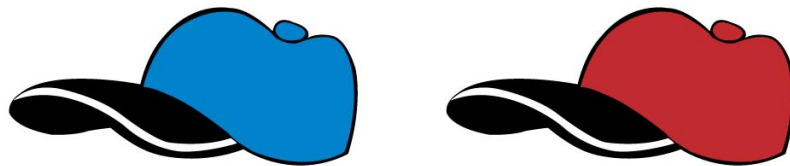




PRACTICE PLANS

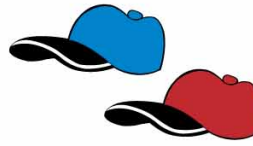


Blue and red caps



National initiation program - Rally Cap

PRACTICE PLAN



PRACTICE #1

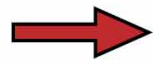
BLUE AND RED CAPS

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, hoops (4).*

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:



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



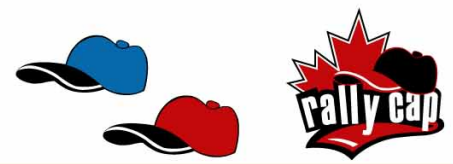
Appropriate arm action

G) Add one step with the glove side (giant step), just before throwing.



National initiation program - Rally Cap

PRACTICE #1 BLUE AND RED CAPS



HITTING

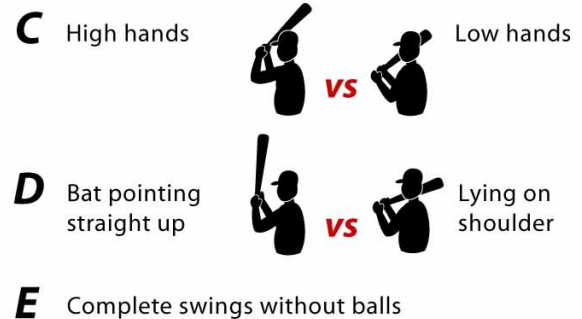
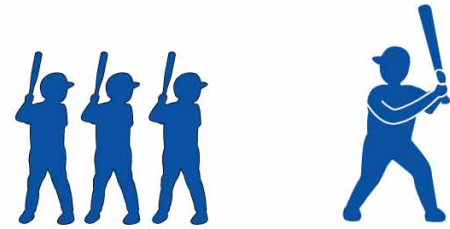
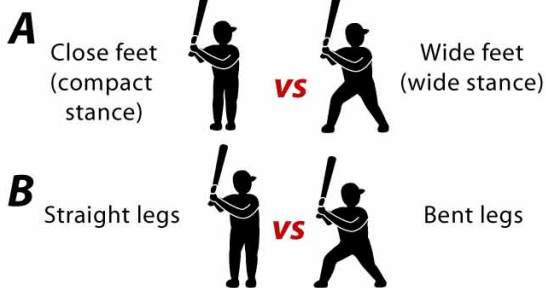
Exercise "Between the Two" (13)

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

Variations and progression:



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
- E** 3 swings and hit

Key points:

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

Exercise "Light Toss" (15)

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them.

After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

Equipment: Various bats and balls



Variations and progression:

- A** Regular toss at 45 degrees

Key points:

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

National initiation program - Rally Cap

PRACTICE #1 BLUE AND RED CAPS



RECEIVING

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
- C** In pairs, one player rolls the ball and the other receive it

* Do exercise with and without gloves



Key points:

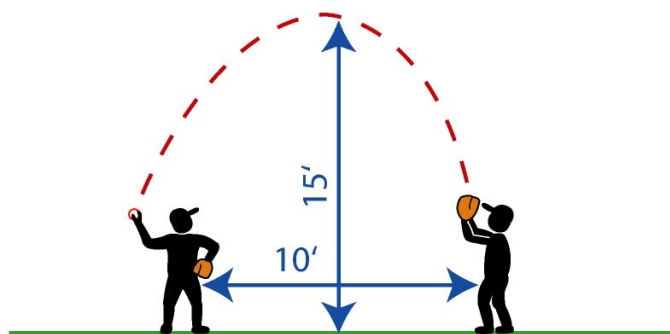
- Always put hands out like a crocodile's mouth
- "Pet" the ball when receiving it
- Feet and hands form a triangle

