



# BACKYARD BASEBALL WORKOUTS

for players 9-12

Player's Name: \_\_\_\_\_

Build your own workout plan for the week of: \_\_\_\_\_

## START EVERY WORKOUT BY WARMING UP AND THEN THROW AND CATCH

- THROWING
- CATCHING

Name of the Workout

Name of the Workout

WARM UP

TRY IT

## EVERY WEEK INCLUDE WORKOUTS FOR OTHER SKILLS

- FLY BALLS
- GROUND BALLS
- BASE RUNNING
- HITTING
- BUNTING
- PITCHING
- THE CATCHER

Name of the Workout

Name of the Workout

TRY IT

Name of the Workout

Name of the Workout

GAME IT

## FINISH EVERY WORKOUT WITH FUN CHALLENGES AND GAMES

- FUN CHALLENGES
- FUN GAMES

Name of the Workout

Name of the Workout

GAME IT