

BACKYARD BASEBALL for players 4-8

Player's Name:

Big Al has created a series of skill workouts you can do at home all season long!

These videos will help parents and players follow Big Al's 3 step player development process: 1. TEACH IT (understand technique) 2. TRY IT (practice without fear) 3. GAME IT (play fun challenges)

Step 1: Log in at www.bigalbaseball.com Step 2: Enter the "Parent 4-8 Program"

Step 3: Watch the "Practice at Home" videos to learn, practice & challenge yourself. Step 4: Check the box next to each video when your complete the workout.



TEACH IT



4,5,6 **TEACH IT**



4.5.6 **TRY IT**

Gripping the ball







TEACH IT

TRY IT GAME IT

4,5,6

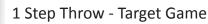


GAME IT

4-8

1 Step Throw with a Target

1 Step Throw - with a Parent





TEACH IT



TRY IT GAME IT



TRY IT GAME IT

Bubba Throwing - Open Space



Bubba Throwing - Big Step

Bubba Throwing - High Ball Throw



TEACH IT TRY IT



TEACH IT TRY IT

7,8



TEACH IT TRY IT

Bubba Throwing - Bubba Bounce Bubba Coil - 2 Step Throw



2 Step Throw with a Partner



TEACH IT TRY IT

TRY IT

GAME IT



Simulate a Throw - 2 Step

7,8 **TRY IT**



TEACH IT TRY IT

1 Step Throw - Form Package



7,8 TRY IT

GAME IT

Playing Catch with a Partner

