



BINGO

Practice softball fundamentals to strengthen skills and be a better player next season! Complete **THREE** BINGOS, take a picture, and email it with your name and mailing address to oregonyouthsoftball@gmail.com. To reward your hard work, we'll send you a prize from Texas Roadhouse!

A BINGO consists of five in a row up/down, across, or diagonal. "How to" videos are at oregonyouthsoftball/development to go over some of the exercises/skills.

15 Squats or Bowler Squats	25X Cradle the Tennis Ball Bunting Drill	10 Backhand Drills	10 min. Play Catch	10 Burpees
20 sec 2X Wall Sits	2X Run around the Bases at a Field	10 min. Catch Fly Balls	15 Roof Tennis Ball Toss	10 Lunges
5X Push Up & Run to 1st (60 feet)	30 Jumping Jacks	 The logo for Oregon Youth Softball, featuring the word "OREGON" in a bold, black, sans-serif font above the words "Youth Softball" in a black, cursive, handwritten-style font. Above the word "OREGON" are two stylized, yellow-orange softball缝线 (stitch patterns) that curve upwards and outwards.	2X each way Shuffle (L & R) At least 10 yards	25 Sit-Ups or Push-Ups
20 Short Hops Off the Wall	20 Tennis Ball Wall Grounders	2 20 Sec. Plank	10 min. Visualize Hitting the ball	20X Practice Ready Stance (Step 1-2 and Glove to the Ground)
20 Toss Ball Up to Self & Catch	20 sec 2X High Knees	10 min. Practice Swing	5 min. Ball of the Wall (Tennis Ball)	10 Sprint Squat Jumps

NAME:

Address: