



## **RMLL Rookieball Jr & Sr 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 Coil - 2 Step Throw
2. Bubba Throwing - 2 Step Throw

#### **Catching Drills**

1. Playing Catch with a Partner

#### **Ground Balls**

1. Fielding Ground Balls - Straight On
2. Fielding Ground Balls - Shuffling Left and Right with a Throw
3. Alligator Hands and a 2 Step Throw

#### **Pitching Baseball**

1. Pitching from the Set Position
2. Pitching Form Package

#### **Hitting**

1. Hitting Simulation - 4 Parts of the Swing
2. Hitting Live - Soft Toss

### **GAME IT DRILLS**

1. Quick Hands Challenge
2. Fielding Ground Balls - Off a Bat
3. Pitching Challenge - Balls and Strikes
4. Hitting Line Drive Challenge