**Throwing Drills for Older Girls**

**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.

**Hula Hoop Drill (helps with accuracy and distance)**

Put hula hoops up on fence with tie wraps. Have teams of ~3 girls compete throwing the ball from 30 to 40 ft until one team has hit the target 6 times (or 3 times).

**Star Drill**

Position your players at the 5 infield positions (c 1 2 ss 3).

Start with ball at C.

C throws to SS.

SS throws to 1.

1 throws to 3.

3 throws to 2.

2 throws back to C.  
  
If you have 10 girls you can have two sets of 5-players, and you can time each set to complete the star...or you can count the number of catches b/f a dropped ball.  
  
If you have more than 10 you can simply have multiple girls at each position and you then rotate the girls in & out while keeping the "star" going...never stop the throwing and see how high a number you can reach b/f a drop or bad throw. Try to beat that number next practice.  
  
Focus on good throws...throws the receiver can catch....catching the ball...focus on good quick glove to hand transition..footwork...etc. The goal is quick crisp accurate throws...proper receiving and throwing technique.

**Find the Ball Drill**Place the put ball on ground behind girls, have them turn around, find ball, get it, and throw to partner.  
  
Variation of above where they start on lying down and have to get up, turn around, find ball, and throw to partner.