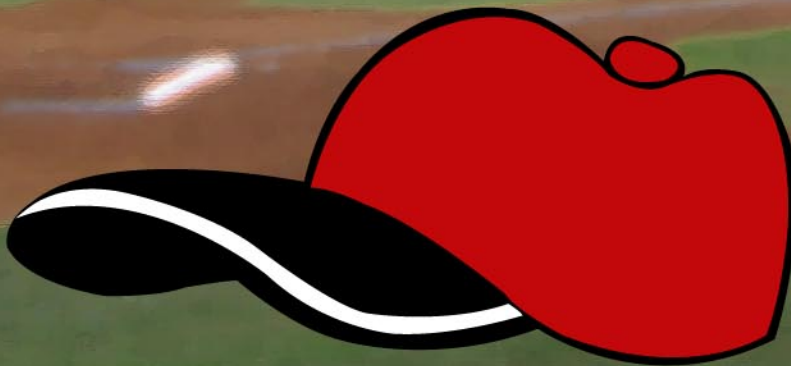
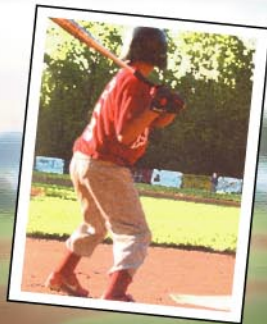
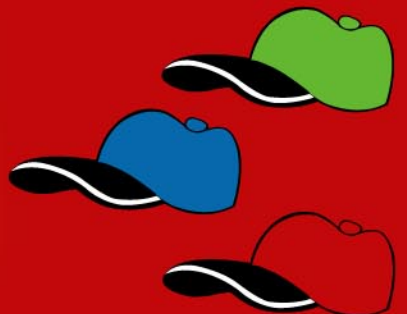
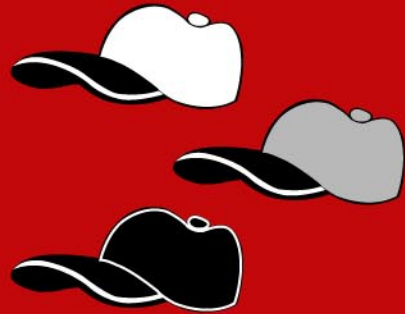




**PROGRAM**



**RED CAP**

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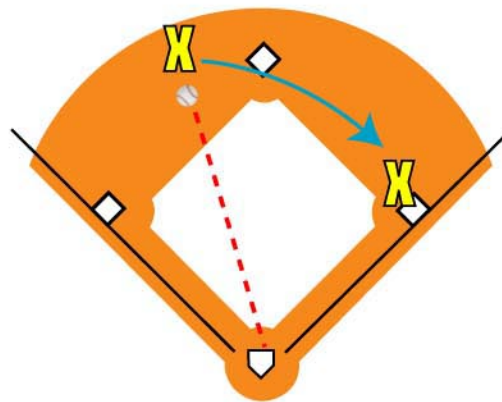


## 6. Red cap - Throwing



Roll 15 balls to a player standing at the shortstop position and have the player throw the balls to a player positioned on 1st base. At this stage it is possible to judge a player's ability to throw the ball the full distance to 1st base without the ball bouncing and also to judge accuracy because it is important that the player receiving the throws at 1st base be able to keep one foot on the base when catching the ball.

Also, if the player at 1st base drops the ball, it can be judged whether the ball was catchable. Fielding techniques are not important here.



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




### Champ

**Goal:** Practice throwing and receiving.

**Description:** 1 adult for every 2 players or players in partners if they are capable of throwing and catching the ball back and forth.





Every time a ball is caught by one of the two players, they get a letter from the word "CHAMP". Partners can compete against other partners to see which pair can spell "CHAMP" first.

Letters can be awarded for good throws back to the adult as well.

**Variations and Progression:** Let players select their own words (e.g. Barney, elephant, etc.)

**Equipment:** 1 ball for every 2 players

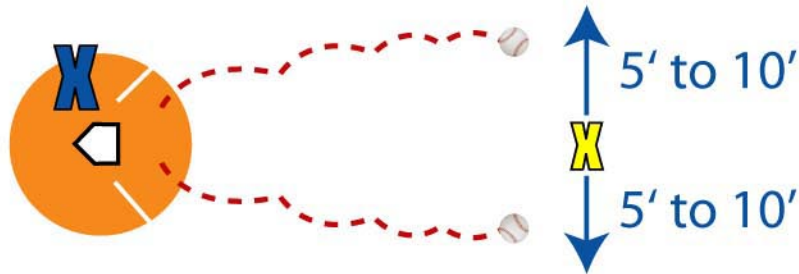




## 12. Red cap - Receiving



With a partner or a coach standing at home plate, roll or hit the ball on the ground at approximately 5-10 feet to the player's left and to the player's right. The objective is for the player to catch 5 out of 5 grounders to the left and 5 out of 5 grounders to the right. If the coach is not good using the bat, simply roll the ball.



