

MGSA WINTER CLINIC

<p>Date <u>February 19, 2005</u></p> <p>Practice Time _____</p> <p>Prek-4th Grade</p>	<p>ANNOUNCEMENTS</p> <p>_____</p> <p>_____</p>
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THROWING MECHANICS

Time	Station	Drill	Equipment	
11:00-11:10	Welcome & Proper Grip	Large Group		
11:10-11:20	Warm up	Groups	Knee	Taped Ball
	Teaching getting arm up and wrist snap			
11:20-11:35	Throwing	Groups	Arnold	Taped Ball
	Teaching proper positioning to make good throw to target.			
11:35-11:50	Games	Groups		Taped Ball
	Distance throw			
	Use yard lines to measure distance			
	Target Throw			Lacrosse Goals Pop-up Nets
	Use Arnold drill to throw into nets			
	Players will be put in groups based on number of coaches			
	Strive for 6-8 players per group			
	Want player to throw with Mom or Dad			

