

GOALS



>> The goals of the Baseball Canada Rally Cap program are to:

- 1 Create an environment in which children and adults can have fun with baseball.
- 2 Teach baseball skills, rules and strategy to our players.
- 3 Model and teach competitiveness with an emphasis on good sportsmanship.
- 4 Promote increased self-esteem among Rally Cap children and adults.

>> The Crucial Role of Coaches

The most important individual in the Rally Cap program is the coach. The coach is the person the players look at for instruction, encouragement and inspiration. The assistant coaches, as well as the parents, take their cues from the coach. Therefore, success of the program is dependant on the coaches embracing our goals and working to achieve them.



How Coaches Can Help Achieve Rally Cap Goals. The following are ways in which coaches can help achieve the Rally Cap goals:



GOAL # 1

Create an environment in which children and adults can have fun with baseball.

- A Encourage players often. Demonstrate by behavior and words that each child is an important member of the team regardless of their level of performance. Recognize and encourage effort as well as results.
- B Allow each player equal playing time.
- C Demonstrate your own enthusiasm and enjoyment of the game to your players.

GOAL # 2

Teach baseball skills, rules and strategy to our players.

- A Rely on positive reinforcement for things done correctly. Minimize negative emphasis on mistakes. This is required in order for learning to take place. Players can handle only so much negative feedback without becoming discouraged. Players will learn more, try harder and be more open to accepting criticism if they are praised often. Praise players in public and correct them in private.
- B Provide adequate repetition when teaching. Baseball is complicated and lessons often need repeating before they are understood. Once players understand, they often need repeated practice before they can perform the expected behavior well.
- C Encourage players to set individual and team goals corresponding to their ability levels and then work to master the skills needed to achieve them.
- D Organize practices to maximize learning and minimize inactivity.

GOAL # 3

Model and teach competitiveness with an emphasis on good sportsmanship.

- A Teach players aggressiveness and good sportsmanship at the same time.
- B Obey the rules and show respect for the officials even when you disagree.
- C Acknowledge good plays by the opposing team in front of your players.
- D Treat players on opposing teams as members of the community first and as opponents second. Always refrain from displaying actions or words that undercut the self-esteem of players on either team.

GOAL # 4

Promote increased self-esteem among Rally Cap children and adults.

- A Encourage players whenever possible. Demonstrate by words and actions that you like and accept them regardless of how they perform. Adults often assume children can read their minds, but children determine whether they are liked and accepted by adults based on what the adults say and do.
- B Spend comparable instructional time with all players regardless of ability.
- C Encourage parents to become involved with the team.



STRUCTURE



The Rally Cap program was developed using existing baseball initiation programs, as well as adding new ideas in order to create increased interest for players.

In the Rally Cap baseball program, each team will consist of 6 players only. This allows for the formation of more teams, meaning more repetitions, which will allow players to improve their individual skills.

Each session will last 75 minutes. Two (2) teams will play an actual game while one (1) team will be practicing drills in the outfield area. After each inning played (both teams have batted), teams will rotate. The rotation will be as follows: Team on 1st base dugout side moves to 3rd base dugout - Team on 3rd base dugout moves to the outfield - the outfield group moves to the 1st base dugout.

75 minutes

Training
15 minutes

Station 1
20 minutes

Station 2
20 minutes

Station 3
20 minutes

THE GAME

In Rally Cap baseball, 3 teams will meet at the park at the same time. At the start of the season, the emphasis will be on specific baseball skills development and modified baseball games will be added to the program as these skills are better mastered. Two (2) teams will then be playing a game while one (1) team will be practicing in the outfield.



All six players will come to bat during their team's ½ inning. The ½ inning will end when all six players have completed their turn.

Teams will score runs the same way they score runs during a regular game (i.e. touching home plate). Teams will also have the opportunity to earn points or runs on defense. A point can be earned by catching a fly ball, or by throwing a runner out at a base. Therefore, a possible 6 defense points can be earned every inning.

VARIATIONS: You can develop a different point system to reward different defensive plays. (i.e. You can allow more points for fielding a ball followed by an accurate throw.)

To throw a runner out, the ball can be thrown to any base before the runner reaches 1st base. An out at 1st base can only be made by running to and touching 1st base before the hitter.

There are no walks, no strikeouts, no base stealing and runners can advance only on batted balls.

With hitting being the most fun part of the game, the program has been designed to help players hit the ball no matter what the skill level. Three different formats can be used:

Each player can choose the format they wish to use, depending on their development stage. All 3 formats can be used during a game.

TEE-BALL / PARENT-PITCHER / PITCHING MACHINE

Each hitter will have a maximum of 5 baseballs. If the 5th ball is not hit, a coach will roll the ball to allow the hitter to run the base paths and to allow the defense to field the ball and make plays.

When the last hitter (#6) hits the ball, the ball must be thrown to home plate in order to get the hitter out.

The batting order will change each time a team comes to bat (first hitter becomes last, etc.) Defensive positioning will also change each time a team comes to bat.

VARIATIONS: You can actually use the volleyball rotation style and proceed with defensive rotation with each opposite batter.

