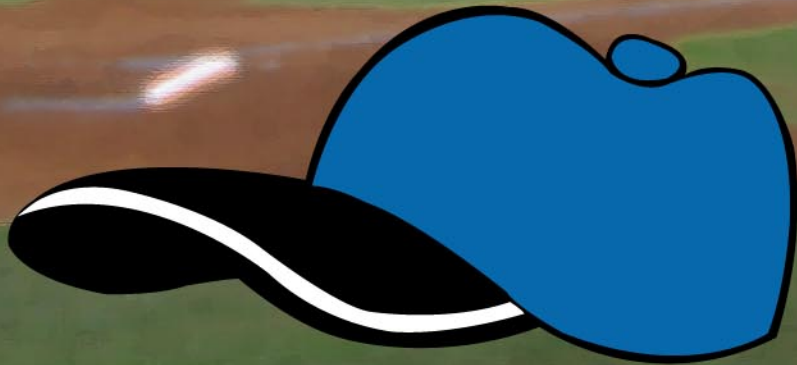
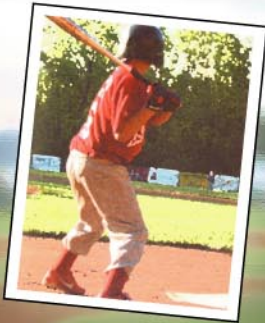
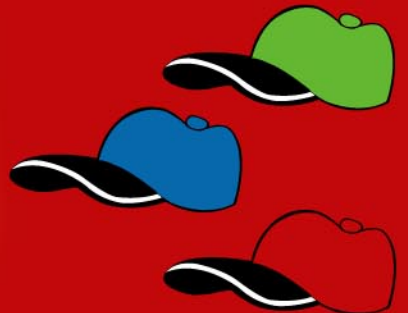
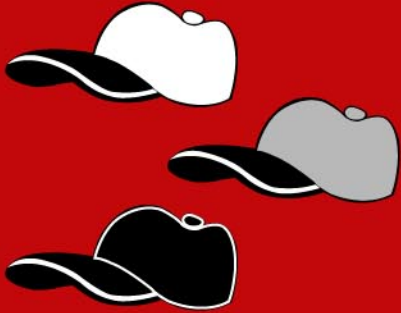




PROGRAM



BLUE CAP

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5. Blue cap - Throwing



With a partner or a coach standing in front of the player at a distance of 50 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:

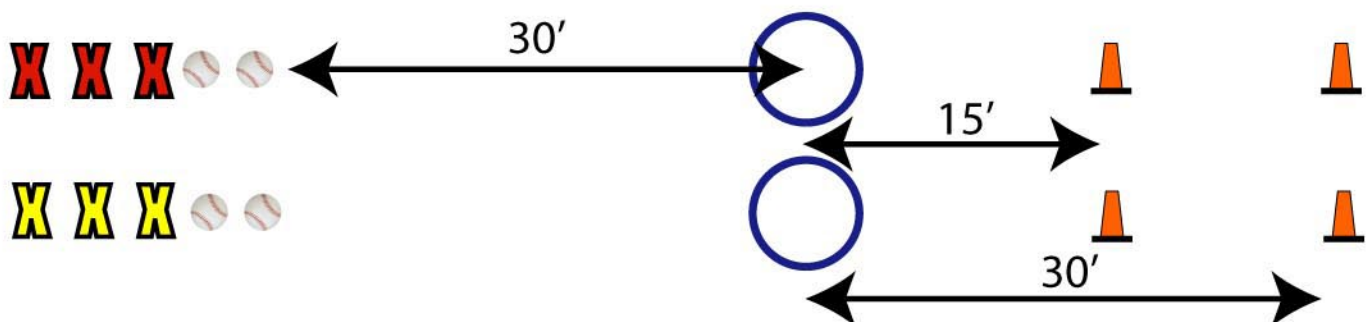


The Relay

Goal: Execute a throw with precision and accuracy.

