

MGSA WINTER CLINIC

<p>Date <u>March 5, 2006</u> _____</p> <p>Practice _____</p> <p>High School Stations</p>	<p>ANNOUNCEMENTS</p> <p>_____</p> <p>_____</p>
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Throwing & Infield

Time	Station	Drill	Equipment	
:00-:15	Warm up			
:15-:55	Stations- Infield Work			
	Break Down Mechanics	1 & 4	SLO-MO	
	Field ball, proper foot position, make throw			
	Charge and Flip	2 & 5	BOUNCE	
	Player runs and coach bounces ball, flip to 2 nd coach			
	Shuffle	3 & 6	SIDE - SIDE	
	Work side to side and then angles. Balance			
	Backhand	4 & 8	BACKHAND	
	Teach how to give ground and foot work			
	I will go over and demo drills to all coaches while girls are warming up. Will show add-ons to each drill.			

