

26. Grey 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:

>> Names & Numbers

Goal: Teach the players the name and number of the positions.

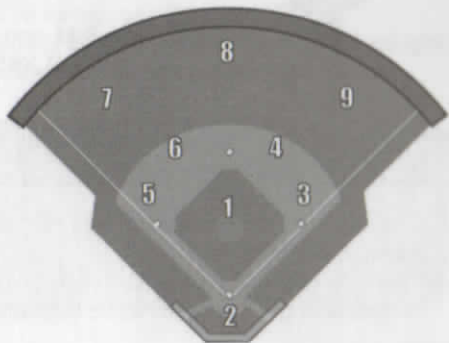
Description: Name each position and their number.
Give each player a position name and instruct them to go to that position.

Variations and Progression:

- Start them off the pitching mound
- Write position numbers on balls, place the balls in a bag; have players draw a ball and take it to the corresponding position

➔ Key Points:

- 1 = pitcher
- 2 = catcher
- 3 = first base
- 4 = second base
- 5 = third base
- 6 = shortstop
- 7 = left-field
- 8 = center-field
- 9 = right-field



PROGRAM

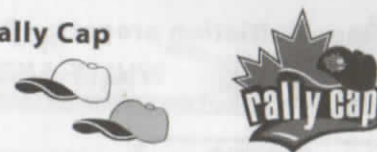
PRACTICE PLANS



White and grey caps



PRACTICE PLAN



PRACTICE #1

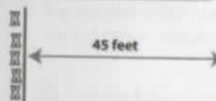
WHITE AND GREY CAPS

Required equipment: *Incrediballs, various bats (baseball, plastic, hockey stick, small, large), various balls (baseball, wiffles, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of 4), helmets.*

WARM-UP

Running drills:

Description: All players are side by side on a line. Players do the exercise on a 45 feet distance, going and returning.



Variations and progression:

- G) Sitting, use only arms
- B) High knees
- A) Military walk

Warm-up:

Description: Warming-up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

Throwing and receiving:

Exercise "Handcuffs" (1)

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

Equipment: 1 "Incrediball" for each player

Variations and progression:

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



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



Make sure the grip is appropriate

Throwing and receiving:

Exercise "The Wheel" (2)

Description: In pairs, the players play catch using the proper mechanics.

Equipment: 1 "Incrediball" for each player

Variations and progression:

E Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



Appropriate arm action



HITTING

Exercise "Between the Two" (13)

Description: Each player has a bat in their hands. Copy every different position the coach takes.

Every time the coach asks the players how to position themselves, they answer: "Between the two". In all cases, you want "Between the two" extremes as a better method for your hitters to start from.



Equipment: 1 "bat" per player



E Complete swings without balls

➔ **Key points:**

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

Exercise "T-Ball" (18)

Description: With a partner or a coach located to the side of the player, ask player to hit the ball from a tee. Ensure the tee is placed in front of home plate and NOT on it. Others pick up the baseballs.



Equipment: T-ball, various bats and balls

Variations and progression:

- A** Standard T-ball
- B** Hit the ball through a hoop

➔ **Key points:**

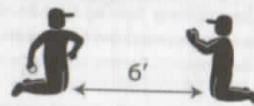
- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



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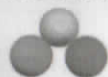
Exercise "Catch the ball like an egg" (7)

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.

A On both knees, use foam balls



C On both knees, use tennis balls



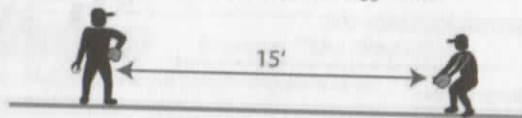
➔ **Key points:**

- Reach out for the ball
- Bring hands toward the body when catching the ball

Exercise "The Crocodile" (8)

Description: Coach instructs the players to simulate the proper way to receive a ground ball.

Equipment: Several types of balls (minimum 1 per player) and bigger balls.



Variations and progression:

- A** Simulate receiving the ball
- B** Coach rolls a ground ball

* Do exercise with and without gloves

➔ **Key points:**

- Always put hands out like a crocodile's mouth
- "Pet" the ball when receiving it
- Feet and hands form a triangle

National initiation program - Rally Cap
PRACTICE #1 WHITE AND GREY CAPS



BASE RUNNING

Exercise "The Train" (19)

Description: Starting from home plate, players form a line and walk around the bases, saying the name of the base as they touch it. Parents can join in this activity.

Equipment: Set of bases (minimum of 4)



Variations and progression:

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

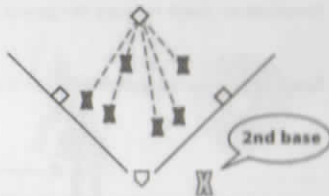
Key points:
 - Player must learn to run on the right side...



Exercise "The Musical Base" (21)

Description: All players are jogging in the infield. At coach's signal, players run towards a designated base as mentioned by the coach.

Equipment: Set of bases (minimum of 4),



Variations and progression:

- A** Ask players to get to any base while having a maximum number of players at each base.