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.



Variations and Progression:
(closer or farther):

Distance - depending on players' abilities



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



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.

Equipment:

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



Key Points:

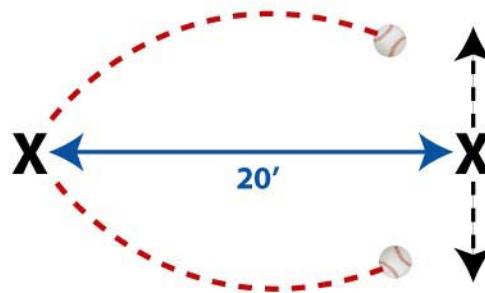
- None. Let's have fun here !



11. Blue cap - Receiving



With a partner or a coach standing in front of the player at 20 feet, throw the ball in the air at approximately 5-10 feet to the player's left and to the player's right. The objective is for the player to catch 12 fly balls out of the 15 balls thrown.



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

>> Field 3

Goal: Hitting, fielding, catching, throwing

Description: Form 2 teams of 6 - 1 batter, 1 catcher, the rest are fielders. Set up 2 separate activity areas at a safe distance apart. There will be 1 adult pitcher in each area for each group of 6. Set up bases on diamond.

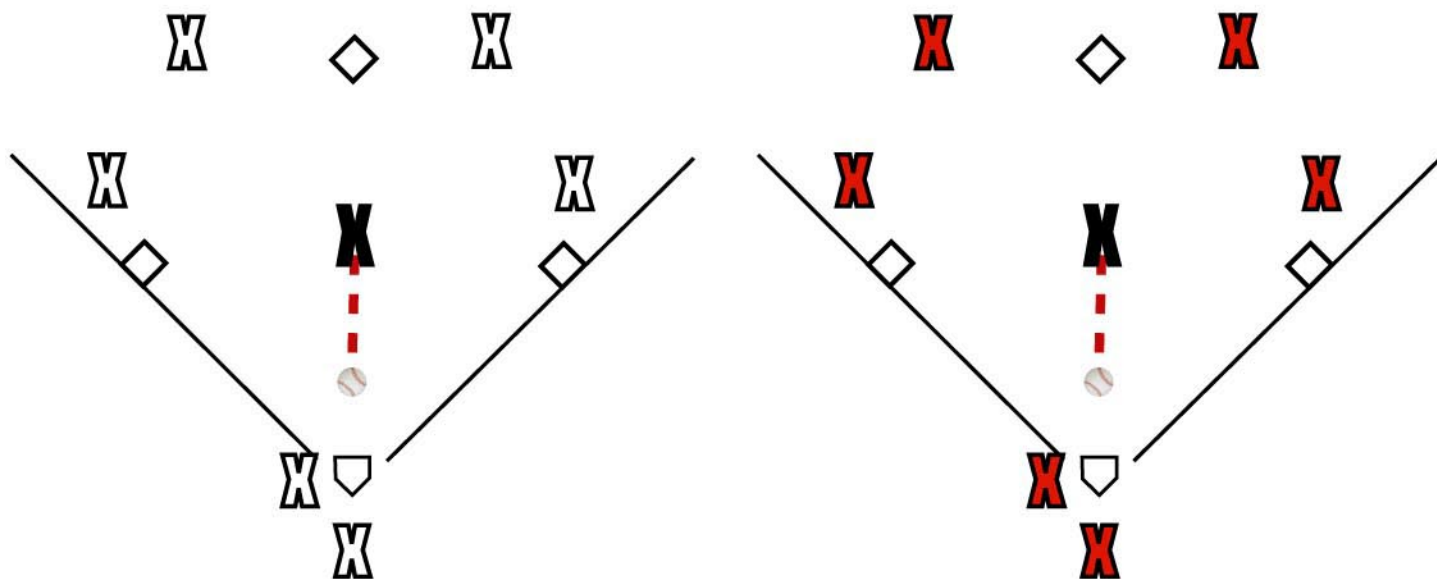
Equipment:

- 2 bats
- 2 balls
- 2 sets of catcher's equipment
- 2 helmets
- 2 sets of bases

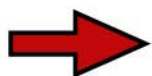




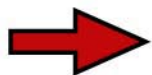
Activity:



- One batter at a time bats off an adult pitcher, with one player in catching equipment.
- When a fielder has successfully fielded 3 groundballs or has caught 1 fly ball, they become the batter.