THE PRACTICE



» While in the outfield area, each team will practice different drills with respect to the following FUNDamentals:

- ➔ THROWING
- ➔ BASE RUNNING
- ➔ RECEIVING
- ➔ HITTING
- ➔ GENERAL KNOWLEDGE

A coach's guide including drills is included to help coaches prepare the practice sessions. Three (3) stations with 2 players at each station will be developed. Players will rotate stations each time they return to the outfield practice area.

We strongly recommend that you set up your equipment before the start of the session. The only equipment a player should be bringing to the session is their glove. Bringing their own bats and balls is discouraged.

THE RALLY CAP SYSTEM



During the season, the teams will be working on the 5 FUNDamentals of baseball. At least 2 Official Rally Cap Days will occur during the season. During these events, the players will have an opportunity to perform different tasks they have learned in order to earn a coloured Baseball Canada Rally Cap. We recommend two of these events during the summer because we feel that having an "official" Rally Cap Day will create more interest.

"OFFICIAL RALLY CAP DAY": You can have more or less of these events, but please avoid awarding caps on a daily basis as we would like to players to be prepared to perform on a "special" day.

During the Rally Cap event, all players will go through stations where they will perform different tasks. When a player succeeds at each task at a particular level, he/she will be awarded an appropriate coloured hat.



PROGRAM



Level/Ability

THROWING

1) Able to throw a ball 5 feet

RECEIVING

7) Able to catch a ball thrown from 5 feet

HITTING

13) Able to hit a ball off a tee

BASE RUNNING

19) Know what direction to run after hitting the ball

GENERAL KNOWLEDGE

25) I know my team's name, coach's name and names of 3 teammates.

2) Able to throw 7 of 10 balls to partner from 10 feet

8) Able to field 10 of 15 ground balls from 15 feet

14) Able to hit 10 of 15 balls off a tee

20) Know what the bases are called (1st, 2nd, 3rd and home)

26) Able to name all the position numbers

3) Able to throw the ball 25 feet

9) Able to catch 10 of 20 fly balls from a height of 15 feet

15) I can hit 7 of 15 balls thrown underhand

21) Able to run around the bases without stopping

27) I know 3 different ways to get a player out

4) Able to throw 9 of 15 balls to a 4' x 4' target hung on the backstop of fence from 20 feet

10) Able to catch 5/5 ground balls, 5/5 fly balls, 5/5 balls thrown by a partner from 15 feet

16) Able to hit 7/15 balls past the base paths, rolling or in the air

22) Know how to make a bunt or turn at 1st base

28) I know where to throw the ball when I field it.

5) Able to throw the ball at a distance of 50 feet

11) Able to catch 12/15 fly balls not directly hit to me (20 feet in front and 5-10 feet left and right)

17) Able to hit 12/15 balls at least 75 feet in distance

23) Able to run from 1st to 2nd and slide at 2nd base

29) I know the difference between a hit and an error; a strike and a ball; safe and out; a single, double, triple and hit; fair and foul

6) From a fielding position, I can throw 10 of 15 balls to 1st base from short-stop

12) Able to field 5/6 grounders to the left and 5/5 grounders to the right (regular distance)

18) Able to hit 10/12 balls between cones

24) I can run from 1st to 3rd with a correct slide at 3rd base

30) I know where to position myself depending on the hitter

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The poster features a red and white background with a large white cap in the center. Above the cap is the 'rally cap PROGRAM' logo, which includes a red maple leaf and several colorful caps. Below the cap are four photos of baseball players in action. At the bottom, there are two baseballs and five stars. The text 'WHITE CAP' is prominently displayed in the center.

rally cap
PROGRAM

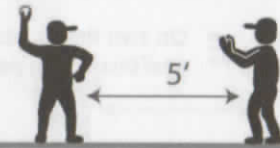
WHITE CAP

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1. White Cap - Throwing



With a partner or coach standing in front of the player at a distance of 5 feet, the player is asked to throw the ball. Accuracy is not important at this stage, only that the player be able to throw the distance.



Below are drills that can be used to prepare players for this task:

>> Handcuffs

Goal: Teach players the proper way to hold a ball.

Description: Players pair up with each other or with a parent. At a signal, players take a proper grip on the ball.

Equipment: Incrediball for each player

Variation and Progression:

A Players are seated, pick the ball off the ground and show it to a partner



B Players are seated, throw the ball (2 feet high) and show it to a partner





C Players are seated, pick the ball off the ground and throw it to a partner

D Players are seated, throw the ball (2 feet high) and throw it to partner



E On two knees, pick the ball off the ground and throw it to partner

F Players are seated, throw the ball to a partner

G On two knees, throw the ball to a partner



H Standing up, throw the ball to a partner



I On their back, throw the ball to a partner

➔ Key Points:

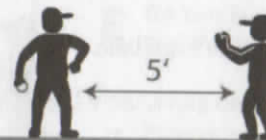
- Always put two or three fingers on the ball
- Hold the ball with the fingers and not in the palm of the hand



7. White cap - Receiving



With a partner or a coach standing in front of the player at five (5) feet, throw the ball underhand to the player. At this stage, look for players who can receive the ball using both hands.



