



## Scarecrow Throwing

**Appropriate Age Group:** 5-12

**Skill(s) Practiced:** Throwing, Coordination, Balance

**Drill Duration:** 5 minutes

**Resources:** 3-4 ball per child, cones, 2 goals

**Description:** Players are lined up along a line on the field, shoulder to shoulder with space between them to allow for throwing. Coach demonstrates the scarecrow throwing technique. Players first try without a ball and the coach provides feedback to individuals. Players are then given balls and try throwing the ball to a target without a stick. 3-4x.

**Progression(s):** Switch top hand on the stick. Add sticks to the throwing mechanics.

**Drill Diagram:**

