

Coaches Clinic Agenda

March 13, 2016



Introduction

1. People leading the clinic
2. Intent of Clinic – Interactive, hands on experience to expose coaches and assistant coaches to techniques and drills that they might not be aware of
3. ASK QUESTIONS- If you don't understand terminology or the purpose of a drill, ask us. If you have a general question about coaching, strategy, rules, etc., ASK.
4. What do YOU want to spend time on?
5. We will be covering the following topics:
 - a. General Coaching philosophy
 - b. Stretching
 - c. Pitching
 - d. Catchers
 - e. Batting
 - f. Throwing
 - g. Catching
 - h. Fielding
 - i. Footwork
 - j. Running
 - k. Sliding
6. There are a lot of good drills on the internet, but also some not so good drills. The Michelle Smith book is a good reference, with good explanation, directions, and an easy format to find drills that will target specific problems.

General Coaching Philosophy

1. We are a recreational league. Head coach and assistants have to uphold the Code of Conduct and behave accordingly. Assistants need to support the head coach, and discuss any concerns AFTER the game or practice.
2. Create team rules and make sure everyone knows them
3. Make sure players and parents know your expectations on the bench as well (ie, eating, going to hang out with their parents, etc.).
4. Communicate as much as possible with parents. This will help keep everyone informed and is a key to a successful season.
5. Be clear about results of breaking the rules so everyone knows the consequences.
6. Have some fun (usually end practice with a fun activity)
 - a. Use "icebreaker drill" at the beginning of the season at start of practice.
 - b. Play stick ball with younger ones
 - c. Human knot
 - d. Ball tag
 - e. Relay around the bases
 - f. Yogurt lids (more on that later)
 - g. Relay toss into target
 - h. Relay ball "pickup"
 - i. Simulated dive drill – 1 point if you throw first, 2 points if you hit the target, 3 points if you get IN the target

Coaches Clinic Agenda

March 13, 2016



- j. Team circle underhand toss drill

Stretching

Very important part of all sports, and important to instill good life-long habits.
Wide variety of stretches being used.
Jen Chaplin going to lead us in some.

Pitching

1. Technique-Arms

- a. Proper way to hold the ball (should see the "C"), with fingertips on the seams, and loose in the fingers. **NO PALMING THE BALL!!!**
- b. Standing Wrist snaps in the slot (at the hip) to warm up. Stand sideways.
 - i. Wrist snaps under thigh while kneeling.
 - ii. Wrist snaps between legs. You can cheat a little by leaning.
- c. T drill-Warm Ups
 - i. Keep the wrist cocked
 - ii. Don't load your arm by swinging upward first.
 - iii. Glove hand extended outward, and brought in with the pitch.
 - iv. Stay in front of your body
 - v. Release in the slot (at the hip).
 - vi. "push off" with the back leg
 - vii. Follow through high with your throwing arm – to the ear, pointing the elbow to the target.
- d. K drill-Warm ups
 - i. Keep the wrist cocked. (Waiter holding a tray)
 - ii. Don't come behind your head when starting the circle.
 - iii. Release in the slot.
 - iv. You are doing "an arm circle" but make sure the plane of the circle is in front of your body.
 - v. Drill- "Circle on the wall" keeping your hand in contact with wall. Go slow.
- e. Knee drill –Warm ups
 - i. Face catcher, with glove side foot facing forward (at 1:00 position for RH pitchers), and weight on knee of push off leg.
 - ii. Both hands in front of body, wrists cocked.
 - iii. Go through arm circle, throwing to catcher. This drill will help focus on arm circle and increase balance.
 - iv. Now let's add the legs into the mix.

2. Technique-Legs

- a. Throwing side leg has ball of foot on front edge of rubber. Glove side leg has toes on back side of rubber.
- b. You can only touch the ball to the glove one time while on the rubber.
- c. Feet wide to form a solid base on the rubber.

