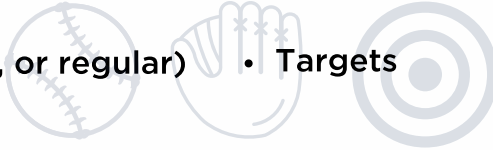




Equipment Needed:

- Balls (tennis, soft, or regular)
- Targets
- Gloves



TARGET PRACTICE

AGE RANGE: 8-18

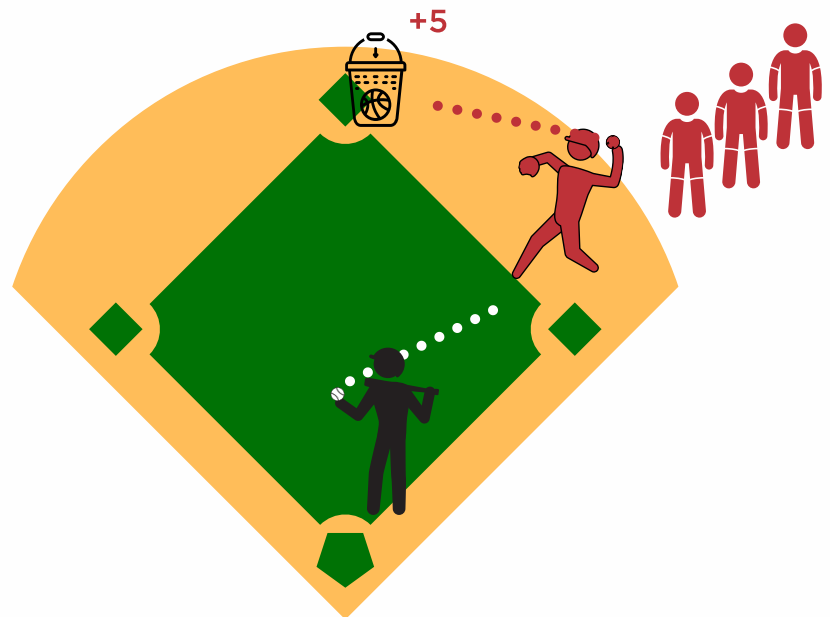
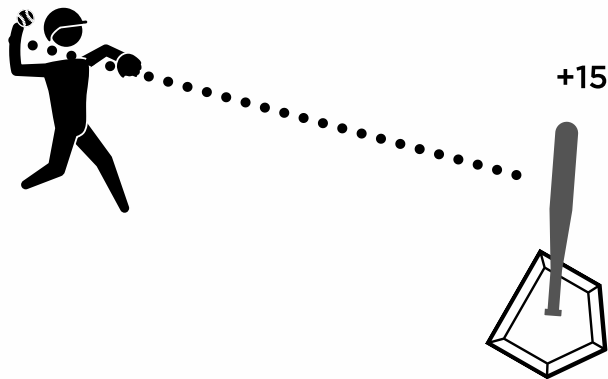
TYPE: FIELDING / THROWING

DIFFICULTY: EASY- MEDIUM

DRILL DESCRIPTION

Setup:

- Set up targets (buckets, standing bat, etc.) around your practice space at varying distances
- Players are split into teams



Instructions:

- Line players up at their team's first location
- Players receive a ground ball or fly ball from the coach, field the ball, transfer the ball cleanly, and throw at the target
- Each target hit would receive a specific amount of points based on difficulty
- Teams rotate through stations and whichever team scores the most points, wins!