Exercise "Sky Ball" (9)

Description: 1 adult for every 2 players. Players will practice using high tosses from an adult. Self-competition can be included by:

- 1) Catching a higher ball each time
- 2) Number of consecutive catches

Equipment: 1 badminton birdie and 1 ball per player



Variations and progression:

- D** Coach throws the ball.
- F** With or without a glove.

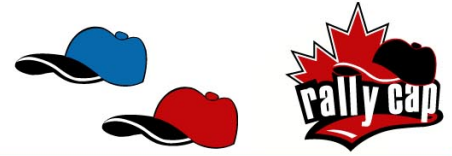


Key points:

- Hands together slightly above forehead

National initiation program - Rally Cap

PRACTICE #1 BLUE AND RED CAPS



BASE RUNNING

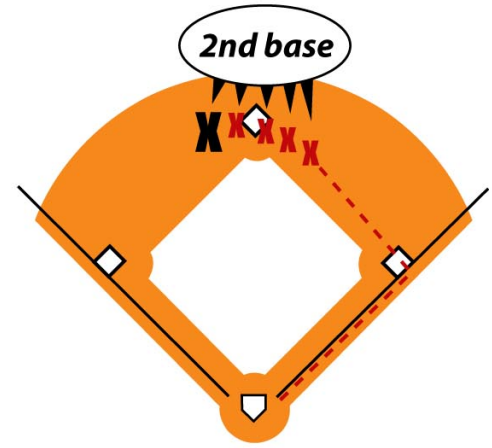
Exercise "The Train" (19)

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)

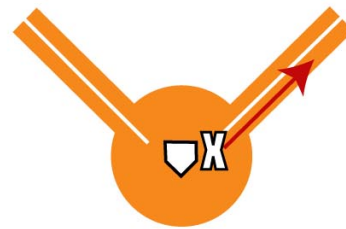
Variations and progression:

- B** Individually, done while jogging
- C** Individually, done while backpedaling
- D** Have players start at different bases



Key points:

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



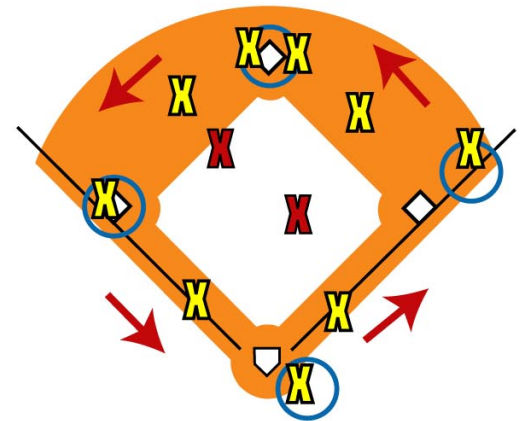
Exercise "Tag Baseball"

Description: Install hoops behind 1st base and home plate. Install hoops on 2nd and 3rd base. One or some players have the tag. Players have to reach the next base while following the base paths. Player with the tag must leave the mound to touch players.

Equipment: Set of bases (4) and hoops (4)

Variations and progression:

- A** Ask parents to participate.

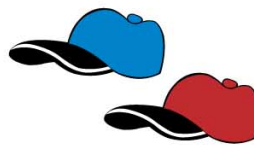


Key points:

- Possibility to pass 1st base and home plate.
- Make sure to avoid too many players at each base

National initiation program - Rally Cap

PRACTICE PLAN



PRACTICE #2

BLUE AND RED 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, cones (4 to 6), hoops (2 to 3), target.

