



## **RMLL Minors & Majors 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 & 9-12 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. Simulate the Throw - 3 Throwing Angles
2. Throwing at 3 Throwing Angles

#### **Fly Balls Drills**

1. Outfield Ground Balls - Safety Play
2. Outfield Ground Balls - Do or Die Play

#### **Hitting Drills**

1. Hitting Simulation - 4 parts of the Swing
2. Live Hitting with an L-Screen

#### **Ground Balls**

1. Fielding Ground Balls - Soft Hands
2. Fielding Ground Balls off the Bat

#### **Pitching Baseball**

1. Pitching from the Set Position
2. Pitching Form Package
3. Pitching at Targets

### **GAME IT DRILLS**

1. Catch Force Game
2. Quick Hands with a Partner
3. Pitching at Targets Game