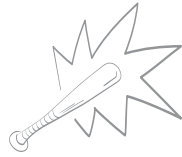


Word of the Week: STRIKE OUT BULLYING

At Bat This Week:



- Introduce Strike Out Bullying Week by leading your team in the Strike Out Bullying Pledge.

Have the players repeat each line after you:



I AM A JUNIOR GIANT!

I Pledge to Strike Out Bullying by...

Respecting my teammates, coaches, family and friends.

Giving up put-downs.

Standing up for what is right.

Treating **others** the way I would like to be treated.

Praising people and helping others.

Showing my friends that a **bully-free life** is more fun.



Word of the Week Talk:



- Define the word BULLYING:** Putting someone down by leaving them out, making fun of them or physically hurting them.
- Begin a conversation on bullying prevention by asking the players the following questions:

T-Ball (5-6 years old)

1. Think of a good friend. What makes them so special?
2. When you see someone being mean to another person, is it better to stay quiet or speak up?
3. What are some ways we can be nice to others?
4. Should we only be nice to our friends? Or should we also be nice to people who are different than us?

Minors (7-9 years old)

1. What does a good friend do?
2. What is a bully? How do bullies make others feel?
3. What can you do if you see someone being bullied?
4. How can we be a friend to someone who is different than us? Think of something you might have in common with someone you don't know yet, like a love of animals, a sport or your favorite food!

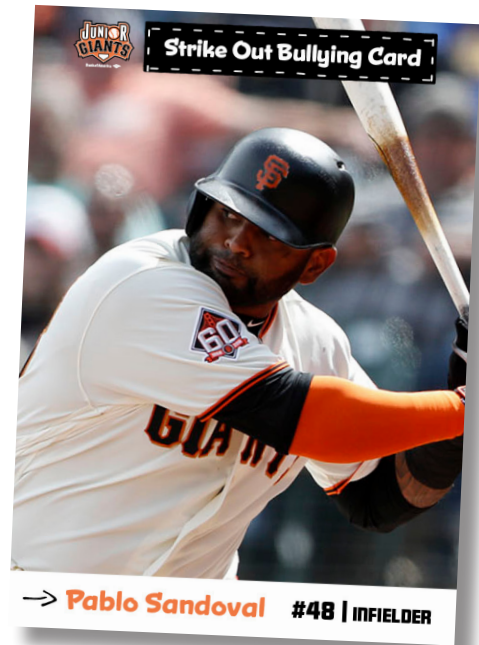
Majors (10-13 years old) & Seniors (14-18 years old)

1. Have you ever been bullied? How did it make you feel?
2. Have you ever seen another person being bullied? Did you say anything?
3. What does it mean to be a bystander? What can we say or do when we see someone being bullied? Why is it important to respect all people, regardless of their gender/race/religion or other factors?

End Of Practice:



- Remind your players that it's important to participate in the Strike Out Bullying Contest (located in the Player & Parent Handbook). Encourage players to submit a piece of artwork, song, video or poem that emphasizes the theme: **"All different, all Giants."**
- Provide Giants arm sleeves to players who turned in their Strike Out Bullying Contest entry.
- Pass out the Strike Out Bullying Card to all players and remind them to enter the answer to this week's trivia question on gojrgiants.org as a part of the Junior Giants Sweepstakes!
- Take a photo of your team with their Strike Out Bullying contest entries 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.



**On Deck
Next
Week:**

Preview **EDUCATION** week by:

- Challenging players to reach the next base in the Round the Bases Reading Program.
- Remind players that if they reach the Home Run level as a team they will be invited to the Junior Giants Festival at Oracle Park (Minors and older).

WEEK 3: STRIKE OUT BULLYING

INTRODUCTION, STRETCHES & WARM UP

7 MINUTES

1. Have players talk about what was their favorite part of last week.
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.