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 "The Wheel" (2)

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

Equipment: 1 "Incrediball" for each player

Variations and progression:

A Players simulate the mechanics without a ball.



Appropriate arm action



B Players sits with legs crossed.

G Add one step with the glove side (giant step) just before throwing.



E Players are executing on command:

1) throwing arm goes down



2) reach back

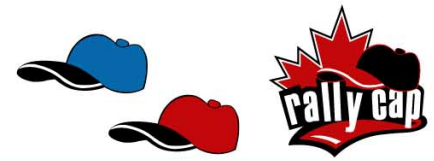


3) lift arm to shoulder height



National initiation program - Rally Cap

PRACTICE #2 BLUE AND RED CAPS



HITTING

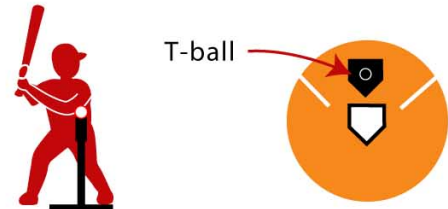
Exercise "T-Ball" (18)

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:

E 3 swings and hit



Key points:

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

Exercise "Light Toss" (15)

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them.

After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

Equipment: Various bats and balls

Variations and progression:

- B** Regular toss 45 degrees with colored balls
- C** Regular toss without moving a foot (no step)
- D** Regular toss with one knee down



Key points:

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



THROWING

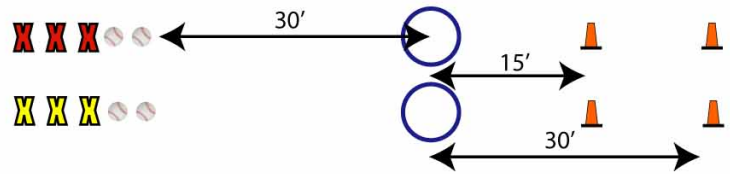
Exercise "The Relay" (5)

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



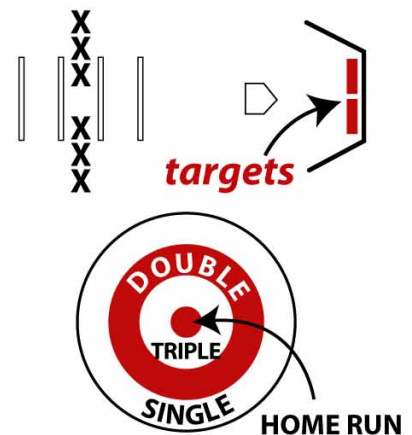
Variations and progression:

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

Exercise "Home Run"

Description: Hang targets on a backstop or fence. Place one group of three players at each target. Mark out 4 lines at various distances from the target. The closest line to the target is considered a single, the next closest a double, the next closest a triple, with the farthest line from the target being a Home Run. Distances can be adjusted, according to the ability of the players in the group.



Target: Single, double, triple, home run

Players choose which distance they throw from in order to hit the target. Points are awarded as follows:

- single 1 point
- double 2 points
- triple 3 points
- home run 4 points

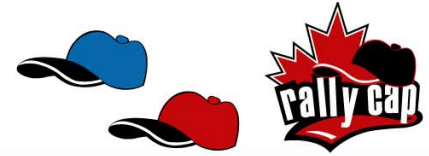
Objective can be to see if each player can increase their points with each consecutive throw or it can be competitive based on the total number of points made in each group.

Key points:

- Place 2-3 fingers on the ball, without paying attention to the seams.
- Hold the ball with fingers instead of palm of hand
- Step forward while pitching

National initiation program - Rally Cap

PRACTICE #2 BLUE AND RED CAPS



RECEIVING

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:

B Coach rolls a ground ball

C In pairs, one player rolls the ball and the other receive it

* Do exercise with and without gloves



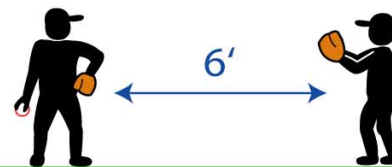
Key points:

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

Exercise "All Messed-up" (10)

Description: In pairs with no gloves, players face each other about 6 feet apart. Stationary, players throw the ball up in the air, left, right and below the waist; the receiving player must catch the ball without moving their feet.

