



East Mountain Little League has purchased Big Al's online Program for all the Managers, Coaches and Parents in our league for 2022.

The coaching programs include... videos on how to teach skills, lots of drills to incorporate into your practices and help in identifying and correcting common mistakes. There are ready-to-go practice plans for the pre-season, the regular season, plus plans to help prepare for the postseason. The strategy section covers positional play and roles and responsibilities of players in game situations. It also has tips and plans to help you be effective as a coach on game day. Big Al has designed these Coaching programs to help you all season long!

The parent programs include... videos and instruction on all the skills that coaches will be teaching this year. It also includes lots of fun drills, games and challenges that parents and kids can practice at home to improve their skills. There is also a section on strategy with roles and responsibilities for every player on the diamond. Finally Big Al has created a set of Backyard Workouts for every skill. Go to the Big Al Way section for each skill and print off the Backyard Workouts checklist and keep track of the workouts you complete during the season.

To activate your own personal membership:

1. Go to www.bigalbaseball.com.
2. Click on the **Membership Code** button.
3. Select the online **Program or Bundle** that best fits your age group and role. (**Coach-Parent Bundle 4-8** or the **Coach-Parent Bundle 9-12** or the **4 Program Bundle**)
4. To activate your program, fill in the registration fields and click **CONTINUE**.
5. Enter your Membership Code **EMTN2022** in the box and then click on the **APPLY** button. (This will recalculate your membership cost to 00.00.)
6. Read and Accept the Terms and Conditions and click on the **CHECKOUT** button.
7. You will be taken to the **Login** page. Go ahead and **Login** with your **Username** and **Password**. (Note: depending on your browser and computer settings you may need to enter you UN and PW twice.)
8. Click on the link to your T&D program on the **MY PROGRAMS** page and enjoy!

To **LOGIN** the next time, please just go directly to www.bigalbaseball.com and click on the Login Button at the top right corner of the webpage.

Coaches, Parents and Players, please take advantage of the online programs and video resources and let's have a fantastic season together.

Thanks!

East Mountain Little League