STRIKE OUT BULLYING ACTIVITY

5 MINUTES

1. Line up players on home plate.
2. Coach will read a list of statements to the team. If the team thinks that the action describes a buddy, they will advance one base. If the team thinks that the action describes a bully, they will stay in place.
3. Read the following statements one at a time:
 - I shared my lunch with a classmate that forgot to bring food to school. (Buddy)
 - I made my brother feel bad when he didn't do well on his test. (Bully)
 - I saw a girl get pushed and fall at recess, but I didn't do anything to help her. (Bully)
 - I helped the girl off the ground when I saw her fall at recess. (Buddy)
 - I did not let my classmate sit next to me at lunch because she is different than me. (Bully)
 - I asked a classmate to sit with me at lunch because it looked like she didn't have anyone to sit next to. (Buddy)
 - When I saw one of my classmates push someone, I told an adult. (Buddy)
4. Once the team reaches home plate, ask everyone to give each other a high five.

POSITION PRACTICE/FIELDING

10 MINUTES

1. Send players to positions in the infield. Coach may need to set out bases to mark positions so players know where to stand.
2. Talk about taking turns and that at practice we can take turns at each position, but in a game one person will be in charge of that area.
3. Have one coach roll balls to the players in position.
4. Players will scoop up the ball and throw to the coach at first base.
5. Repeat until all players have been able to throw to first base twice.

WATER BREAK

3 MINUTES

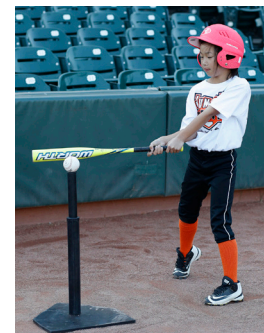
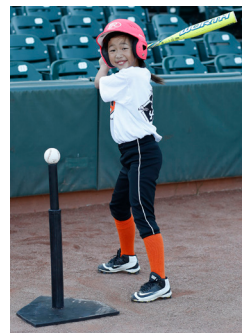
WEEK 3



HITTING

10 MINUTES

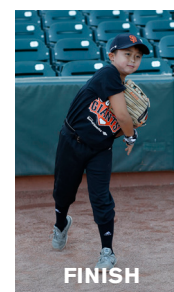
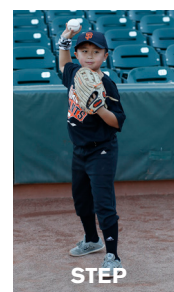
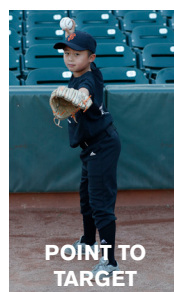
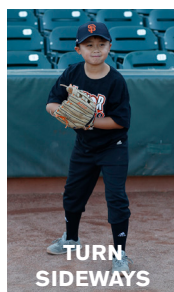
1. Break the players into 3 or 4 groups (or as many groups as possible for the amount of coaches you have). Have them stand behind a tee and take turns swinging.
2. A coach should be at each tee helping the players with the cues. Make sure the tee is in front of the player so they can hit the ball out in front.
3. Players should start with a half swing to see where they will make contact with the bat before swinging hard.
4. Have all players attempt to make contact with the barrel of the bat.
5. Perform this drill until each player has had the chance to swing at least 10 times.



THROWING

10 MINUTES

1. Throw to another coach while emphasizing holding the ball correctly in the "favorite hand," turning sideways, pointing to the target, stepping and throwing.
2. Break into small groups, one coach/team parent with each.
3. Line up players and take turns throwing the ball to each player.
4. Have player catch the ball and throw it back to the coach.



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 3 (see handout).

WEEK 3: STRIKE OUT BULLYING

INTRODUCTION, STRETCHES & WARM UP

7 MINUTES

1. Have players talk about what was their favorite part of last week.
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.
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 - 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.

STRIKE OUT BULLYING ACTIVITY

5 MINUTES

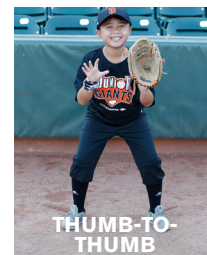
1. Have team find partners and spread out.
2. Give a ball to each pair.
3. With every throw to their partner, the player must compliment their teammate or say a way that they can be a friend instead of a bully.

