



BACKYARD BASEBALL WORKOUTS


for players 4-8


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