



Beaumont Minor Baseball Association

Hello players and parents of BMBA,

We all feel the loss of not being on the diamonds playing baseball games at this time. But we also know that by staying home we are doing what is best to help everyone get through this pandemic. But being “safe at home” doesn’t mean the game is over, in fact, it means we have a lot of work to do before the games can even begin.

We have put together some stay-at-home drills to get you started. These drills can be done inside your house or in your backyard. Beaumont facilities, including baseball diamonds remain closed to everyone, so we wanted to put some drills and activities together to do at home with your family. Players should be doing physical activity every single day and we want to help!

These drills are explained on how to function, we have further indicated what equipment will be needed, sometimes it is as simple as a tennis ball to do, so we wanted to make them as inclusive as possible.

Over the next few weeks we will continue to send out materials. We will also be working on more interactive materials, ie. Videos, challenges, contests, etc. So stay tuned for much more fun and exciting baseball to come.

We will also continue to stay close to the social distancing rules, while nothing can be done as a league at the moment we will stay in touch should we get to a point where small groups can gather.

In the meantime, each player should focus on these 3 things every single day:

1. Physical activity. Every player should be working on their cardio. We expect every player to be in better shape than they were before!
2. Positive attitude. We will get through this. Let’s stay positive.
3. Hand-eye coordination. Even if you are sitting on the couch watching Netflix, you better have a baseball in your hand and practice your grips; or taking a ball out of your glove with the proper grip.

Lastly, we are here to help. Our coaches are working on getting better as well. So if you have questions about a drill, or not sure if something is right, or just unsure of how to get your kids motivated, let us know. We are here to help. Send us a note and we can work out a time to speak, or talk to your players.

Remember, right now they are playing professional baseball in South Korea. There may not be any fans yet, but there is real, live baseball happening. So let’s be ready ourselves.

Play Ball

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Stay at Home Drills – 1 Hour workout

- Warm up (10 minutes)
 - Stretch out arms/ legs and joints (2-3 minutes)
 - Jumping jacks 25 x 2 times
 - High knees – running on the spot 25 x 2 times
 - Up-downs -start from laying position to standing position 25 x 2 times
 - Push ups – 25

Drills

1. The Ceiling Flip/Rubber Ball Toss Drills

Do this in a room with a high ceiling or outside. While laying on your back, flip a ball a few feet into the air and try to catch the ball without moving. This drill not only helps with hand-to-eye coordination, but also helps players develop the proper backspin on a baseball to make those perfect throws.

You can also adapt this drill to work on your infield defensive skills. Grab a rubber baseball and head to any open wall, preferably outside. Stand with your body square to the front of the wall. Now throw the ball at the wall at different angles to practice fielding different types of groundballs like short hops, high bouncers, or even those that come at you straight on. As you go through the drill, change your distance every now and then standing further away from the wall and throw with varied velocities to practice fielding at various speeds.

Equipment needed: wiffle or tennis ball, or incrediball. Glove optional after a time.

Total time: 10 minutes

Duration: every other day



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2. Solo Toss

A simple baseball drill to help you nail down your swing mechanics. If you are a right-handed batter, get in your batting stance and hold a baseball in your left hand (left-handed batters hold it in your right hand). Toss the ball gently into the air, and then mimic your swinging motion with your opposing hand and try to catch the ball. This is a great way to practice hitting pitches in different locations depending on where you toss the ball, and helps you practice keeping your hands and arm closer to your body and not lunging too far over the plate when you swing. If you want the full benefit of this drill, use a resistance band on your arm as you swing to really develop some muscle memory.

Equipment needed: baseball

Total time: 5 minutes

Duration: every other day

3. Outfield Transition Drills

This drill can be done indoors in a room with a high ceiling, but we recommend doing this one outdoors. This one allows you to work on correctly positioning and readying your body to make a perfect throw from the outfield to the infield after making a catch. Gently throw the baseball into the air and get behind the ball as you would in an actual game. Catch the ball and then work on transitioning to your throwing position. As you do this, pay attention to where your arms and hands are. Make sure they are up by your chest and close to your body so you will have a quick, efficient throwing motion. Also pay attention to your feet, making sure that they are pointing in the direction that you want to throw. Use a training ladder or cones to mark where you want your feet to be with each repetition.

