

MGSA WINTER CLINIC

<p>Date <u>Feb 26, 2005</u></p> <p>Practice Time <u>1:00-2:00</u></p> <p>Prek-4th Grade</p>	<p>ANNOUNCEMENTS</p> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/> <hr style="border: 0; border-top: 1px solid black; margin: 5px 0;"/>
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THROWING and INFIELD PLAY

Time	Station	Drill	Equipment	
1:00-1:05	Warm-up	Large Group	Knee	Taped Balls
1:05-1:15	Throwing	Large Group	Arnold	Taped Balls
1:15-1:20	Ready Position-Pinkies and Thumbs	Large Group	Demo	
1:20-1:45	Drills	Groups		
	Glove Position- Out front, pinkies together			
	Rolled Grounders-Roll Slowly at player, teach to get in front of ball			
	Rolled Side to Side – Shuffle steps			2 Cones
	Charge Ball (3-4 th Grade)			
	Pick and Throw (3 rd -4 th grade) Pick up ground ball and throw to net.			
	Batted Balls (3 rd -4 th Grade)			
	Games			
1:45-1:55	Circle Game	Groups		
1:55	Announcements	Large Group		
	All groups will do the same drill at the same time as they are progressive			
	4 Minutes per drill			

