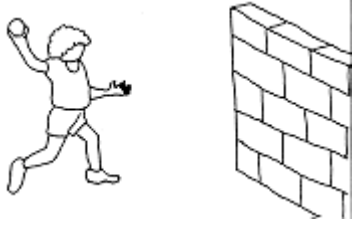
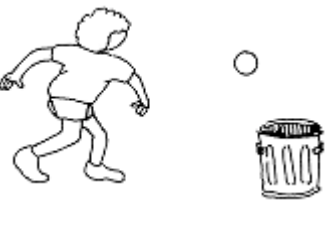
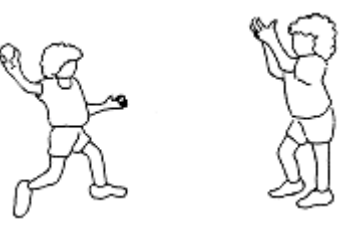
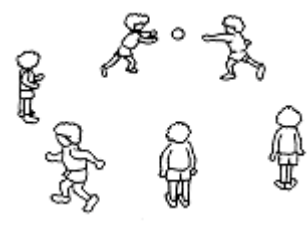
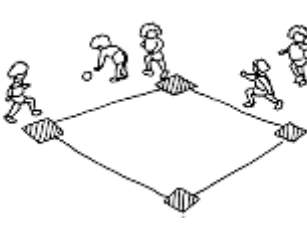
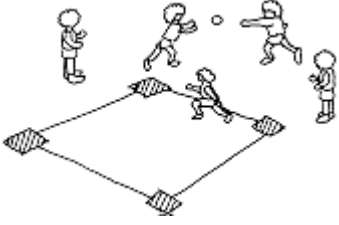


THROWING AND CATCHING

DRILLS

Overarm Throw	Instructions	Variations
	<p>Throw against a wall</p>	
	<p>Throw into a hoop, rubbish bin or basket</p>	<p>Have a target Vary the distance Vary the size of the ball</p>
	<p>Throw to a partner</p>	<p>Vary the number of players Vary the distance Vary the height Vary the direction</p>
	<p>Circle Run</p> <ul style="list-style-type: none"> • Throw the ball around the circle • Run in the opposite direction and beat the ball to the starting point 	<p>Can be done on softball bases</p>
	<p>Base Run</p> <ul style="list-style-type: none"> • Throw the ball as far as possible • Run the bases before fielders get the ball and line up behind it 	<p>Alter distances between bases</p>
	<p>Base Run</p> <ul style="list-style-type: none"> • Throw the ball as far as possible • Run the bases before fielders are <i>done</i> • The ball is fielded and thrown around all the fielders 	