



RMLL Rookieball Jr & Sr 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 at a Target
3. 1 Step Throw with a Parent

Catching Drills

1. Simulate the catching Wheel (7, 8 year old)
2. Soft Toss Catching Wheel (7,8 years old)

Base Running

1. Base Running Home *through* 1st Base: 5 - 10 reps

Ground Balls

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

GAME IT DRILLS

1. Playing Catch Target Game
2. Catching Wheel game for points: found in the catching section
3. Base Running Races - not Big Al game but kids love racing parents or being timed. The distance between bases is 55 ft.