Players rotate positions.



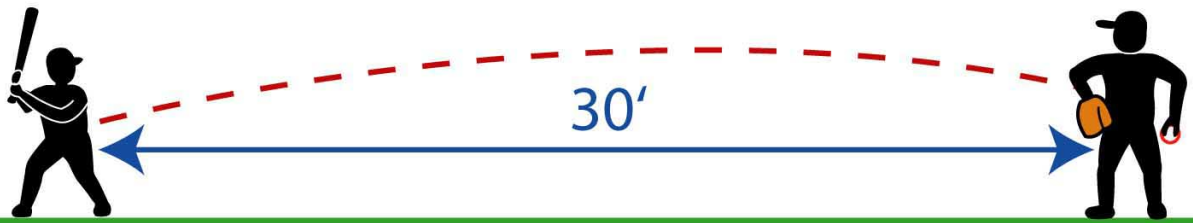
Make sure all players get an opportunity to bat and catch



17. Blue cap - Hitting



With a coach standing in front of the player at 30 feet and throwing overhand, simply ask the player to hit the ball. The ball must reach 75 feet or more, rolling or in the air. This must be done 12 times out of 15 attempts.



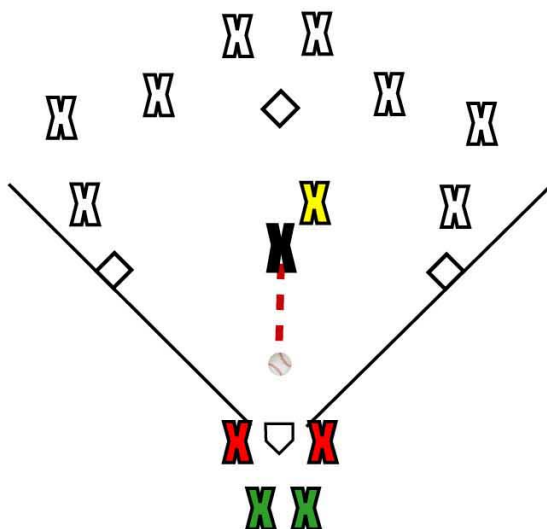
Below is a drill which can be used to prepare your players for this task:

Practice with Tennis Racquet

Goal: This is a fun drill that allows players to hit a moving object. It is an easy drill helping coordination eye-hand and player confidence.


Description:

- This drill is very similar to wiffle BP and can include up to 15 players.
- Players are usually set up as follows:



- 2 players hitting
- 2 players catching behind the hitters
- 1 player feeding balls to the coach
- rest of players in the field (gathering balls)



- 
- Players rotate (in pairs) from the field, to catching behind the hitters, to hitting, and finally back to the field.
 - After coach has thrown a ball to one hitter, he/she immediately throws the next pitch to the other hitter.

