anyone heard the word "integrity" before? What do you think it means?
2. How can you show honesty when playing baseball with your teammates?
3. How can you do the right thing when no one is watching when you are at home with your family?

Minors (7-9 years old)

1. What does integrity mean?
2. Players who have integrity always do what is right in any situation, even when no one is watching. Have you ever done the right thing when no one is watching?
3. How can you show integrity if you are playing in a baseball or softball game and a call is made that benefited you/your team, but you know it should have gone the other way? Should you tell the umpire/your coach the truth?

Majors (10-13 years old) & Seniors (14-18 years old)

1. How would you explain what integrity is to someone who has never heard of it before?
2. Is having integrity always easy? Can you think of a time when acting with integrity was really hard to do?
3. How can we show integrity on and off the field?

End Of Practice:



- Pass out the Integrity Baseball Card to all players and remind them to enter the answers to this week's trivia question on gojrgiants.org as part of the Junior Giants Sweepstakes!
- Pass out the trophy to your players who earned all of their Junior Giants Baseball Cards (unless your league has another designated time to pass these out, such as an end-of-season celebration).
- Thank your players and fellow volunteers and tell them that you hope to see them next season!
- Take a photo of your team with their trophies and post it to Facebook, Instagram or Twitter using **#jrgiants**. Make sure you check with players' parents before you post a photo of their child.



Notes:

WEEK 8: INTEGRITY

INTRODUCTION, STRETCHES & WARM UP

7 MINUTES

1. Have players talk about their favorite part of their Junior Giants season.
 2. Refer to the WOW pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
 3. Have players lightly jog for 2-3 minutes to a designated spot and back.
 4. As the team returns, have them spread out and prepare for stretches.
 5. Altogether, count to 10 while completing each of the stretches below:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
 6. Finish with 10 jumping jacks.
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INTEGRITY ACTIVITY

5 MINUTES

1. Have players line up in a single file horizontal line, facing towards the coach.
 2. The coach will be on the other end of the field. To test the integrity of the team, the coach will have his or her back to the players so that he/she cannot determine if the players are following the rules or not.
 3. When the coach calls out "Green Light," players must run as fast as they can towards the coach.
 4. When the coach calls out "Yellow Light," the players must slow down and walk.
 5. When the coach calls out "Red Light," the players must stop immediately.
 6. The goal of the game is to tag the coach first on the opposite end of the field.
 7. If a player moves at any point other than during "Green Light" or "Yellow Light," the player must return to the starting line.
 8. This game will test the integrity of the team. Emphasize that players must do the right thing (going back to the starting line if they moved) even when no one is watching.
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POP-UP PRACTICE

10 MINUTES

1. Separate players into multiple groups for fly balls.
 2. Each coach should take a group and begin with a small toss to each player (with the group spread out in a semi-circle).
 3. The coach should call the player's name (whoever is being tossed to) and that player then calls the ball.
 4. After a few tosses to each player, have the players back up a few steps. The coach should now make higher tosses.
 5. After a few rounds, progress to one player catching as many as they can in a row.
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WATER BREAK

3 MINUTES

GAME SEQUENCE

20 MINUTES

1. Send half the players to line up in the dugout and ask the other half take their positions in the infield.
2. Place one coach on the pitching mound and another coach at the tee. The first player will hit off the tee and run through the bases. Ask the players to field the ball and throw it to a base, trying to make the "out."
3. Rotate through all players and then switch.

WEEK 8

BASE RUNNING

5 MINUTES

1. Line up all players at home plate.
 2. Ask the first player take a practice swing and then run to first base.
 3. Emphasize running through first base rather than stopping right when they reach the base.
 4. Ask the next player begin running when the player before them reaches first base.
 5. Rotate through the entire line.
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COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 8 (see handout).

