

MGSA WINTER CLINIC

Date _____ Practice Time <u>1:00-2:00</u> _____ Prek-4th Grade	ANNOUNCEMENTS _____ _____
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THROWING and OUTFIELD 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		
	Intro- No gloves, Thumbs together. Teach not to stab at ball			Balloons
	Low Toss- Coach stands next to player and tosses ball straight up. Looking for thumbs together			Softies
	High Toss- Same as above but toss ball higher			Softies
	Catch & Throw (3rd-4th grade) Catch and throw into nets			Lacrosse Goals Pop up nets
	Charging Pop-ups (3rd-4th grade) Coach stands 10 feet in front of player and tosses ball straight up			
	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			
	5 Minutes per drill			