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

### >> The Guardian

**Goal:** Teach players a safe way to field a ground ball.

**Description:** In pairs or with an adult, players, players practice fielding the ball (one knee down).

#### **Variations and Progression:**

- The players simulate the action without a ball.
- Same with a stationary ball.
- The coach rolls a ball and the players field the ball.
- The coach rolls the ball, the players field and throw the ball.

#### ➔ Key Points:

- Put one knee on the ground
- Upper body must be behind the ball
- Always face the ball



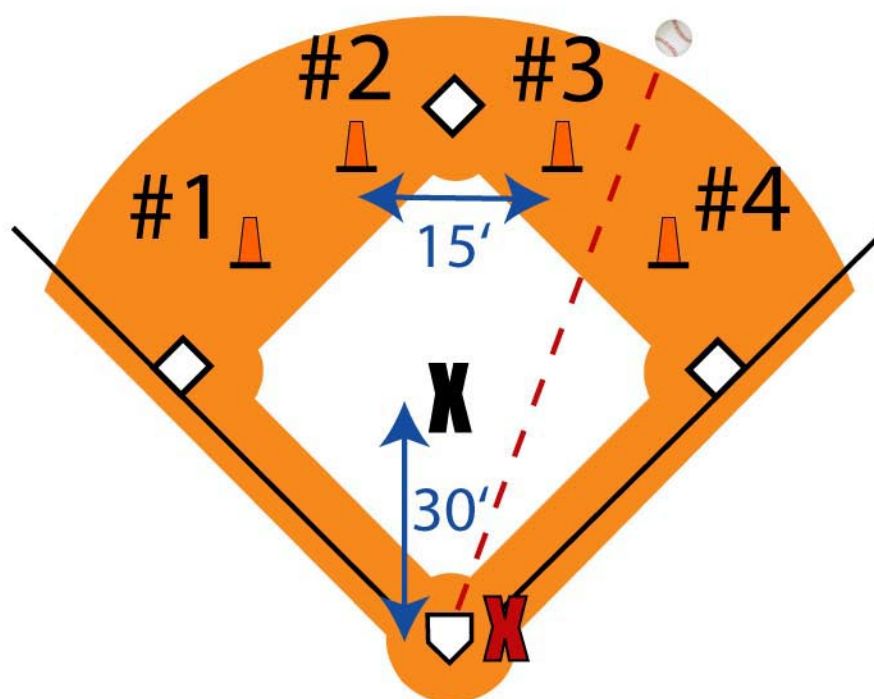
## 18. Red cap - Hitting



4 cones are required for this drill. Cones #1 and #2 will be placed at shortstop at 15 feet apart while cones #3 and #4 will be placed between 1st and 2nd base at 15 feet apart.

With a coach standing in front of the player at 30 feet and throwing overhand, simply ask the player at the plate to hit the ball. On the first 5 balls thrown, 3 must be hit between cones at shortstop. On the next 5 balls, 3 must be hit between cones in the middle and on the last 5 balls, 3 must be hit between cones between the 1st and 2nd base area.

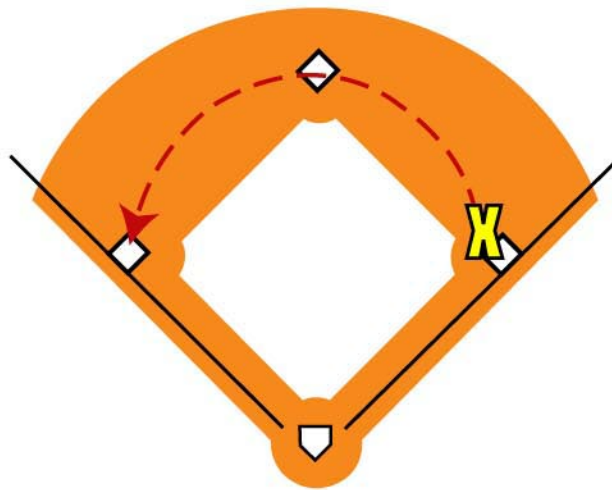
The ball must reach the outfield portion, rolling or in the air.



## 24. Red cap - Base running



A coach is standing at 3rd 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 3rd 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 raised.

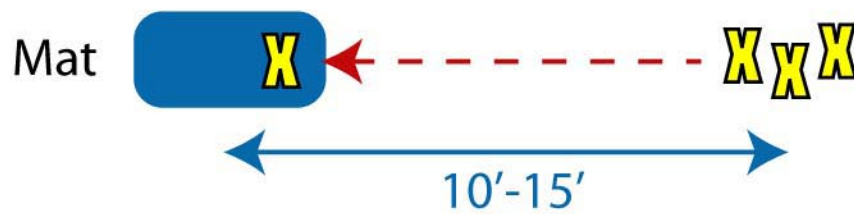


*Below is a drill to prepare players for this task:*

### >> Sliding Mat

**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.







## Key Points:

- 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.



### 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.



## 30. Red cap - General knowledge



Know where to be positioned depending on the hitter.

The defensive positioning will vary depending on who comes up to the plate. For example, a weak left-handed batter will allow the players on the left side of the field to play in. The opposite is true when a weak right-handed batter comes up.

The players will have to cover more ground when a power hitter comes up to the plate. The defense will also have to shift to the right or left depending on the hitters' tendencies.

