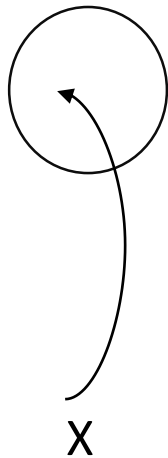


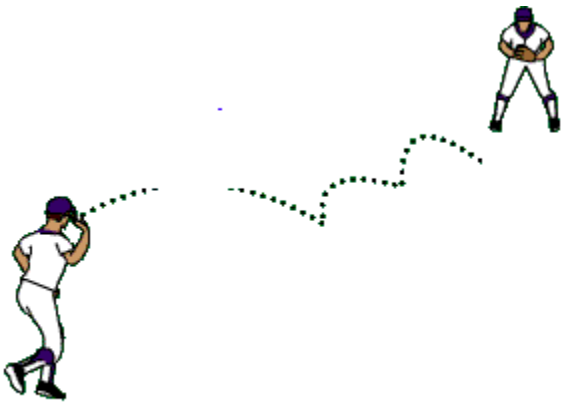
## STATION #1 – THROWING FOR DISTANCE (10 minutes)

- a. Players spread out evenly in the field with some balls.
- b. Place several targets in the field and have the kids take their time and properly throw the ball at the target. **(Coaches keep an eye out and correct the following. This is not a race)**
  - i. Keeping eye on the target
  - ii. Three finger grip
  - iii. Throw from the side, overhand.
- c. Once everyone has finished, collect the balls and repeat.



## STATION #2 – FIELDING GROUND BALLS (10 minutes)

- a. Players spread out into field, or in two lines
- b. Coach/parent must role the big ball slightly lateral and players must move left or right or forward in order to retrieve the ball with **NO glove (coaches keep an eye out and correct the following. This is not a race)**
  - i. **Teach ready position. (feet apart, knees flexed, seat out, hands out in front)**
  - ii. **Teach the glove hand and throwing hand.**
  - iii. **Teach the approach, moving towards the ball, staying low. Glove hand down and throwing hand over top.**
- c. Repeat



## STATION #3 – RUNNING THE BASES (10 minutes)

- a. Follow the leader
- b. Once at a time, the players run all four bases. Each time a player gets to first base, another player takes off and tries to catch him.

