



This clinic was adapted from a pilot held in Seattle, WA after YCC in 2014. This clinic plan is a guide for your clinic, but doesn't have to be what you do! Feel free to adapt the names of the drills, the order of the drills, the silly games, put in your own flavor, shorten, cut etc. This is your clinic, make it special.

There are 3 principles we recommend when planning your time:

1. **Safety first!** Don't do anything crazy, this is an intro clinic.
2. **Fun first too!** If you're having fun, the girls will be too.
3. **Overplan.** Don't worry if your plans change, if a drill doesn't work out or runs long/short or you don't get to everything, but have enough planned so you can adapt to all of those circumstances.

Total Clinic Time: 3 hours

Equipment needed:

- Soft discs (if available)
- 1 disc per 2 girls
- 8-12 cones per small group

Ice-Breaker (*Everyone*) :

Name

Age/School

Favorite Sea Creature

Divide girls into groups according to experience (*max 20 per group*):

Clownfish Seahorses
Harbor Seals Otters
(split into as many age/ability groups as necessary)

Each group should have a coach/leader

Explain Groups:

Ocean = All girls together

15 min

OCEAN (everyone)

Warmup

15 min

Sharks and Minnows

Need soft discs

Start with 2 sharks with soft discs. Sharks pass the disc between them & try to hit the "minnows" as they cross. Minnows who are hit become sharks

Backhand Demo

Grip. Step. Snap.

5 min

Forehand Demo

Grip. Step. Lead with Elbow, then wrist.

Small groups

15-20 min

Clownfish:

1 disc per pair

Backhand Circle Demo (hold disc)

Forehand Circle Demo (hold disc)

Buddy Throws

Harbor Seals:

1 disc per pair

Backhand Practice

Forehand Practice

Tug O' War: Pair throwing/catching. Bot take a step back on successful catches, step forward on drops.

Water Break

OCEAN: Relay Races

10-15 min

Set A (2x)

Set B (2x)

1. I'm a Star (star jumps)
2. Run to disc (toss 10-15 yds away)
3. Throw to coach (back at line)
4. D Shuffle (10-15 yds away from line)

1. Penguin (x10) (lie down, move arms to touch sides of body like a penguin)
2. Backpedal to cone, run
3. Crab catch
4. D Shuffle Run

Water Break

OCEAN			10 min
Marking:	Like seaweed	Low, toes, knees bent; move your feet	
Seaweed stop the fish	Kids line up one arm distance apart.	Coach tries to throw through kids, doesn't actually throw. Kids react to stop the "fish" (disc)	
Small Groups			
Clownfish:			10-15 min
	10 second mark x3 each		
	SeaMonkey in the middle for 5 throws each (3 person groups), no overheads		
Seals:			
	10 second mark x3 each		
	Talk about force		
	Go-to drill with a mark; cut to open side		
OCEAN			
Cutting	1. Cut	2. Throw	3. Split into small groups, with defense
Avoid the Shark	Set up a vertical stack with four "sharks" in the lanes.		Back of the stack cuts into the lane, trying to catch disc. If coach fakes, sharks will chase the cutter back into the stack. Players have to clear hard to the "reef" to avoid the sharks tagging them.
Water Break			
Ocean	Discussion of Rules		5-10 min
Small Groups			30 min
Clownfish:	3 v. 3		
	Small field		
Seals:	5 v. 5		
	Small field		
OCEAN			
Ocean Wars!	30'x30' square, divide into four quadrants. Separate kids into 4 teams. Put 1 water bottle in each quadrant	<p>Players can pick up discs in own quadrant, can't run with them. Must to move the disc into other quadrants by passing to their teammates.</p> <p>Goal is to have your team knock over the other team's water bottles with the disc. Once a team's bottle is knocked over 3 times, they become free agents to help any other team.</p>	
Ocean: Cool down			