



## **RMLL Blastball & Tee Ball Backyard Workout May 10 - 16**

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. Gripping the Ball: if you don't have a baseball, use a tennis ball, balled up socks, apple, etc.
2. 1 Step Throw - Open Space
3. 1 Step Throw at a Target

#### **Catching Drills**

1. Catching with 2 Hands - Badminton Birds: any soft ball or object would work for this drill.
2. Simulate the Catching Wheel

#### **Base Running**

1. Base Running from Home *through* 1st Base

#### **Ground Balls**

1. Fielding Ground Balls - Slow Roller
2. Fielding Ground Balls - to your right and left

### **GAME IT DRILLS**

1. Throwing Target Game for Points: found in the throwing section
2. Base Running Races - not Big Al game but kids love racing parents or being timed. The distance between bases is 50 ft.