



# BACKYARD BASEBALL

# WORKOUTS

## THROWING

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](http://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.

	4-8 <b>TEACH IT</b>	<input type="checkbox"/>		4,5,6 <b>TEACH IT</b>	<input type="checkbox"/>		4,5,6 <b>TRY IT</b>	<input type="checkbox"/>
Gripping the ball			1 Step Throw - Open Space			1 Step Throw - Open Space		
	4-8 <b>TEACH IT</b>	<input type="checkbox"/>		4,5,6 <b>TRY IT GAME IT</b>	<input type="checkbox"/>		4-8 <b>GAME IT</b>	<input type="checkbox"/>
1 Step Throw with a Target			1 Step Throw - with a Parent			1 Step Throw - Target Game		
	4,5,6 <b>TEACH IT</b>	<input type="checkbox"/>		4,5,6 <b>TRY IT GAME IT</b>	<input type="checkbox"/>		4,5,6 <b>TRY IT GAME IT</b>	<input type="checkbox"/>
Bubba Throwing - Open Space			Bubba Throwing - Big Step			Bubba Throwing - High Ball Throw		
	4,5,6 <b>TEACH IT TRY IT</b>	<input type="checkbox"/>		7,8 <b>TEACH IT TRY IT</b>	<input type="checkbox"/>		7,8 <b>TEACH IT TRY IT</b>	<input type="checkbox"/>
Bubba Throwing - Bubba Bounce			Bubba Coil - 2 Step Throw			Bubba Throwing - 2 Step Throw		
	4-8 <b>TEACH IT TRY IT</b>	<input type="checkbox"/>		7,8 <b>TRY IT</b>	<input type="checkbox"/>		7,8 <b>TEACH IT TRY IT</b>	<input type="checkbox"/>
1 Step Throw - Form Package			Simulate a Throw - 2 Step			2 Step Throw with a Partner		
	4-8 <b>TRY IT GAME IT</b>	<input type="checkbox"/>		7,8 <b>TRY IT GAME IT</b>	<input type="checkbox"/>		4-8 <b>GAME IT</b>	<input type="checkbox"/>
Playing Catch with a Partner			Playing Catch with a Partner			Throwing Target Game for Points		