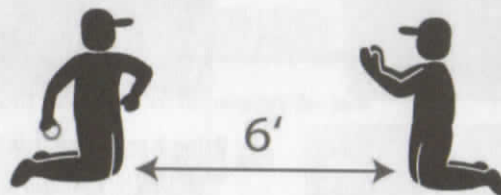
Below is a drill that can be used to prepare players for this task:

➤ Catch the ball like an egg

Goal: Help players absorb the ball when catching it.

Description: With a partner or a coach located in front of the player at a distance of 6 feet, throw the ball underhand to the player. Look for players who will catch the ball with two hands.

Place players opposite each other at a distance of 6 feet. With players on 2 knees, and bare handed, have the players play catch throwing the ball under hand. For younger players, it would be a good idea to match a player with a parent.



Variations and Progression:

- A** On both knees, use foam balls.
- B** On both knees, no glove, use a bigger ball.
- C** On both knees, no glove, use tennis balls.
- D** Standing up, no glove, use tennis balls or bigger ball, throw with one bounce.
- E** On both knees, use foam balls.
- F** On both knees, no glove, use a bigger ball.
- G** On both knees, no glove, use tennis balls.

Equipment: - Several types of balls (minimum 1 per player)
- 2-3 buckets

Key Points:

- Reach out for the ball.



- Bring hands towards the body when catching the ball.



C Players are seated, pick the ball off the ground and throw it to a partner

D Players are seated, throw the ball (2 feet high) and throw it to partner



E On two knees, pick the ball off the ground and throw it to partner

F Players are seated, throw the ball to a partner

G

On two knees, throw the ball to a partner



H Standing up, throw the ball to a partner



I On their back, throw the ball to a partner

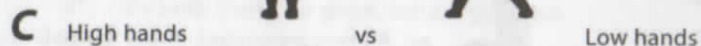
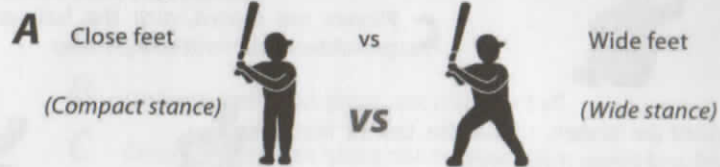
Key Points:

- Always put two or three fingers on the ball

- Hold the ball with the fingers and not in the palm of the hand



Variations and Progression:



E Complete swings without ball

Key Points:

- Feet must be wider than shoulders.
- Hands high and back.
- Hands together on bat

Variations and Progression:

- A** On both knees, use foam balls.
- B** On both knees, no glove, use a bigger ball.
- C** On both knees, no glove, use tennis balls.
- D** Standing up, no glove, use tennis balls or bigger ball, throw with one bounce.
- E** On both knees, use foam balls.
- F** On both knees, no glove, use a bigger ball.
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- Equipment:**
- Several types of balls (minimum 1 per player)
 - 2-3 buckets

Key Points:

- Reach out for the ball.



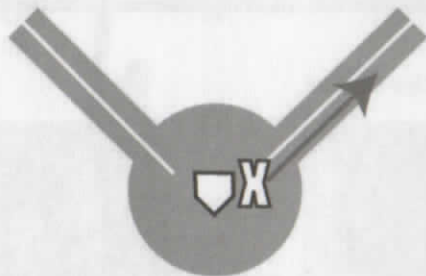
- Bring hands towards the body when catching the ball.

Variations and Progression:

- A** Coach leads the line.
- B** Individually, done while jogging.
- C** Individually done while backpedaling.
- D** Have players start at different bases.
- E** Individually done by running, player goes around the bases
(same as Hit Run and Throw)

Key Points:

- Player must learn to run on the right side...



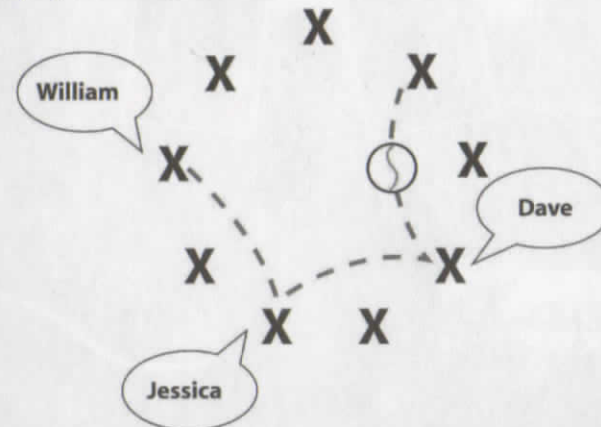
25. White cap - General knowledge



By using the report card attached with this document, ask the player to fill out the portion relating to this item. Below is a drill that can be used to prepare players for this task:

>> Around the Horn

Have the players stand in a circle. Use an odd number of players if necessary. The coach gives a ball to one player. At the start signal, the player throws the ball underhand to the second player to his right. While throwing the ball, he must say the name of the player catching the ball.



Once the players become comfortable with 1 ball, the coach can add a second, third and fourth ball. See how many balls the players can handle at the same time.