Coaches Clinic Agenda

March 13, 2016



- d. Each player has a dance to bring the rhythm together. This synchronizes the legs and the upper body.
 - e. Pitcher needs to launch their body off the rubber with the throwing side leg.
 - f. Execute arm circle, with glove side leg extended forward, hitting toe first, then heel.
 - g. Foot should land at 1:00 angle for RH pitcher.
 - h. Throwing side foot must maintain contact on the ground throughout the motion (no hopping off the rubber).
 - i. "J" figure in the dirt will only be for larger, wide-hipped girls.
 - j. Should have about a 10" hook on the "J" for most kids at this age level.
 - k. Ball should release in the slot when the front foot is landing.
 - l. Pull hips through the motion and face the batter to be in good fielding position.
3. Common Problems
- a. Release point (early vs. late) not in the slot
 - b. Palming the ball (no rotation or snap)
 - c. Not using their legs
 - d. Bringing the arm circle behind their head or body
 - e. Address the problems early, with drills or going back through the warm up progression.
 - f. Questions on Technique?
4. Drills
- a. Monster Drill from second base. Step Left, Right, Left, and pitch the ball to home plate. Faster steps (pushing off) and a fast arm circle will result from this drill. Make sure the follow through is completed and the elbow points home.
 - b. Modified Monster Drill. Ball won't travel as far, but pitcher steps left, the pitches the ball.
 - c. Use a traffic cone. Place the cone on its side, far enough away that the child can jump over the cone with the glove side foot, but doesn't hook the throwing side foot too much (rotating the hips too much and getting out of position). They need to stop dragging their throwing side foot and pull their hips through in order to prevent tripping on the cone.
 - d. Use a pool noodle when they are doing their K Drill to make sure the arm circle stays in front of their body. Hold the noodle in the plane of their body. It will serve as a physical reminder that they are bringing their arm behind their body.
 - e. Push-Up throws- Place ball near throwing hand. Do a push up, and place throwing side leg in front of body in order to stand up. Grab ball in throwing hand at same time. This forces the pitcher to push off as soon as they stand up.
 - f. Windmill drill into a net. 5, 1, 4, 1, 3, 1, 2, 1, 1, 1. Get ten balls and toss them to the pitcher one at a time. The catch the ball with their throwing hand, rotate the specified number of times, then release into the net. Move quickly. This drill builds up arm strength, and speed while also helps the player release at the appropriate location in the slot.

Coaches Clinic Agenda

March 13, 2016



Catchers

1. Only position that can see the entire field of play at all times
2. Must have a "get it done" attitude, doesn't make excuses
3. Quick reflexes
4. Often overlooked, but has the ability to control the game as much or more than the pitcher
 - a. Tempo and flow of the game
 - b. "working" the umpire
 - c. Distracting batters
 - d. Framing pitches
 - e. Calming or exciting the pitcher
5. Technique
 - a. Location in relation to the plate and the batter. Don't interfere with the batter.
 - b. Direction of feet
 - c. Distribution of weight on the balls of your feet (STAY OFF THE HEALS)
 - d. Lean slightly forward but maintain balance
 - e. Throwing hand held low at the ankle
 - f. When runners are on base, widen stance and raise rear end
6. Drills
 - a. Square drill/quadrant drill. Jump up from catching position and rotate 90 degrees from quadrant 2 and 3 to quadrants 3 and four (for throw to second base).
 - b. Tennis ball – hit tennis balls at the catcher. Requires quick reflexes to catch the ball, but also soft hands to accept it.
 - c. Short hop- in front of catcher to get them to use their body to block the ball. Can't move forward and interfere with the batter's swing, which could also result in injury to the catcher.
 - d. Short hop to the sides- same as above, but throw the ball to the sides, requiring catcher to SLIDE to the left and right.
 - e. Cover the bunt- stand behind the catcher and toss the ball in front to simulate a bunt. Move from crouch to play the ball.
 - f. Foul ball pop-up. Stand behind catcher and throw ball up into air. Catcher must turn 180 degrees with back toward the field of play to catch the ball.
 - g. Past ball drill- to be done with the pitcher, throw a ball to the backstop, catcher must retrieve and throw the ball to the pitcher as if a runner was on third trying to score.

