



LITTLE RAMS PROGRAM



The Kindergarten CO-ED program is designed with the goal of teaching the very basic fundamentals of the sport while striving to maximize player enthusiasm and a love for the sport.

Unlike the older grades the Kindergarten players will use Fiddle Sticks. Each player will receive a Fiddle Stick and T shirt as part of the program cost.

The K program will be a skill based development program emphasizing fun (ground ball relay races, cradle tag, etc). The Skills practice will be once per week (1 hour). Practices will be structured primarily in a "station format" with all kids receiving equal instruction.

A list of the fundamental skills and what our coaches will be looking to accomplish:

Throwing

- 3 P's: Pull, Push, Point
- Bottom hand on butt end of shaft. Top hand is half way up shaft.
- Both hands should be above players shoulder (and slightly extended away from body).
- "Kiss your Shoulder" (shoulder of the arm of the bottom hand – promotes shoulder twist)
- Throwing right handed, player should step with LEFT foot forward; vice versa.
- Commit to Pass or Shot! The ball has not chance of hitting target if player does not commit.

Catching

- Top hand on neck and bottom hand near butt end of stick.
- Catching right handed, left foot forward, give a target (head of stick should be 8-12 inches out in front of player), when ball hits net rotate head of stick from 8-12 inches in front of your head to just behind your ear.
- Player holds stick in finger tips, not palm of hand. Catching ball requires soft hands, similar to catching an egg.

Ground Balls

- Keep both Butts low (butt end of stick and players butt).
- Bottom hand on butt end and top hand on neck of stick.
- "Scoop it, Sniff it, Hear it" Get low (bend knees), Scoop ball, bring it to your face, transition stick to passing/shooting position.