

Baseball Drills Bingo



<p>PLAY CATCH FOR 15 MINUTES WITH SOMEONE IN YOUR HOUSEHOLD.</p>	<p>CATCH 10 POP FLYS IN A ROW WITH SOMEONE IN YOUR HOUSEHOLD. <i>Do this outside on a warm day!</i></p>	<p>THROW TENNIS BALL AT WALL AND PRACTICE CATCHING. START CLOSE AND BACK UP AS YOU IMPROVE. <i>Helps with hand/eye coordination. Avoid windows!</i></p>	<p>LEARN THE LOCATION OF ALL POSITIONS IN THE FIELD.</p>	<p>SET UP BASES IN YOUR BACKYARD AND RUN AROUND THEM AS FAST AS YOU CAN. <i>Keep track of times!</i></p>
<p>SWING BAT 20 TIMES WHILE TRYING TO KEEP YOUR SWING THE SAME EACH TIME. <i>Make sure no other person is around you when you swing!</i></p>	<p>PRACTICE PITCHING WITH SOMEONE IN YOUR HOUSEHOLD.</p>	<p>SET UP A HOME PLATE AND FIRST BASE. TAKE A SWING WITH THE BAT AND SPRINT TO FIRST. TIME YOURSELF AND KEEP TRYING TO IMPROVE.</p>	<p>LAY ON YOUR BACK AND TOSS A SOFT BALL ABOVE YOU. TRY TO CATCH IT EACH TIME. <i>Helps with hand/eye coordination and backspin on throws.</i></p>	<p>PRACTICE THROWING BALL TO FIRST BASE. <i>Turn a bucket upside down on first base and place a target on top. Start with a large target and then move to a smaller target.</i></p>
<p>SET UP CONES IN YOUR YARD AT VARIOUS DISTANCES. CHILD WILL HIT BALL AND GET POINTS BASED ON DISTANCES. <i>Let siblings play for competition.</i></p>	<p>PRACTICE PITCHING WHILE HAVING SOMEONE IN YOUR HOUSEHOLD CALLING BALLS AND STRIKES.</p>	<p>CATCH 10 GROUND BALLS IN A ROW.</p>	<p>PLAY CATCH FOR 3 DAYS IN A ROW.</p>	<p>HAVE SOMEONE IN YOUR HOUSE THROW BATTING PRACTICE TO YOU OUTSIDE IF POSSIBLE. <i>Use wiffle balls or tennis balls.</i></p>
<p>RUN AROUND THE OUTSIDE OF YOUR HOUSE 4 TIMES 3 DAYS PER WEEK.</p>	<p>WATCH A REAL BASEBALL GAME ON TV OR YOUTUBE.</p>	<p>SET UP AN OBSTACLE COURSE IN YOUR BACKYARD AND SEE HOW FAST YOU CAN RUN THE COURSE. <i>Take a video and send to your coach.</i></p>	<p>MAKE A THROWING RELAY WITH YOUR FAMILY. <i>Make a straight line with space between each person in your family. See how far you can throw a tennis ball down the line and back.</i></p>	<p>DO 20 PUSHUPS AND 20 SITUPS 3 DAYS PER WEEK.</p>
<p>PLAY CATCH FOR 4 DAYS IN A WEEK.</p>	<p>SET UP TWO CONES 20 FEET APART AND DO THE FOLLOWING: SPRINT; SIDESTEP; RUN BACKWARDS; SKIP; REPEAT 4 TIMES.</p>	<p>SET UP AN ACTION FIGURE ON TOP OF A BUCKET 10 FEET AWAY. TRY TO KNOCK IT OFF WITH A TENNIS BALL. INCREASE DISTANCE AS YOU IMPROVE.</p>	<p>SEND A VIDEO OF YOURSELF DOING ANY OF THESE ACTIVITIES TO YOUR COACH ONCE PER WEEK.</p>	<p>SET UP BASES IN YOUR BACKYARD. WITH THE HELP OF ONE PERSON IN YOUR FAMILY, PRACTICE THROWING FROM EVERY POSITION TO FIRST BASE. <i>Try to recruit all family members!</i></p>

