

MGSA WINTER CLINIC

Date <u>March 20, 2005</u> Practice _____ 5th Grade-High School	ANNOUNCEMENTS _____ _____
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Throwing & Base Running- Game Situations (if time)

Time	Station	Drill	Equipment	
:00-:20	Warm Up		Knee	
		Short Toss		
		Long Toss		
:20-:35	Base Running Stations			
		Turns		Cone & Throw down Base
	Teach when to make turn and when to run through first base	Home- 2nd	Find the Ball	
	Teach how to look for base-coach	1st-3rd		
:35-:50	Fast Pitch Only		Lead Offs	
:35-:55	Game Situations			
	Will use combination chalk talk and demonstration. Focus on # of outs, score, what inning game is in, and where base runners are			
:55-:00	Announcements & Clean Up			

