



RMLL Minors & Majors 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 & 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 2 Step Throw: Short-Medium-Long Toss
2. Playing Catch - 3 Throwing Distances: Short-Medium and Long Toss

Catching Drills

1. Playing Catch - 3 Catching Heights

Fly Balls Drills

1. Fly Balls Simulation: Back 45 Left, 45 Right and Straight Back
2. Catching Fly Balls at 5 Angles
3. Popcorn Toss Fly Balls

Hitting Drills

1. Hitting Simulation - 4 parts of the Swing
2. Hitting with the Proper Grip on the Bat
3. Front Toss with an L-screen

Ground Balls

1. Simulate Fielding Ground Balls and Throwing at 3 angles
2. Fielding Ground Balls and Throwing at 3 angles

GAME IT DRILLS

1. Playing Catch Target Game
2. Fly Balls Higher and Higher
3. Water Ball Hitting