

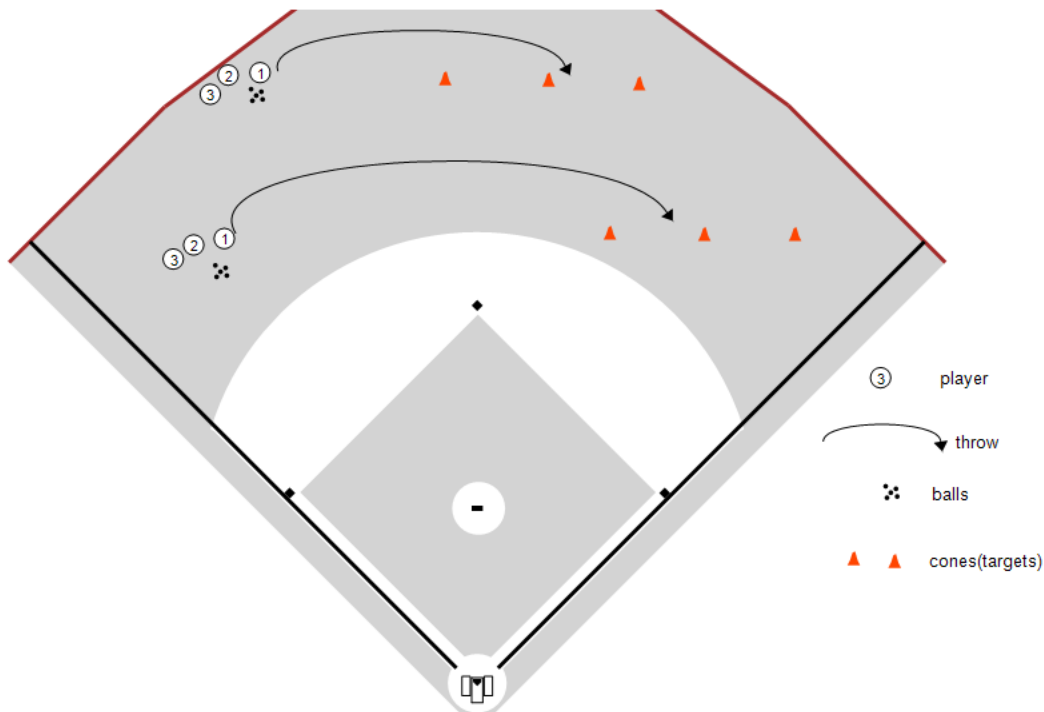
Title : Long Toss Golf

Category #1 : Skills

Category #2 : Throwing

Content elements:

Components :



Key Points :

good throwing technique

long toss footwork

"line drive" ball flight

loose finish

Description

Objective:

- To improve arm strength and accuracy

Equipment/Set Up:

- All available balls
- 3 cones per line, set up at different lengths.
- Max 3 players per line

Execution:

- 1 at a time, with proper throwing technique, players throw the ball in the direction of the cones
- Player gets 1 point for every cone the ball travels over. Bonus point for being "close" to the cone...coaches discretion
- Coaches group players with similar arm strengths, and adjust cone length based on players.

Progression:

- Have players catch mini pop fly and then throw
- Have players try different footwork...crowhop, front crossover, back crossover
- Be creative with point system, or set up a golf course