

Title:

Baseball Drills that can make even your Mom into a Player!

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470

Summary:

Even as adults, there are some who have great difficulty when it comes to the co-ordination ne

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Article Body:

Even as adults, there are some who have great difficulty when it comes to the co-ordination ne

The problem with just ignoring basic play is that we end up losing yet another part of the chi

A good place to start, as with anything is at the beginning. Get yourself a comfortable baseb

Get two and find someone in your family or a friend who just wants to throw a ball around. Wh

Another good practice drill is batting. Here, I suggest just going to the local batting cage

So don't let inability stand in your way of making some great memories this summer. Get out t

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