

MGSA WINTER CLINIC

Date <u>March 12, 2006</u> Practice _____ 5th Grade-High School	ANNOUNCEMENTS _____ _____
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Throwing & Outfield

Time	Station	Drill	Equipment	
:00-:20	Warm Up		Knee	
			Short Toss	
			Long Toss	
		Group Demo		
:25-:55	Stations			
	Drop Step	1 & 5		
	Angles	2 & 6		
	Thud Drill	3 & 7		
	Charging	4 & 8		
:55-:00	Sliding			

