

2-2:10 Warm up

2:10-2:30 Cradle

2:30-2:50 ground balls

2:50-2:55 water break, create teams

2:55-3:15 Speed lax

3:15-3:30 throwing drills

3:30-3:45 catching drills

Warm up

- Slow jog
- Butt kicks
- High knees
- Karaoke
- Frankensteins
- Lunges
- Jump rope

Cradling drills

- Cradling demo
- Cradling practice
- Cradling Relay race
- Cradling games
- Sharks and minnows
- Must change hands and direction every 6 steps
 - Or if a "shark" touches to hands to your front

Ground balls

Ground demo

- Touch two hands to ground, then scoop, then touch back hand to knee
- Up and down the court alternating hands each time, not about speed about form
- Butt to butt ground ball drill
- Messy back yard
- Musical ground balls
- Hungry Hungry hippos
- London bridge
- Egg hunt
- Hop, scoop, cradle, shoot

Speed Lax games

Throwing drills

- Show correct hand position
- Correct throwing motion

- Use Cradle baby to practice throwing motion
- Passing drill from half court

Catching

- Catching demo
- Catching drills
- Zipper
- Catching line drills

Defensive footwork

- Demo
- 1 on 1 footwork, end to end
- 1 on 1 footwork sideline to side line