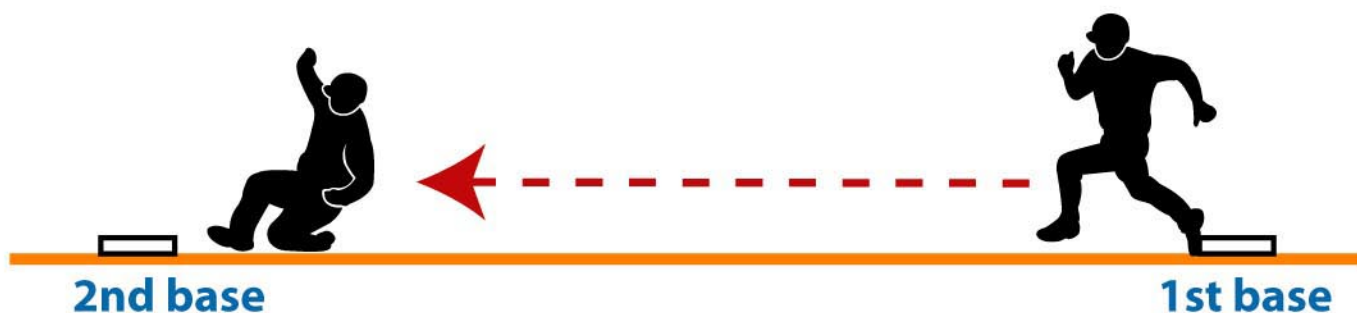
Players rotate after each group has had 10-15 quality swings.



23. Blue cap - Base running



A coach is standing down at 2nd base. The player takes a position at 1st base keeping only one foot on the base. When the player is ready, the coach says "Go" so the player can leave. To be successful, the player has to run the distance with a correct slide at 2nd base using the proper criteria: bend leg to height of calf, leg extended in the air, hands in the air, weight on the butt, upper body

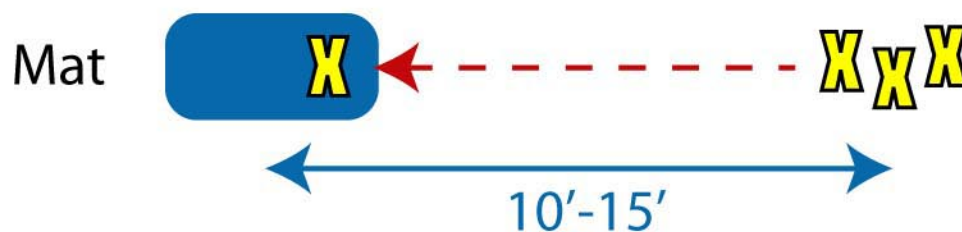


Below is a drill to prepare players for this task:

>> Sliding

Goal: Improve base sliding techniques.

Description: Place the mat on an open field. Have players line up in single file approximately 10 to 15 feet away from the mat. Have players run and complete the slide into the mat, one player at a time.



For all sliding techniques, the coach can shorten the "run up" distance to slow the players down and focus on the technique of the slide, then slowly increase the speed of the players after they feel more comfortable.





Variations and Progression:

- A** Final position
- B** Sliding with legs forming a “4”
- C** Football slide
- D** Run and slide at 10-15 feet distance

Equipment: Mats (optional)



Key Points:

Bent Leg Slide:

- Make sure the players have their hands in the air to avoid injury.
- Stay low throughout the approach of the slide in order to decrease the amount of impact with the ground.



29. Blue cap - General knowledge



Knowing the difference between a hit and an error; a strike and a ball; safe and out; a single, double, triple and HR; fair and foul.

>> BALL / STRIKE

Strike: A strike is when a batter swings and misses at a pitch or doesn't swing at a pitch that goes through the strike zone. It also counts as a strike if a batter hits a pitched ball into foul territory (see 'The Field'). This is called a foul ball.

Ball: A ball, the opposite of a strike, is a pitch that does not go through the strike zone, and the batter chooses not to swing at.

The strike zone is an imaginary area that is as wide as home plate and extends from the batter's chest to his knees.



To get a strikeout, the pitcher must throw 3 strikes to the batter before he throws 4 balls.

However, a batter can never strike out (be given a 3rd strike) on a foul ball.

If a batter gets 4 balls before he gets 3 strikes it is called a "walk" and the batter automatically goes to 1st base.