Batting

1. Lot of details to become a good hitter
5. Most difficult thing to do in the game due to all of the details
6. Technique
 - a. Foot position (relation to plate/box), parallel
 - b. Weight is more on the back foot
 - c. Hand position-knuckles lines up, hands back and tight to body.
 - d. Back elbow up or down?
 - e. Step with front leg (knee straight)

Coaches Clinic Agenda

March 13, 2016



- f. Stacking. Elbow comes down (close to body) and bat is vertical above hands (stacked) immediately before swing. DO NOT CAST ARMS AWAY FROM BODY
 - g. Twist back foot and drive back knee toward the ground
 - h. Back arm is only a guide, power is provided by the front arm
 - i. Hands trail behind the body during trunk rotation. Belly button should point toward the pitcher when swing is done.
 - j. Level swing through the zone, finish high
 - k. "Don't rotate the hands"-but you HAVE to at some point.
 - l. Finish with one hand or two on bat???
7. Questions on Technique?
8. Drills-
- a. T drill #1– On back knee with front leg outward and foot pointed at 1:00 position, with front arm only (power arm) swing at ball on tee but stop before ball is hit. After 10-15 of those, swing through with power hand, ending in a high position.
 - b. T drill #2 – Same as above, but standing. Swing with both hands, making sure to keep elbow in, and stop before hitting it. After stopping, then follow through (on a straight line through the strike zone) and end high.
 - c. T –drill #3. Break swing down into 3 components. Get in batting stance and put ball on T. Component 1 – Take step (front leg straight, back knee bent). Component 2 – drop back knee while keeping front leg straight. Component 3 – slowly swing through ball making sure to keep hands back (inside the ball), keep right elbow tight to body and making sure not to roll wrists. End high.
 - d. T-drill #4 (walk to tee). Stand away from the tee. Step toward the tee with your back foot first, then lead foot and swing in one smooth motion as with T drill #2 above.
 - e. Frisbee drill. Hold Frisbee between top elbow and the bat handle. Swing the bat and release the Frisbee during the swing. If done correctly, the Frisbee will fly straight (into a net). This help with rolling of wrists.
 - f. Sledge hammer drill – swing with a small sledge or regular hammer. Concentrate on keeping the head of the hammer from rotating. This builds up muscles, and muscle memory. The drill helps keep wrists from rolling and forces them to keep the back elbow in, close to their body.
 - g. Throwing bat drill. Throw bat toward second base. For this to happen hands must be in sandwich position at full extension. If roll wrists, bat goes toward third. Helps address rolling wrists. USE AN OLD BAT!!!!
 - h. Behind the back bat. Place bat behind your back, holding it in position between bent arms and back. Toss ball into "strike zone," having the player turn hips to swing at the bat. Do not step toward the ball, only rotate hips.
 - i. Two Tee Drill #1. Place two tee's together, one in front of the other. Try to hit BOTH balls into the field of play. This drill will help with keeping a level swing through the strike zone.
 - j. Two Tee Drill #2. Some players have an uppercut swing, while others swing downward. Place two tee's together, one in front of the other again. Place a ball in the front tee, and tell the child to hit that ball, without hitting the back tee, which is even with the front tee. This will help establish a level swing.

Coaches Clinic Agenda

March 13, 2016



- k. Tie a clothesline (plastic or plastic coated works best) at waist height, through the holes of a wiffle ball. "Throw" the wiffle ball down the string, having the player swing. The batter can't cross the clothesline. This will help establish a level swing.
 - l. Two Tee Drill #3. Place two tees, side by side with a ball on each. Have the batter ONLY hit the ball closest to them, and not the farther tee. This will help prevent casting of arms away from their body.
 - m. Have batter stand close to fence (2' away) and swing the bat slowly, making sure NOT to hit the fence. This will help prevent casting.
 - n. Pitch tennis balls to rh batter from first base line. (3rd base line for lh batters). This works on keeping the back elbow in and prevents casting.
 - o. Do the same drill as above, but bounce the ball off the ground when you throw it to the batter. The player needs to time loading their body in order to hit the ball.
 - p. At approximately 20', and from behind a safety net, toss tennis balls to the batter. Move quickly, as this drill is designed to increase bat speed and reaction time.
 - q. For younger players, place an equipment bag along the first base line and have the batter drop the bat on the bag after they hit the ball. This serves as a reminder not to throw the bat, which new players often do.
9. Bunting
- a. Go over position of feet, holding the bat at a slight upward angle.
 - b. Bunting toward 3rd and 1st, approximately 15' in front of the batter's box.
 - c. Move the bat knob as a rudder
10. Yogurt lids
- a. Or any small, plastic lid that you can get a lot of.
 - b. Throw them towards the kids to simulate rising balls, curve balls, and changeups.
 - c. If they can hit these things, they can hit anything!!
 - d. Can also be used for catching drills (line drives and running under the ball).

