**Throwing Drills for Younger Girls**

**Green Light, Red Light**

This is a fun drill, and it will help each player learn to run while wearing a glove. Start with one player or coach on one side of the outfield and all the other players on the other side. The caller, facing away from the players, will yell "green light," at which point the other players, all with their gloves on their hands, will sprint toward the caller. When the caller turns and yells "red light," any player who moves must return to the starting line and resume play from there. The green light, red light pattern continues until one player gets close enough to tag the caller.

**Stuffed Animal Target Practice (we have some stuffed animals in the Whitman Shed)**

Equipment - 2 or 3 balls for each 2 children

* Remind children of the proper way to throw, taking a step, holding out other hand as a guide, looking at the target glove.
* 5 stuffed animals will be placed on pails. Place 2 girls at each stuffed animal, at a distance which would make them successful at hitting the animal with a ball
* Each child gets 2 or 3 tries (depending upon how many balls we have). After she has thrown her balls, she retrieves them for her partner and then goes to the back of the line.
* When a child knocks the animal off the pail twice at a given distance (not necessarily twice in a row), she takes one giant step back. Notice that it is possible for the partners to be throwing from different distances.
* The person who can hit the stuffed animal twice from the greatest distance is the winner for the group.
* Adults emphasize and watch for proper mechanics.