



RMLL Blastball & Tee Ball Backyard Workout May 24 - 30

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 - High Ball Throw
2. Bubba Throwing - Bubba Bounce
3. Bubba Coil - 2 Step Throw

Catching Drills

1. Soft Toss Catching Wheel with Oven Mitt

Ground Balls

1. Fielding Ground Balls - Ready Routine
2. Fielding Ground Balls - Medium Roller

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 Ball Game - 500
3. Broom Stick Hitting