



RMLL Rookieball Jr & Sr 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. Bubba Throwing - Big Step
2. Bubba Throwing - High Ball Throw
3. Bubba Throwing - Bubba Bounce

Catching Drills

1. Soft Toss Ground Up Catching Wheel
2. Soft Toss Playing Catch

Fly Balls Drills

1. Simulate Fly Balls Forehand, Backhand and Straight On
2. Fly Balls - Straight On

Hitting

1. Hitting Simulation - 4 parts of the Swing
2. Hitting with the proper Grip on the Bat
3. Hitting Live - Front Toss

Ground Balls

1. Fielding Ground Balls - Ready Routine
2. Fielding Ground Balls - Simulation and 2-step Motion
3. Fielding Ground Balls - 2-step Motion



GAME IT DRILLS

1. Throwing Target Game for Points
2. Fly Balls - Higher and Higher
3. Hitting Challenge - Hard Hits