Key points:
 - Name the bases
 - Players cannot push each other during the game
 - Avoid consequences to losers

National initiation program - Rally Cap

PRACTICE PLAN



PRACTICE #2 WHITE AND GREY CAPS

Required equipment: Incrediballs, various bats (baseball, plastic, cut hockey stick, small, large), various balls (baseball, wiffles, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of 4), helmets, screen (net), cones (4 to 6), hoops (2 or 3), target, badminton birdies.

WARM-UP

Running drills:

Description: All players are side by side on a line. Players do the exercise on a 45 feet distance, going and returning.



Variations and progression:

- G) Sitting, use only arms
- B) High knees
- F) Heel to butt
- A) Military walk

Warm-up:

Description: Warming-up with various exercises giving opportunities to stretch the body and prepare itself for baseball practice.

Throwing and receiving:

Exercise "Handcuffs" (1)

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

Equipment: 1 "Incrediball" for each player

Variations and progression:

- B** Players are seated, pick the ball off the ground and show it to a partner (or parent)



Make sure the grip is appropriate



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

Throwing and receiving:

Exercise "The Wheel" (2)

Description: In pairs, the players play catch using the proper mechanics.

Equipment: 1 "Incrediball" for each player

Variations and progression:

- E** Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



Appropriate arm action



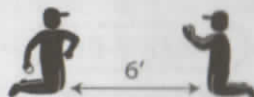


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Exercise "Catch the ball like an egg" (7)

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.



A On both knees, use foam balls



C On both knees, use tennis balls



Key points:

- Reach out for the ball

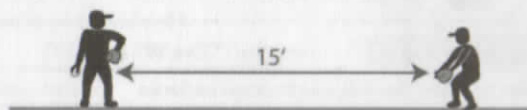
- Bring hands toward the body when catching the ball



Exercise "The Crocodile" (8)

Description: Coach instructs the players to simulate the proper way to receive a ground ball.

Equipment: Several types of balls (minimum 1 per player) and bigger balls.



Variations and progression:

A Simulate receiving the ball

B Coach rolls a ground ball

* Do exercise with and without gloves

Key points:

- Always put hands out like a crocodile's mouth
- "Pet" the ball when receiving it
- Feet and hands form a triangle



THROWING

Exercise "The Net" (3)

Description: Divide the players into 2 equal groups on each side of the net.



Use all soft balls and wiffle balls, ask players to pick a ball off the ground and to throw it over the net. Both teams are throwing and receiving balls over the net for one minute before taking a break and then repeating the exercise.

Equipment:

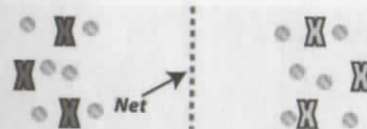
- A minimum of 6 soft balls or wiffle balls
- 1 screen or net

Variations and progression:

Players are located farther from the net

Key points:

- Make sure the grip is appropriate
- Glove side foot forward when throwing



A little competition can be created where the goal is to send all balls to the other side.



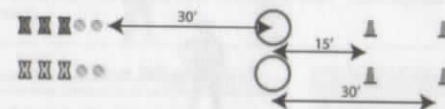
Exercise "The Relay" (5)

Description: Split players into 2 groups (depending on the number of players). Each team forms a line. A hoola hoop filled with balls of different kinds is located 30 feet in front of each team, with two cones placed at 15 feet and 30 feet from the hoop.

When given a signal, a player goes to the hoop and from there tries to throw a ball at each cone. Two throws are allowed. The player then returns to the line and the next player attempts the task.

Equipment:

- Several balls (2 minimum) of all kinds
- 2 cones per team so between 4 and 6 cones
- 2-3 hoops



Variations and progression:

Distance - depending on players' abilities (closer or farther).

A If player hits 1st cone = 1 point.
 2nd cone = 3 points.
 First team to finish = 2 points.

C Without cones and hoops, teams are in line. Players throw to a partner. First team to go all the way and back gets the point.

B You can add challenges... between line and hoop (be creative).

PRACTICE #2 WHITE AND GREY CAPS

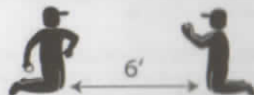


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Key points:

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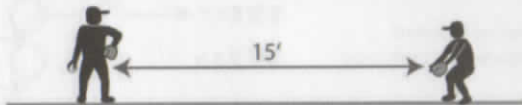
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Variations and progression:

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PRACTICE PLAN



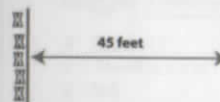
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Required equipment: Incrediballs, various bats (baseball, plastic, cut hockey stick, small, large), various balls (baseball, wiffles, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of 4), helmets, hoops.

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Running drills:

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Variations and progression:

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Throwing and receiving:

Exercise "Handcuffs" (1)

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

Equipment: 1 "Incredibal" for each player

Variations and progression:

E On two knees, pick the ball off the ground and throw it to partner (or parent)

G On two knees, throw the ball to a partner (or parent)

H Standing up, throw the ball to a partner (or parent)



Make sure the grip is appropriate



Throwing and receiving:

Exercise "The Wheel" (2)

Description: In pairs, the players play catch using the proper mechanics.

Equipment: 1 "Incredibal" for each player

Variations and progression:

E Players are executing on command:

1) throwing arm goes down

2) reach back

3) lift arm to shoulder height



Appropriate arm action