Coaches Clinic Agenda

March 13, 2016



Throwing

1. Technique

- a. Proper way to grip the ball (across the seams)
- b. Start with the "center position" with the glove and the ball (in the hand) located in the center of the chest.
- c. Stand with your foot on your non-glove side perpendicular to the target
- d. Point at the target with your glove hand
- e. Throwing hand above shoulder in "L" shape (90 degrees)
- f. Ball faces away from head
- g. Step toward the target, keeping your eyes on the target the entire time.
- h. Push off with your throwing side leg
- i. Keep elbow high (don't drop it down to body) as you throw across body.
- j. Bring non-throwing arm/hand into chest
- k. Wrist snap at the end
- l. Follow through with legs and arm
- m. Questions on Technique???

2. Drills-

1. Wrist flicks. Kneel with glove side knee down. Place throwing side arm on raised knee and "flick" the ball to the opposing player. Concentrate on NOT using arm muscles, but instead the rotation of the ball off the fingertips.
2. Wrist snaps with arm at 90 degree angle as if throwing. Kneel on glove side knee. Keep elbow high and arm should be at side of the body, NOT resting on the raised knee. Execute the wrist flick from this position, as it is more similar to an actual throw.
3. Step by Step. Two players face each other and go through the steps at the direction of the coach. First position is "center", then "extend", then "step", then "throw." Coaches need to make corrections as they walk down the line before going onto the next step. As the players get better, the directions are given faster and faster with less time between the step.
4. "Wall drill" – one player against wall, the other catching. Player against wall throws to other. Should be close enough to wall that she can't throw sidearm and is forced to throw overhand, keeping her elbow high.
5. 3 circle throw- perform three small circles at the center position and throw on the fourth circle.
6. One hop throw- Helps prevent high arc throws by throwing the ball downward to hit the ground in front of the person catching the ball. The release point is later in the throwing motion.
7. Underhand Flip. Explain that not all throws are overhand and sometimes you are better to underhand the ball with the catching player is close. Very important for middle infielders, but it's a fun drill that most kids can successfully master. Remember to stay low, and execute the toss in a smooth motion after the ball has been successfully fielded.

Coaches Clinic Agenda

March 13, 2016



Catching

1. Technique

- a. "Waist Up, Fingers Up" is incorrect.
- b. Start with glove at chest height, thumb down.
 - i. This position allows you to rotate your glove upward if the ball is over your head, and rotate downward if it is very low.
- c. Nose to the ball
 - i. Keeps both eyes on the ball (better depth perception)
 - ii. Gets you to the "center position" much faster
 - iii. Move your body to achieve the goal of putting your nose to the ball.
- d. One-hand vs. two hands (which is right?)

2. Drills

- a. While kneeling, toss a tennis ball to each other, catching with the thumb down, barehanded. Practice not reaching out for it.
- b. Two Tennis ball drill. Players face each other, one with a tennis ball in the right hand, one with a tennis ball in the left hand. The players toss their balls at the same time, and then catch with the opposite hand. This drill helps their hand-eye coordination.
- c. Throw ball back and forth while squatting in catching position. Catch with thumb down. Practice not reaching out for it.
- d. Foamies off the forehead. Throw FOAM balls into the air and have kids try to bounce them off their foreheads. This will help them "get under the ball" when there is a pop fly.
- e. Call out. While practicing pop ups, get a group together and make sure that players call "I got it" three times. This will help avoid collisions between players going for the same ball.
- f. Tennis Racket Multi-Ball. With a coach at home plate, place the fielders spread in the outfield. Hit tennis balls across the entire field, QUICKLY, to different players. You can hit a ton of tennis balls in a short amount of time with this drill. It helps the kids catch balls over their head, but also helps encourage soft hands. There will be balls flying everywhere if this is done correctly, which creates a crazy environment that forces the players to pay attention. They no sooner throw a ball in and the next one is coming at them!!!!
- g. Yogurt lid drill. Use a small lid and learn how to throw them. After you get good at it, you will be able to make them fly in a desired direction, although they get a little quirky. Makes the kids concentrate on the disc and react quickly. Can also be used to simulate balls that tail away from you as you run under them. Lots of fun.
- h. "V" drill encompasses both "fielding" and "throwing". Three girls in V shape. Girl at bottom of V must catch from one leg of the V and then throw to other leg of the V. (10 times) Rotate so all 3 girls get a chance. This helps in learning pivoting, catching, transition of ball and throwing.
- i. Cut off drill. 3-4 people in a line, spread out. Start at one end, throw to relay, then next relay. Follow the ball after you throw it, so you are in next spot when the next relay starts. Last person in the relay runs to the back of the line.

