

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

LEARN THE READY POSITION - Feet outside of your hips, flex ankles and knees, two thumbs pointing to the sky, elbows down and keeps our throwing hand close to our receiving hand as much as possible.

CATCHING - To catch a ball outside your body if goes to your right we step to the ball with our 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. - The grip across the large horseshoe, it can be done with 3 fingers or with the whole hand, however, the most important is the thumb right across of your middle finger or in the middle.

Thumb to Thigh or Thumb to Chest, depending on the length of the throw.

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

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

When we rotate our chest torch the target our wrist will be in a natural position to stay 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 in the air, we form 2 lines throw them ground balls.

3. Separate the line to roll the balls side to side, create two lines with 5 girls each, catch the ball and throw it back at the coach and return to the center or same place, challenge the girls to be accurate.