Equipment: Various balls



Variations and progression:

- Use gloves
- Use tennis balls
- Use foam balls

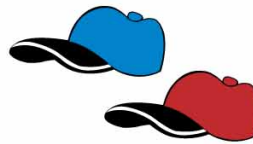


Key points:

- Put thumbs together when catching balls chest high or higher to the left and right
- Put pinkies together when catching balls below the waist
- Fingers always pointing to the outside
- Catch the ball using both hands

National initiation program - Rally Cap

PRACTICE PLAN



PRACTICE #3

BLUE AND RED 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, hoops, cones, mat.*

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:

- B) High knees
- F) Heel to butt
- A) Military walk
- C) Shuffle steps

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:

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



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



I On their back, 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 "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

National initiation program - Rally Cap

PRACTICE #3 BLUE AND RED CAPS



HITTING

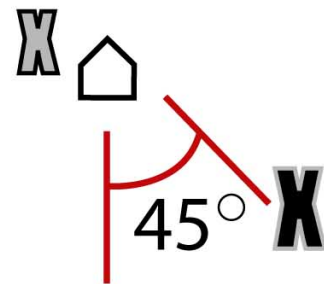
Exercise "Light Toss" (15)

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them.

After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

Equipment: Various bats and balls



Variations and progression:

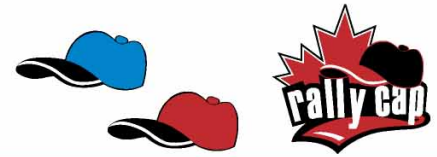
- B** Regular toss at 45 degrees with colored balls
- C** Regular toss without moving feet
- F** Regular toss using 2 balls

→ Key points:

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

National initiation program - Rally Cap

PRACTICE #3 BLUE AND RED CAPS



BASE RUNNING

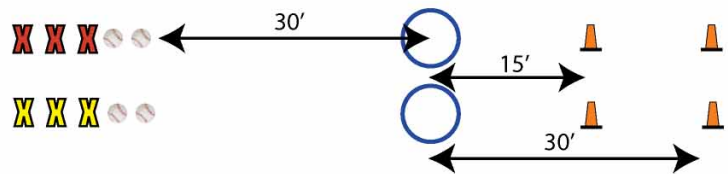
Exercise "The Relay" (5)

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

Exercise "Sliding" (23)

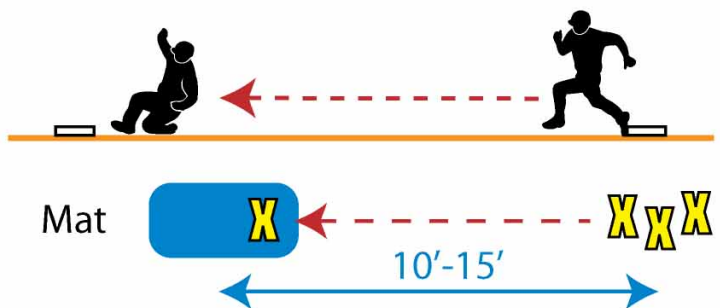
Description: Place the mat on an open field. Have players line up in single file approximately 10 to 15 feet away from the mat. Have players run and complete the slide into the mat, one player at a time.

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.

