



# BACKYARD BASEBALL

# WORKOUTS

## THROWING

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](http://www.bigalbaseball.com)  
Step 2: Enter the "Parent 4-8 Program"

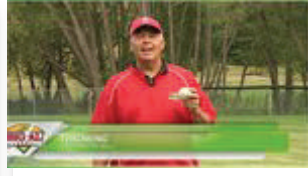
Step 3: Watch the "Practice at Home" videos to learn, practice & challenge yourself.  
Step 4: Check the box next to each video when your complete the workout.



9-12

**TEACH IT**


Fundamentals of 2 - Step Throwing Motion



9-12

**TEACH IT**

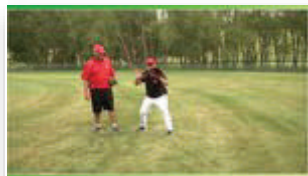
Gripping the Ball



9-12

**TEACH IT TRY IT**


Form Package - Playing Catch



11,12

**TEACH IT TRY IT**


Simulate a Throw - 2 Step Motion



9-12

**TRY IT**

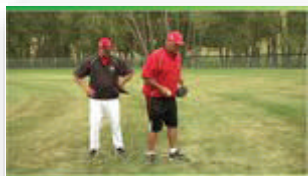
2- Step Throw – With a Partner



9-12

**TEACH IT TRY IT**


Simulate 2 Step Throw: Short-Medium



9-12

**TEACH IT TRY IT**


Play Catch 2 Step Throw: Short-Medium



9-12

**TEACH IT TRY IT**

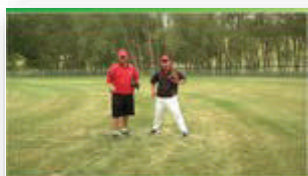
Simulate 2 Step Throw: Short-Medium-Long toss



11,12

**TRY IT**


Playing Catch: Short - Medium - Long Toss



11,12

**TEACH IT TRY IT**


Simulate Throw – 3 Throwing Angles



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**TRY IT**


Throwing at 3 Throwing Angles



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**GAME IT**


Catch Force Game



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**GAME IT**

Hat Tag Game



9-12

**GAME IT**

Playing Catch Target Game