

## Fun Throwing Drills

### Long-Toss Golf

#### Age Appropriate

Grouping 3, ages 4 to 12

#### Objective

To work on proper long-tossing technique, building arm strength, and throwing accuracy

#### Setup

Cones (or some other target), balls, paint, or tape

#### Execution

Place a cone or some other target in the outfield, far enough away to challenge the players' arm strength. Draw, paint, or tape a circle around the target, representing a golf green. Each player tosses a ball toward the target. Points are awarded for landing on the green or hitting the pin. The player coming closest to the pin each round can be awarded bonus points. You can use the same target over and over, make new targets, or set up a course. Limit this drill to between 25 and 50 tosses per player. Perform once per week for younger players.





### **Coaching Keys**

This is a long-toss drill designed to build arm strength, so players should work on throwing the ball with an arc and getting the ball to carry. Young players might tend to throw the ball really high, almost like a pop-up, which won't help their throwing mechanics. All players should use proper throwing mechanics. The player's shoulders should remain almost on the same plane throughout the throwing motion. If the back shoulder is dropping too much, demonstrate the proper technique. Remind players that an accurate one- or two-hop throw is better than a longer throw that's off target.