Equipment needed: baseball

Total time: 5 minutes

Duration: every day



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4. Soft Toss / Hitting Tee Swings

A mainstay at all levels of baseball, hitting into a soft toss net may be the best way to keep your swing in shape. Set up a hitting net either outside or in your basement if able and set up a batting tee and a baseball a couple feet from the net. Now just take some full-speed hacks, concentrating on driving the baseball into the center of the net each time. This helps you nail down every aspect of your swing from the positioning of your hands and feet, to using your hips to drive the barrel of the bat all the way through the baseball.

Equipment needed: hitting net, batting tee, baseball bat, baseballs

Total time: 5-10 minutes

Duration: every day

5. BALL HANDLING

Infielders touch and handle the baseball with much greater frequency than their outfield teammates, so it's vital for them to get used to how the ball feels in their hands. And this drill will help develop muscle memory on how the ball should feel in your hands and help a little with your transitions as well.

For this drill, all you need is a baseball. Take the ball in one of your hands, then move both hands behind your back, and pass the ball to your other hand. Now move both hands back in front of you and toss the baseball back to your other hand. Now do the same behind your back again, then your front, then back, front and repeat. Start your movements slowly, and gradually pick up speed as you get used to feeling the ball in both of your hands.

Once you have this motion down and can do it full-speed, start passing the ball in the same manner around your ankles and slowly move the ball back up towards your chest.

This drill helps you get a better feel for the baseball as you grasp it in your hand and as you transition it to your hand. It also helps you recognize the seams on the ball, so you can quickly make adjustments in your hand to better grip the seams to make the perfect throw.

Equipment needed: baseball

Total time: 5 minutes

Duration: every day



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6. STAND AND THROW

This drill works on developing proper fielding footwork, transitioning from glove to throwing hand, and throwing accuracy

Do this one in a large side or backyard. Grab a baseball bucket and set up a net roughly 30 feet away from you. Now take a baseball and your glove and get into your fielding position. As you get into position, put the ball into your glove, pretending to field a grounder, and then throw the ball into the net you just set up.

As you “field” the groundball, pay close attention to how your body is situated. Make sure your chest is in proper position to knock down any ball that takes a bad hop and that you are fielding the ball slightly closer to your glove side.

As you sit up and grip the ball out of your glove, look at how you grab the ball from your glove and properly adjust the ball in your throwing hand to find the proper seams. Now throw the ball, making sure to point your toes in the direction you want to throw as you step towards your target.

Once you have your mechanics and throwing motion down, start doing this drill at game speed. You can also do this drill from different distances and different angles away from the net to simulate fielding and throwing from 2nd base, 3rd base, and shortstop.

Equipment needed: baseballs, hitting net

Total time: 15 minutes (5 minutes at every position)

Duration: every day

7. RUBBER BALL WALL TOSS

Grab a rubber baseball and head to any open wall, preferably outside. Stand with your body square to the front of the wall. Now throw the ball at the wall at different angles to practice fielding different types of groundballs like short hops, high bouncers, or even those that come at you straight on. As you go through the drill, change your distance every now and then standing further away from the wall and throw with varied velocities to practice fielding at various speeds. You can do this with a baseball glove, but we recommend using a fielding trainer to work on developing some soft hands.



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Equipment needed: incrediball softstitch baseball

Total time: 10 minutes

Youtube Drills

Each week we will include links to some youtube drills. These will help show you and your players how the drill should be performed and will give you a good visual to assist you. These drills do not require much in terms of equipment as well.

Hitting Drills

Mirror Drill:

<https://www.youtube.com/watch?v=HFXqhxGHxrc>

Throwing Drills

Sock Drill:

<https://www.youtube.com/watch?v=GwnNc7df3Bw>

Towel Drill

Infielding Drills

Hands Routine:

<https://www.youtube.com/watch?v=YUgJtweiFK0>

Next week in BMBA Stay at home baseball:

- Drills, drills and more drills!
- The mental side of the game
- The first challenge contest.

Now get to work.