Equipment: Mats (optional)

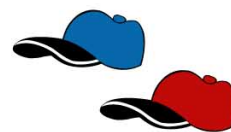
Variations and progression:

- B** Sliding with legs forming a "4"



Key points:

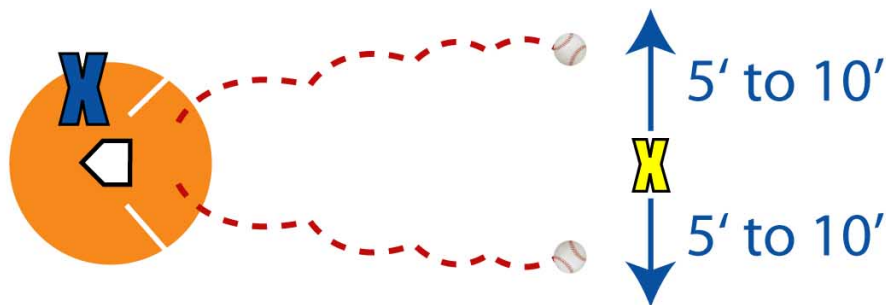
- Bent Leg Slide.
- Make sure the players have their hands in the air to avoid injury.
- Stay low throughout the approach of the slide in order to decrease the amount of impact with the ground.



PRACTICE #3 BLUE AND RED CAPS

RECEIVING

Exercise "The Guardian" (12)



Goal: Each player a safe way to field a ground ball.

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

Equipment: Various balls

Variations and progression:

- 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

National initiation program - Rally Cap

PRACTICE PLAN



PRACTICE #4

BLUE AND RED 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 (2 sets of 4), helmets, catcher's equipment (2 sets), basket.

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:

- A) Military walk
- C) Shuffle steps
- H) Sprint, baseball start

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:

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



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



Make sure the grip is appropriate

I On their back, throw the ball to a 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:

G Add one step with the glove side (giant step), just before throwing.



Appropriate arm action



PRACTICE #4 BLUE AND RED CAPS

HITTING

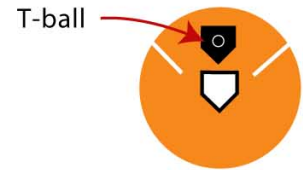
Exercise "T-Ball" (18)

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:

D Cone behind the player (balance)



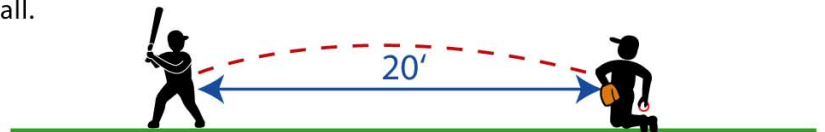
Key points:

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

Exercise "Drill with Pitcher"

Description: With a coach located at 20 feet in front of the player, toss the ball with both knees on the ground while asking the hitter to hit the ball.

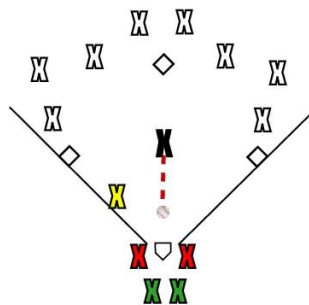
Equipment: Balls and bats



- 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)



Variations and progression:

- C** Baseball bats, wiffle bats.
- D** Baseball bats, tennis balls.
- F** Cut hockey stick, wiffle 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.



