



BACKYARD BASEBALL *WORKOUTS* GROUND BALLS for players 9-12

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:

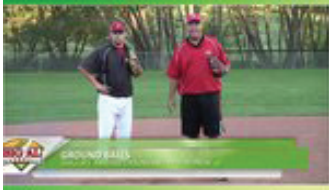
1. **TEACH IT** (understand technique)
2. **TRY IT** (practice without fear)
3. **GAME IT** (play fun challenges)

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 you complete the workout.



9-12

TEACH IT
TRY IT

Simulate - Ground Ball
Progression



9-12

TEACH IT
TRY IT

Fielding Ground Balls
with Partner



9-12

TEACH IT
TRY IT

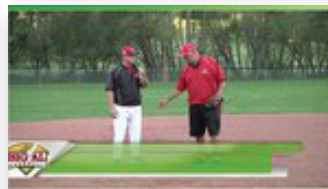
Simulate Ground balls
- 3 throwing angles



9-12

TEACH IT
TRY IT

Fielding Ground balls
- 3 throwing angles



9-12

TEACH IT
TRY IT

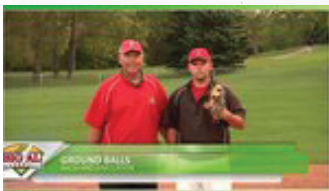
Fielding Ground Balls
- Soft Hands



9-12

TRY IT
GAME IT

Fielding Ground Balls
off the Bat



9-12

TEACH IT
TRY IT

Ground Ball
- Backhand Simulation



9-12

TEACH IT
TRY IT

Ground Ball
- Forehand Simulation



9-12

GAME IT

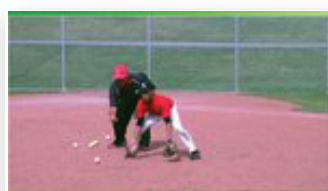
Short Hop Game



9-12

TEACH IT
TRY IT

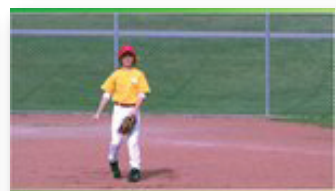
Rolling Ground Balls



9-12

TEACH IT
TRY IT

Moving in on a Ground Ball



9-12

TRY IT
GAME IT

Hitting Ground Balls