

Run and Stretching – Stretch going down to touch heels with hands, one leg in front and go down to touch heels with elbows, sit down and touch knee with the forehead; make circles with arms.

Water Break

THE READY POSITION – With your feet outside of your hips, flex your knees, two thumbs pointing to the sky, elbows down and keep your throwing hand close to our glove hand as much as possible.

CATCHING - To catch a ball outside your body if it goes to your right, step to the ball with your throwing foot, if it goes to your left, you will step to the left and step behind. If the balls above your waist you make a quarter of turn up or if it goes below your waist turn down.

Throwing. – Grip the ball with your index, middle and ring finger on the laces. It can be done with 3 fingers or with the whole hand if their hand is too small. The thumb and pinky should be on the sides of the ball.

Make a circle from the glove down to your thigh and bring your hand up into a throwing position, upper arm parallel to the ground and elbow high.

Feet set, knees bent, left elbow or glove pointing to the target; back arm in an L position, elbow above your shoulder to apply speed and velocity to the ball, wrist facing directly behind and keep it nice and loose.

When you rotate your chest toward the target your wrist should be in a natural position staying behind the ball in order to apply power, it is very important to keep the wrist facing back before we rotate.

1. Run side ways
2. Throwing with the Crow Hop. – For right-hand throwers. Field the ground ball (Crocodiles) right foot up in the air, hop on it and we throw with the left foot. After they do it from the air, form 2 lines roll them ground balls.
3. Separate the lines to roll the balls side to side, create two lines with 5 girls each, catch the ball and throw it back to the coach and return to the center or same place, challenge the girls to be accurate.