Key points

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



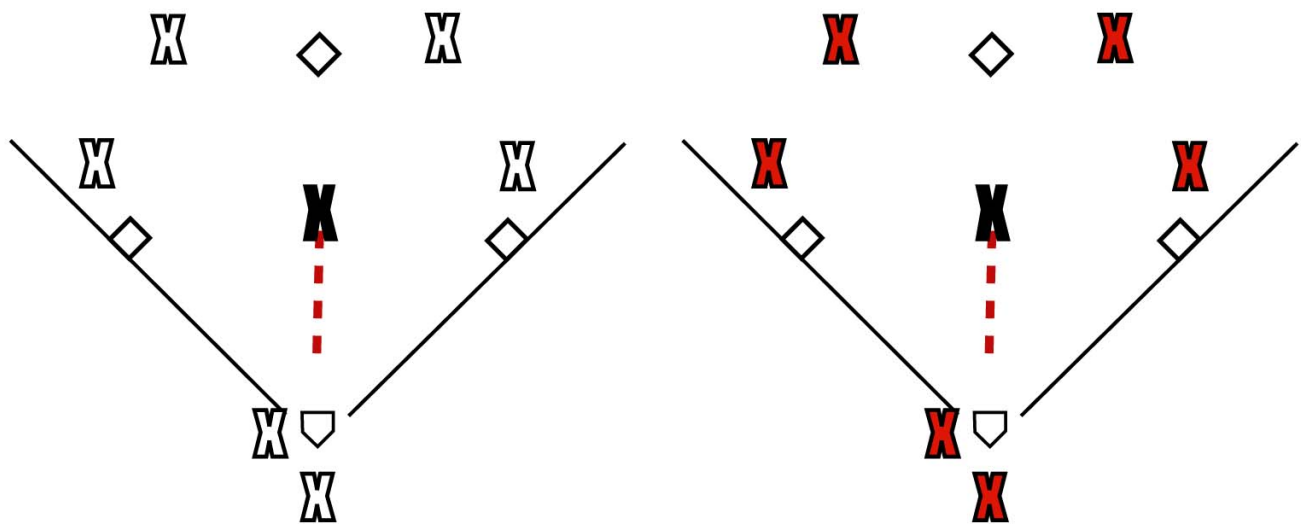
PRACTICE #4 BLUE AND RED CAPS

RECEIVING

Exercise "Field 3" (11)

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.

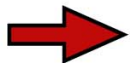
- Equipment:**
- 2 bats
 - 2 balls
 - 2 sets of catcher's equipment
 - 2 helmets
 - 2 sets of bases



- 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.



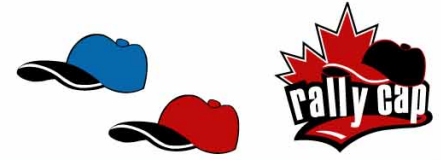
Players rotate positions.



Make sure all players get an opportunity to bat and catch

National initiation program - Rally Cap

PRACTICE #4 BLUE AND RED CAPS



GAME & GENERAL

Exercise "Bucket Ball" (28)

Goal: Throwing, fielding, base running, cooperation and teamwork.

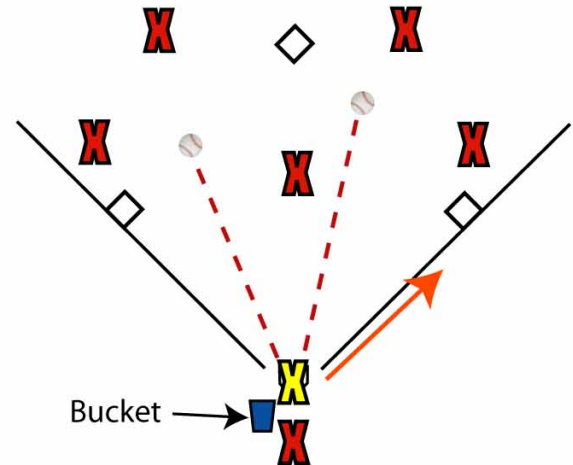
Equipment: 2 balls, 4 bases, helmet, pail or bag

Description: 2 teams of 6: one on offense and one on defense. The defensive team has a catcher at home plate and the other players at appropriate locations. The offensive team has 1 player to THROW from home plate and the other players awaiting their turn from a safe distance.

Activity: Offensive "batter" throws out 2 balls at one time in quick succession and runs around the bases trying to make it home before the fielding team gets both balls in a pail.

Variations and progression:

- A** Batter throws 2 balls
- B** Batter hits 2 balls



If the ball is caught, the "batter" is out.

Fielders may NOT run with the ball. It must be thrown home. Relay the ball if necessary.