THROWING & CATCHING

15 MINUTES

Glove Position for High and Low Throws:

1. Divide players into as many lines as there are coaches.
2. One at a time, start a player in the receiving position.
3. Emphasize catching thumb-to-thumb (fingers pointing up) when the ball is above their waist and pinky-to-pinky (fingers pointing down) for balls thrown below the waist.
4. Coaches throw balls above waist, then below waist.
5. Concentrate on proper glove position.
6. Once the player in line has caught both a high and low throw, they will go to the back of the line.
7. Rotate through the line of players 2 or 3 times.



WATER BREAK

3 MINUTES



WEEK 3

Split team in half. Have one group start at Station 1 and one group at Station 2. Switch stations after 15 minutes.

STATION 1: FIELDING

15 MINUTES

1. Talk about taking turns to field ground balls.
 2. Demonstrate using two hands to catch a rolling ball with their throwing hand open above the glove.
 3. Coaches stand across from a line and roll the first player a ball.
 4. After they scoop up the ball, players throw it back to the coach. Then give the next player a turn.
 5. Repeat until players seem to grasp fielding.
-

STATION 2: HITTING

15 MINUTES

1. Line up players near home plate.
 2. Pitch to one player at a time.
 3. Other players waiting are paying attention and encouraging their teammate.
 4. Focus on hitting the ball and then running as fast as he/she can to first base.
 5. Ask the next player in line go. Once the player hits, have the player on first run to second.
 6. Continue this sequence until all players have had a turn.
-

COOL DOWN & WOW TALK

15 MINUTES

1. Review what you worked on at practice.
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WEEK 3: STRIKE OUT BULLYING

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 - 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 20 jumping jacks.

STRIKE OUT BULLYING ACTIVITY

10 MINUTES

1. Circle up.
2. Coach will start off the game by passing ball to a player in the circle.
3. Whoever catches the ball must say a compliment to the person on their left and then throw the ball to another person across the circle.
4. Perform this action until everyone has had a chance to speak.
5. Then do the same sequence, but this time the player who catches the ball must say a compliment to the person on their right.

FIELDING

10 MINUTES

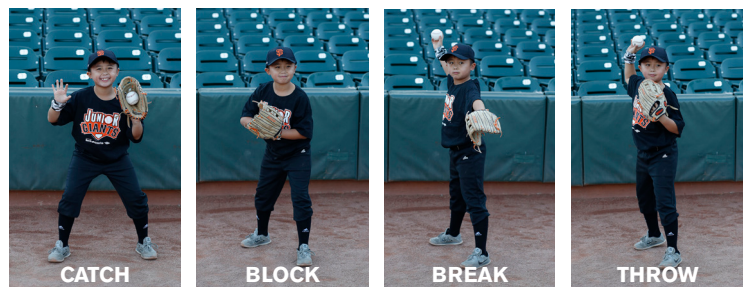
Partner Rolls:

1. Pair up and have players roll the ball to each other. Put players in two separate lines, 12 feet apart and facing each other.
2. Give each pair of players a ball.
3. The receiving player starts in fielding position with the glove on the ground and extended out past the bill of their cap.
4. The player with the ball rolls it underhand directly toward their partner's glove.
5. Then the receiving player rolls it back the same way. As the drill progresses, players should vary the ball speed.

THROWING

5 MINUTES

1. Have players partner up.
2. Throw back and forth with partner, emphasizing the catch, block, break, throw sequence.





WEEK 3

WATER BREAK

3 MINUTES

HITTING

15 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.

BASE RUNNING

10 MINUTES

Drill 1: Making a Turn

1. Similar to last week's "Home to First" drill.
2. Have one coach stand 10 feet in front of first base and 2-3 feet in foul territory.
3. Have another coach stand 6 feet off first base and 2-4 feet behind the bag.
4. This will help with the proper initial turn and make sure runners cut the corner correctly to get lined up toward second base.
5. With coaches in these two positions, have the players run around the first coach and in front of the second coach.
6. Coaches should watch to make sure base runners touch first base with either foot on the inside corner.

Drill 2: Base Running Relay

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.
3. Once the player touches that base the next player can go.
4. Race ends when all players in their group make it back to the base they started on.

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 3 (see handout).