Coaches Clinic Agenda

March 13, 2016



- j. Deep ball catch- Player faces coach and rotates hips left or right to run backwards. NO BACKPEDALING. Coach throws the ball high enough and deep enough for player to be able to catch it.

Fielding

1. Technique

- a. Get in the "ready position." Weight should be on the balls of your feet, so you can move quickly. Outfielders are a little different, as they can be standing slightly more erect.
- b. How far crouched forward? Where are hands? Step into the circle and be the Gunslinger!!!!
- c. Players need to run to the ball, as most balls will not be hit directly to you. This creates the need for good footwork.
- d. Field ground balls between your feet ideally, in front of your body, favoring the glove side
- e. Discuss the proper glove angle
- f. Bring the ball into your belly with BOTH ARMS to get to the "center position."
 - i. DON'T STAND STRAIGHT UP!!!!
- g. Use soft hands when fielding the ball.
- h. Only backhand the ball as a last resort
 - i. Keep the face DOWN close to the glove.
 - ii. Keep eyes on the ball at all times
 - iii. Stepping backhand vs. quick backhand
- i. Questions on Technique????

2. Drills

- a. Crab drill. Start in ready position. Field ball, but stay bent over and push the ball toward the coach at home plate, using your glove. This drill helps keep the player low during fielding and discourages them from standing straight up.
- b. Crab drill #2. Turn body, crossing leg in front of glove side leg. This helps with getting the body ready to throw.
- c. Bare hand pushback. In ready position, keep glove hand wrist bent with fingers on the ground. As tennis balls are rolled to player, they need to push them back to the coach. For rh players left foot should be slightly in front of right foot while in open stance. Rather than "squaring up" ball should be bumped/caught slightly toward the left side of stance. This drill helps make sure glove position is correct.
- d. One hop fielding. Throw balls (tennis balls can be used) to players so they have to field the ball on a short hop. This makes them move their body and react to the ball.
- e. Tennis ball on the wall. Throw a tennis ball to a target on a brick wall and field it. Repeat. This is a great drill, as it reinforces throwing and catching, and can be done on their own.
- f. "Quick-hands drill." As a player faces a brick wall in the ready position, a coach throws balls to them over their shoulder. The ball bounces off the wall, and the player fields it. Proceed through the drill quickly to make the player stay focused and react quickly.

Coaches Clinic Agenda

March 13, 2016



- g. "Dead ball" drill. 3 balls placed in three foot increments down third base line or in front of shortstop if you want to work the SS. Girl runs from position to the ball, fields it with bare hand, and makes the throw to first base.
- h. One group of kids at second and another at first. Hit grounders to kids playing second and have them throw to first. Switch groups as needed
- i. Backhand drill. For rh player, throw one-hoppers at them, making them bend the left knee down. This is for close back hands. As an alternate, hit the balls further away from them so they need to step and extend to perform the backhand. This places them off balance, so it is difficult for many of them to perform.
- j. Diving drill. Use the sliding pad to encourage them to dive for a ball to the left and right.
- k. Turn Turn Turn- two hitters face each other with the fielder in the middle. Hitters take turns hitting grounders to the fielder, who must field the ball, throw it, and immediately turn to field the next ball. Very quick, high repetition drill for skilled players that will also building stamina.
- l. Run around the cone-Set up two cones at each station, off-set and 15' apart. Start at the first cone, but you must field the ball to the inside of the off-set cone in front. Teaches the players to move their feet in order to get to a moving ball. One side will be forehand, the other side will be a charging backhand. Another drill for skilled players.

Footwork

- 1. Technique
 - a. Good defense means getting to the ball quickly
 - b. Stress to the kids the need to hustle
 - c. You need to move not to where the ball is, but where it is going, in order to get in its path.
 - d. This is accomplished with one of two basic steps:
 - i. Cross over step is used if the ball is headed to either side of the player
 - ii. Drop step is used if the ball is headed behind the player
 - e. Pivot step is used when relaying the ball to another player
 - f. Crow hop (moving the throwing leg in front of the glove leg)
 - g. Questions on Technique???
- 2. Drills
 - a. Run for pop ups. Set up the pitching machine if you have access. Make them start in one area, and mark the location that the ball will come down at. Make them run to the ball. They will need to use one of the steps described above to get from their starting point to the location that the ball will land in. The pitching machine is good for this drill, as it can consistently place the ball in the same location.

