



Scarecrow Throwing

Appropriate Age Group: 5-12

Skill(s) Practiced: Throwing, Coordination, Balance

Drill Duration: 5 minutes

Resources: 3-4 ball per child, cones, 2 goals

Description: Players are lined up along a line on the field, shoulder to shoulder with space between them to allow for throwing. Coach demonstrates the scarecrow throwing technique. Players first try without a ball and the coach provides feedback to individuals. Players are then given balls and try throwing the ball to a target without a stick. 3-4x.

Progression(s): Switch top hand on the stick. Add sticks to the throwing mechanics.

Drill Diagram:

