

GOLF BASEBALL

PURPOSE

To develop throwing accuracy and to provide a game to break up practice

EQUIPMENT

A bucket of baseballs, four to six cones

TIME

6 to 8 minutes

PROCEDURE

1. Depending on the number of players, set up four to six cones about 50 feet apart from one another.
2. Divide the team into three groups. Each group throws toward its own cone.
3. Station one coach or parent with each group.
4. Each team's goal is to knock down its cone with the fewest throws possible.
5. The first person in each group throws the ball at the cone. The ball is left where it lands.
6. The second player in each group throws at the cone.
7. As in a foursome in a golf game, the player whose ball is farthest from the cone after the first throw is the first to make the second attempt from where his first throw landed.
8. Again as in golf, each player keeps track of the number of throws it takes to knock over the cone.
9. After each group is finished, the players rotate to the next cone (or hole).

KEY POINTS

Although this game gives the team an enjoyable drill for the players, it still provides players an opportunity to work on throwing skills.

1. Emphasize to the players that they do not have to knock over the cone on a fly. They can knock it over on the bounce.

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2. Point out proper throwing technique, such as stepping and following through.