WEEK 8: INTEGRITY

INTRODUCTION, STRETCHES & WARM UP

7 MINUTES

1. Have players talk about their favorite part of their Junior Giants season.
 2. Refer to the WOW pack discussion guide to give players a brief overview of what the Word of the Week is to get them thinking.
 3. Have players lightly jog for 2-3 minutes to a designated spot and back.
 4. As the team returns, have them spread out and prepare for stretches.
 5. Have players switch off **LEADING** the following stretches, making sure to count to 10 for each:
 - Arm Circles: Circle arms 10 times forward, then 10 times backwards.
 - Shoulder Stretch: Place one arm behind the head and pull on elbow with opposite hand, switch.
 - Wrist and Forearm Stretch: Kneel down and place palms on ground with fingertips facing knees.
 - Toe Touches: Reach for toes without bending knees.
 - Flamingo Stretch: Bend right knee and grab right foot with right hand, balance, then switch to the left.
 6. Finish with 15 jumping jacks.
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INTEGRITY ACTIVITY

10 MINUTES

1. Gather in the outfield.
 2. Have players spread out and face the coach.
 3. Follow the basic rules of "Simon Says." To test the honesty and integrity of the team, the coach will turn around to face away from the players.
 4. Players must listen to the commands following each "Simon Says."
 5. If the player does an action that was commanded without "Simon Says" attached to it, he or she must take a seat.
 6. Emphasize that this activity is testing how well players can do the right thing, even when no one is watching. The last player standing gets high fives from the coach and his/her teammates.
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POP-UP PRACTICE

10 MINUTES

1. Separate players into multiple groups for fly balls.
 2. Each coach should take a group and begin with a small toss to each player (with the group spread out in a semi-circle).
 3. The coach should call the player's name (whoever is being tossed to) and that player then calls the ball.
 4. After a few tosses to each player, have the players back up a few steps and the coach should now make higher tosses.
 5. After a few rounds, progress to one player catching as many balls as they can in a row.
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WATER BREAK

3 MINUTES

HITTING

20 MINUTES

1. Each player will approach their at-bat as if it is in a game. Make sure they have proper coverage of the plate.
2. Divide your team evenly between three groups. Group 1 will be batting, Group 2 will be infielders and Group 3 will start in the outfield.
3. Each team will hit as if it was a live game.
4. The fielders will try to get each batter out.
5. Once each player in Group 1 has hit, the inning will end.
6. This rotation will continue until the drill is over.

WEEK 8

BASE RUNNING: RELAY

10 MINUTES

1. Break the players up into two even groups; one group goes to home plate and the other group to second base.
 2. Explain the race rules – players will run around all the bases and finish on the base they started, once the player touches that base the next player can go.
 3. Race ends when all players in their group finish.
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COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
2. Talk about game or practice details for the week.
3. Ask the WOW discussion questions for Week 8 (see handout).

WEEK 8: INTEGRITY

INTRODUCTION, STRETCHES & WARM UP

7 MINUTES

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 6. Finish with 20 jumping jacks.
-

INTEGRITY ACTIVITY

10 MINUTES

1. Gather in the outfield.
 2. Have players spread out and face the coach.
 3. Follow the basic rules of "Simon Says." To test the honesty and integrity of the team, the coach will turn around to face away from the players.
 4. Players must listen to the commands following each "Simon Says."
 5. To make it more challenging for the players, ask them to hold a ball in their right hand the entire game.
 6. If the player does an action that was commanded without "Simon Says" attached to it, or if he/she drops the ball from their right hand, he/she must take a seat.
 7. Emphasize that this activity is testing how well players can do the right thing, even when no one is watching.
 8. The last player standing gets high fives from the coach and his/her teammates.
-

POP-UP PRACTICE

10 MINUTES

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 2. The coach should call the player's name (whoever is being tossed to) and that player then calls for the ball.
 3. After a few tosses to each player, have the players back up a few steps and the coach should now make higher tosses.
 4. After a few rounds, progress to one player catching as many as they can in a row.
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WATER BREAK

3 MINUTES

WEEK 8

FIELDING

10 MINUTES

1. Pair up players and place them in two separate lines 20 feet apart so that each player is facing his/her partner.
 2. Keep plenty of space between players in the same line so they can move freely.
 3. Give each player in one line a ball. The coach stands behind the line of players without the balls.
 4. The receiving players start in the ready position. The coach controls the drill by pointing in which direction he wants the ball thrown.
 5. Point down and to the right for ground balls to the right side.
 6. Point up and to the right for fly balls over the right shoulder.
 7. Do the same thing for the left side.
 8. The coach monitors the receiving players and makes corrections when needed.
 9. After 5 to 10 repetitions, make the receiving players the throwers. The coach switches sides and repeats.
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HITTING

20 MINUTES

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