



RMLL Blastball & Tee Ball Backyard Workout May 17 - 23

These backyard workouts are based on Big Al Baseball videos and training sessions. They can all be done in a very small space with whatever equipment you have (not even a baseball is needed). If you have not signed up for Big Al Baseball we can resend instructions for your free membership/sign up if you email the president.

Go to the **"Practice at Home"** section of the **Big Al Baseball website** under the **MY PROGRAMS & 4-8 Parent Program**. **Select the drills listed below, watch the video and practice the skill until it looks and feels right.** Start with your kid's favourite and do as few or as many as you like. 15 to 30 repetitions is a good target for each drill.

TRY IT DRILLS

Throwing Drills

1. 1 Step Throw with a Parent
2. Bubba Throwing - Open Spaces
3. Bubba Throwing - Big Step

Catching Drills

1. Catching Wheel - Soft Toss Ground Up

Fly Balls Drills

1. Simulate Fly Balls Forehand, Backhand and Straight On
2. Fly Balls - Straight On (4,5,6)

Base Running

1. Simulate The Ready Position at 1st Base
2. Base Running - Pumping your Arms

Hitting Drills

1. Hitting Simulation - 4 Parts of the Swing
2. Hitting off a Tee - with a Regular Bat

GAME IT DRILLS

1. 1 Step Throw - Target Game
2. Fly Balls - Pop Corn
3. Hitting a Water Sponge Ball