

Self Spring Training Workouts

Fielding – Ball against the wall.

All you need is a glove and either a rubber ball or tennis ball and head to any open wall (higher ceilings recommended, but if not, it doesn't matter). It's great for practicing hand-eye coordination, enhancing ball awareness, reflexes, and practicing the transition from a catch to a throw.

1. Have your child set themselves square in front.
2. Have your child throw the ball at the wall practicing the various types of comebacks:
 - Short Hop
 - High Bounce
 - Straight-On
 - Bloopers
 - Etc.
3. Make sure to change the distance and velocity at which your child is throwing the ball. Starting off slow is key, over time building up the speed will result in confidence on the field.
4. This could also be an indoor drill only if your family can muster the slight thumping noises.

Catching & Hand Eye Coordination – Self Toss

The best way to practice hand-eye coordination alone is by tossing a baseball in the air and catching it with one hand at a time for 100 times every day. Start by making low throws and gradually throw it higher. You can also throw it slightly ahead, behind, or to each side and move to catch it.

Throwing – Target practice

Baseball involves a lot of throwing therefore working on your throwing is a great skill that you can learn and practice on your own. It is worth noting that the ability to make precise throws comes only through practice. When learning how to throw on your own, you can find inanimate targets such as trees, walls, and other objects that won't get hurt/break when hit. Using masking tape or chalk, mark an "X" sign on the target object. Try hitting the mark from different distances and correct the errors you seem to make when throwing the ball to the target mark.

Batting – Soft toss & stance

Probably the most difficult to do on your own unless you have a tee or pitching machine, so if you have those go to it. However, if a parent or sibling is willing, you can do some soft toss. Be sure you either have some type of net or backstop that you are hitting into and the direction of hitting is away from windows. Use whiffle balls if you have them.

See the link below for [Baseball Training Equipment You Can Make at Home](#) for assistance with a net and a tee!

Running – Prompt point to point sprinting

One activity central to baseball is sprinting. Ideally, it requires players to move quickly from one point to the other such as to the bases, moving across the plate or running to catch fly balls. Practice sprinting by timing how long it takes you to sprint the distance equal to that between the bases. Measure out the distance on a sidewalk or your backyard and mark it using chalk or tape. You can repeat as much as you like and try to beat your time!

- For all players 11U and under the bases are 65 feet or ~20 metres apart.

- For players in 13U the bases are 75 feet or ~23 metres apart
- For players in 15U/18U the bases 90 feet or ~27 metres apart

Pitching – Stance, Balance, Accuracy

For our 11U and up players, practicing or learning to pitch is likely something you like a lot or don't want to do at all. There are many videos out there that offer instruction on pitching mechanics. When watching these and practicing, pay special attention to the stance and balance drills. Many of these you can do repeatedly without even through a ball. When you get to pitching the ball remember, unless you are growing facial hair, you don't need to be practicing anything fancy. Stick to the fastball and make it accurate.

- For players in 11U the pitching distance is 44 feet
- For players in 13U the pitching distance is 50 feet
- For players in 15U/18U the pitching distance is 60 feet & 6 inches

Mental Drills – Watching videos and old games.

One other effective method of practice kids can do from home is watch instructional baseball videos online. The best aspect of using the internet for gaining knowledge in baseball is that its available from the comfort of your home 24/7, 365. Below are just a couple links that might be of interest. EYBA does not endorse any specific product. Ask your kids, they can probably find hundreds of more videos to check out!

Baseball Training Equipment You Can Make at Home

<https://baseballcoaching.tips/homemade-inexpensive-baseball-training-equipment/>

BEST At Home Baseball Workout | No Equipment Needed ...

<https://www.youtube.com/watch?v=aMqbi7hmWJk>