Running

- 1. Technique
 - a. The sport requires players to sprint, not jog. There is a big difference between the two different types of running.
 - b. A player should be leaning slightly forward when they run, with their weight on the balls of their feet. The heels should not be touching the ground when they are at full speed.

Coaches Clinic Agenda March 13, 2016



- c. The arms should be swinging low, around the waist, not high around the chest.
- d. Elbows should be bent at approximately 90 degree angle.
- e. Arms should be swinging in the same direction at their body is moving, NOT side to side.
- f. Base Running
 - i. Because you can't lead off a base, the style of running from base to base in baseball is not desired. The player should position herself on the base with one foot on the front (usually the left foot), and one foot behind the base.
 - ii. This position allows the runner to push off the base with the front leg, which should be bent.
 - iii. Some players also like to raise an arm to gain momentum from their upper body as they push off the base.
 - iv. Listen to base coaches, so that you can make proper adjustments to your stride without looking up to find the ball.
 - v. Run through first base and don't let up until you're past the base. Turn to the RIGHT after you touch the bag so you are in foul territory.
 - vi. Hit the inside corners of bags if you are rounding (either to take a look, or head to the next base).
- g. Running in the outfield
 - i. Don't raise your glove until you are at the ball. Some kids run with their glove stretched out, which slows them down.

2. Drills

- a. Demonstrate running through first. After they reach the base, look to the right for a past ball, and break down to slow speed. Always turn to right into foul territory if you are returning to first base. Have kids run to first and wait there after they are done.
- b. Rounding first drill. Place an obstacle, such as equipment bag or ball bucket, so that they have to run outside of the base path and round the base. Listen to the coach as they round....sometimes the coach will send them to second, sometimes they will need to round and look for the ball. Simulates a ball hit into the outfield.
- c. Demonstrate running to second and stopping on base. Make sure the starting position is correct on the base. Make sure they know to stop on base. Have them wait at second once they finish.
- d. Demonstrate running and stopping at third base. Make sure they stop – have them wait at third. As an alternative, have them listen and look at the third base coach, who will sometimes wave them through to home, or have them slide.
- e. Demonstrate running to home. Get a good push off third base and get down the line before the ball crosses the plate (for 12U and 14U). Make sure they run through home.
- f. Stealing home. Just what you would think....simulate past balls (you can use your pitcher and catcher to help them get practice covering home) and decide in a moment if they can safely score or not. Make sure they "get down the line" in 12 and 14U. And they need to listen to the third base coach. This is an advanced drill for the older girls, but a lot of fun.

Coaches Clinic Agenda March 13, 2016



- g. RUN WITH EGGS. Yes, crazy, but they actually run with better form when they have raw eggs in their hands. Bring some water to wash up afterwards, because they will want to have an egg toss at the end of practice....and that will get messy!!!

Sliding

1. Technique
 - a. Besides trying to safely reach a base, sliding is often safer than standing up when there is a play at the base. If the player doesn't slide, and there is a play at the base, the player will automatically be called out.
 - b. Run as fast as the player can. Running slowly only makes it harder to slide. More momentum makes it easier to slide.
 - c. 5'-8' from the base, lower the body, throwing one leg forward and tucking the foot on the opposite leg behind the knee of the leading leg.
 - d. Which leg is preferred to be extended forward????
 - e. Land on hip/butt of the bent leg.
 - f. Lean back to prevent getting hit by the ball.
 - g. It will take practice for each child to determine how far from the base they need to start their slide.
 - h. This can often be difficult for older kids to learn, as they have built up a fear of getting hurt.
 - i. Questions on Technique?
2. Drills
 - a. Cardboard Drill. Using a piece of long cardboard, coaches stand at the front end and hold their arms out across the cardboard (approximately chest height of the girls). One at a time, the girls run towards the piece of cardboard, and execute the slide. The arms across the sliding surface provides a visual reminder to the player that she needs to lower her body.
 - b. Perform the same drill using the sliding mat.
 - c. Perform the same drill using a slip N slide. This can be fun, but the only field with water is Siebert.