



## Becker Youth Baseball

### 2024 PRESEASON CHALLENGE

## Attention all Youth Baseball Players!

Challenge yourself this pre-season by completing 1,000 swings, 1,000 throws, and 1,000 catches.

**Who is eligible?** Any child that plans on registering for Youth Baseball in the upcoming 2024 season

**Award:** A certificate, recognition at the Youth Night Varsity Baseball game (Date TBD) , and a T-Shirt.

Any swing, throw, or baseball caught with your glove during open gyms, at home, during camps, or elsewhere can be tracked and used towards your total. This is an honor system that will require you to log your swings, throws, and catches each day on the Challenge Tracker Sheet. You and your parents will be required to sign the Challenge Tracker Sheet upon completion testifying your log is accurate. Remember you will only get out of this, what you put into it. Give it your "Bulldog Best"!

We suggest you set up a bownet in your garage or basement during the colder weeks/months to help achieve your goal – attending open gyms alone may not be enough. You can hit off a tee, do soft-toss or throw into the bownet. There is a plethora of different YouTube videos available for indoor baseball & softball training for hitting, throwing, and catching (see a few of these below).

#### Swings:

- \*Focus on good technique you have learned from previous coaches, camps, and open gyms
  - \*Work on keeping your swing short, keeping your weight back, and keeping your hands inside the ball
- [At-Home Baseball Hitting Drill- Only Need YOURSELF And A Bat! - YouTube](#)  
[8 At Home Baseball Drills With Little To No Equipment | Hitting And Fielding Drills - YouTube](#)

#### Throws:

- \*Focus on good throwing mechanics learned from previous coaches, camps, and open gyms
  - \*Towel drill reps may count towards your total (more geared for baseball)
  - \*Also focus on taking good care of your arm before and after you throw (proper warm-up and recovery)
- [CORRECTIVE THROWING DRILL | TOWEL DRILL - YouTube](#)  
[Baseball Pitching Drills You Can Do AT HOME! - YouTube](#)

#### Catches:

- \*Focus on getting a feel for the ball in your glove and working on a quick transfer
- \*Work on short-hops and backhands
- \*Work on groundballs and flyballs

[10 Easy Baseball Infield Drills You Can Do At Home - YouTube](#)  
[Infield Drills You Can Do By Yourself! - YouTube](#)

*To be eligible to win, participants must complete and sign the Challenge Tracker Sheet and submit to:*

**Jamie Belisle by April 21<sup>st</sup>. Email completed sheets to [beckeryouthbaseballmedia@gmail.com](mailto:beckeryouthbaseballmedia@gmail.com)**