

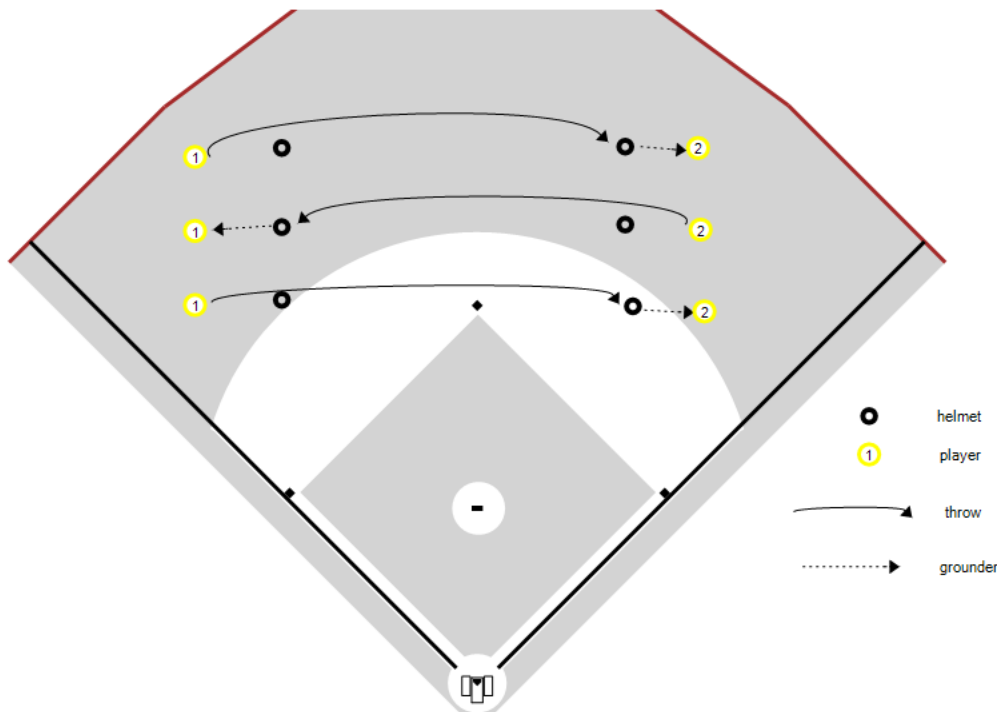
Title : Hit The Helmet

Category #1 : Skills

Category #2 : Throwing

Content elements:

Components :



Key Points :

Power T position

Arm above elbow

Proper footwork

Finish across body

Description

Objective:

To practice proper throwing techniques and safely field grounders

Equipment:

- 1 helmet for each player
- 1 ball per pair

Execution:

1. Players line up helmets on ground approx 20 feet apart from partner
2. Players stand 10 feet behind their helmet
3. Player 1 stands in proper Power T position and throws trying to hit partners helmet
4. Player 2 prepares to field the ball after it passes the helmet...proper grounder position

Progression:

- Move helmets further back for stronger throwers
- Introduce crossover / crowhop for longer throws
- Before throwing, start in grounder position / ball on the ground / self toss pop fly / ball in glove
- Introduce competition...1 point for hit helmet, 1 point for clean grounder, 1 side vs other side

** Partner players with similar throwing skill