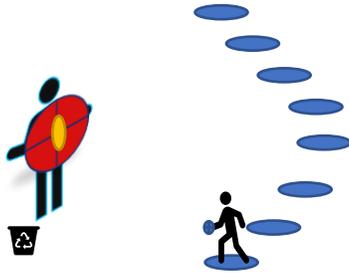


Defensive Drills w/ Baseball Archery:

Purpose: Field group balls, pop-flys and line drives. Throwing

Equipment: Large Multi-Colored Snag Balls. 1 Velcro Glove/kid. Colored Spot/kid, Bulls-eye Target, Tee or cart to prop up Target.

Set-up: Put down a colored spot/kid in a slight semi-circle, facing the bulls-eye target.



Execution:

1. Coach assigns each player to stand on a colored spot
2. Coach walks around and helps kids put their glove on their non-throwing hand. If you don't know what the kid's throwing hand is, have them give you a high-five and put the glove on the other hand.
3. Have all kids get in their defensive Go through the correct glove positioning for Ready Positioning, Ground Balls, Pop-Flys, and Line Drives
 - a. Ready position – Knees Bent, Hands on your knees.
 - b. Ground Balls - glove on the ground and use now glove hand to guide it in. Coaches Cue – Alligator mouth
 - c. Pop-Flys - Glove up over their head. – Glove to the Sky
 - d. Line-Drives – Glove Straight Out – Coaches Cue - STOP
4. Play a little game of Simon Says using Ready Position, Ground Ball, Pop-Fly, Line-Drive, so kids can practice the correct glove movements
5. Now add the balls... Start with the Pop Flys. Have kids put their glove in the air as coach holds the ball above their glove. Players have to move their glove to keep it under the ball as the coach moves the ball around. Coach then drops the ball onto the glove and goes on to the next player. Go all the way down the line until all players have a ball on their glove
6. Coach has all players rip the ball off their glove and show the proper throwing technique (Glove pointing at coach, ball hand in the air "Flex").
7. Coach holds the Bulls-Eye Target - and walks down the line calling the players names. When the coach calls their name, they throw the ball onto the target.
8. Once everyone has gone through once, work on Line Drives:
9. Players put their glove out facing the coach "STOP". Coach goes down the line tossing the ball to each player. It is on the coach to get the ball on the glove but don't make this look too obvious
10. Coach holds the Bulls-Eye Target further away from the players – and walks down the line calling the players names. When the coach calls their name, they throw the ball onto the target.
11. Once everyone has gone through once, work on Line Drives:
12. Coach goes down the line rolling the ball to each player.
13. Coach holds the Bulls-Eye Target further away from the players – and walks down the line calling the players names. When the coach calls their name, they throw the ball onto the target.
14. Once everyone has gone through, do Pop-Flys, Line Drives, and Ground Balls again but this time the coach props up the Bulls-eye Target on a Tee or Cart. Now the kids have to hit the target without the coach holding it in front of them.
15. Introduce the Bow & Arrow Coaches Cues
 - a. Ready – Load the Bow – bring both hands in front, pointing at the target



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- b. Aim – Pull the Bow String Back as far as it goes – Bring back your throwing Arm
 - c. Fire – Shoot the Arrow at the Target – Throw the Ball Fast & Hard.
16. Reinforce technique, story line, Flow, and Encouragement/Praise throughout.
17. Recap throwing and when/why it is used in Baseball.