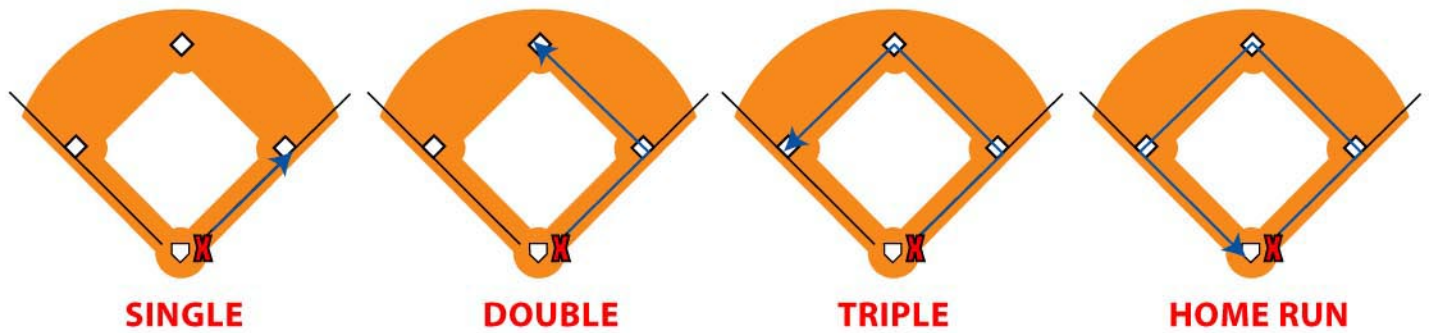


>> SINGLE/DOUBLE/TRIPLE/HOME RUN

A hit that gets a batter to 1st base is called a **"single."** If the batter makes it to 2nd base safely on a hit it is called a **"double."** And, if he makes it to 3rd base safely it is called a **"triple."**

Doubles and **triples** usually make it past the outfielders, allowing the batter to advance around the bases more easily.

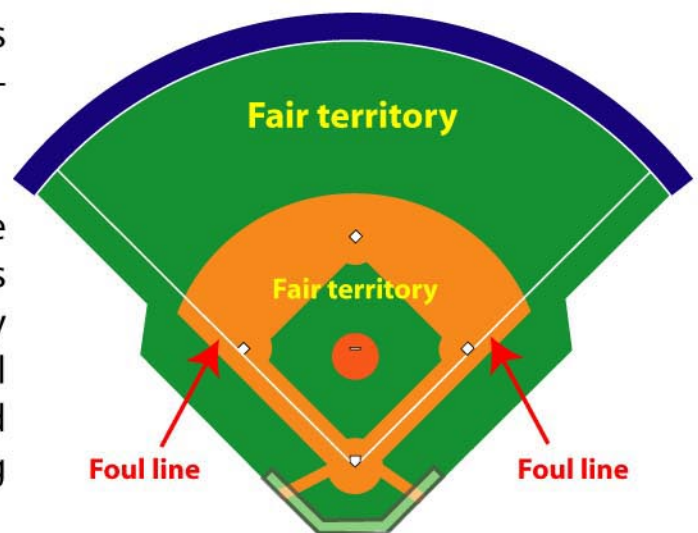
Sometimes, a batter makes it around all 3 bases and back to home plate in one attempt. Getting around all the bases with one hit is called a **"home run."**



>> FAIR / FOUL BALL

Together the infield and outfield make up what is known as **"fair"** territory. Batters want to hit the ball into this area as it allows them to start running the bases (and hopefully end up scoring a run for their team).

Straight lines drawn on the field from home plate to the outfield fence are known as **foul lines** and they separate fair territory from foul territory. If a batter hits a ball behind or outside of fair territory it is called a **"foul"** ball. A batter cannot start running the bases on a foul ball.





HIT / ERROR

A **hit** is a special term in baseball and does not refer to just any batted ball. To be considered a "**hit**" the ball must be batted into fair territory, usually away from the defensive players and the batter must get on base safely.

When a batter reaches base and the defensive player has not been able to field the ball cleanly or throw it properly to put the batter out at 1st base it is considered an "**error.**"