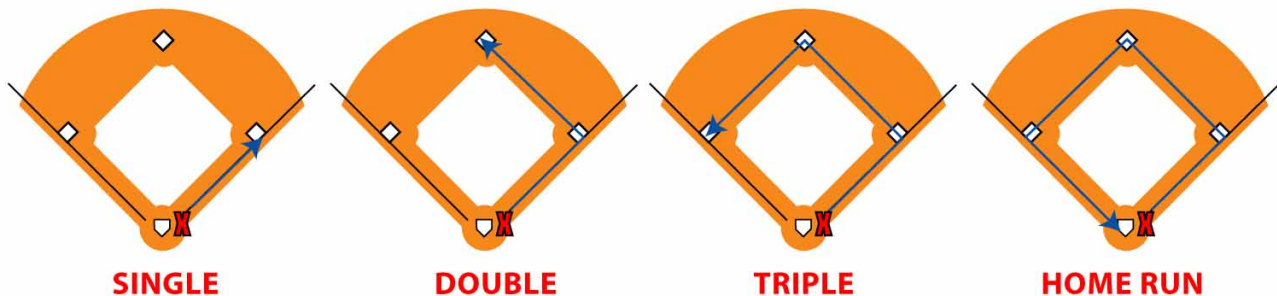
Remind players to make sure the catcher is looking; An adult may have to help at home.

Exercise "Single/Double/Triple/Home Run" (29)

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."

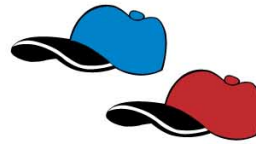
Doubles and triples usually make it past the outfielders, allowing the batter to advance around the bases more easily.

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."



National initiation program - Rally Cap

PRACTICE PLAN



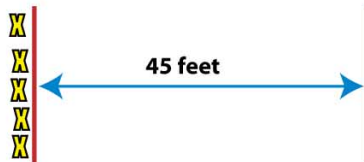
PRACTICE #5

BLUE AND RED 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, cones (4 to 6), hoops (2 to 3), basket.

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:

- A) Military walk
- C) Shuffle steps
- H) Sprint, baseball start
- I) Backpedal run

Warm-up:

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

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:

A Players simulate the mechanics without a ball.



Appropriate arm action



B Players sits with legs crossed.

D On 1 knee (throwing arm's knee).



G Add one step with the glove side (giant step) just before throwing.



HITTING

Exercise "Light Toss" (15)

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

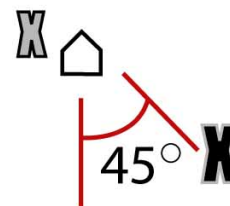
Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them.

After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

Equipment: Various bats and balls

Variations and progression:

- C** Regular toss without moving feet (no step)
- D** Regular toss with one knee down



Key points:

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

Exercise "Wiffle BP" (16)

Description: With a coach standing in front of the player at 20 feet and throwing, simply ask the player to hit the ball.

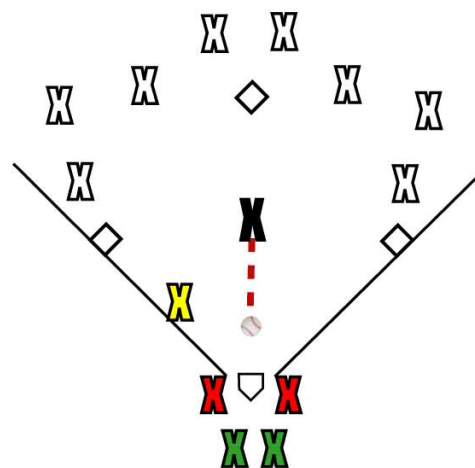
Equipment: Various bats and balls (wiffle balls)

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.



Key points:

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

National initiation program - Rally Cap

PRACTICE #7 BLUE AND RED CAPS



THROWING

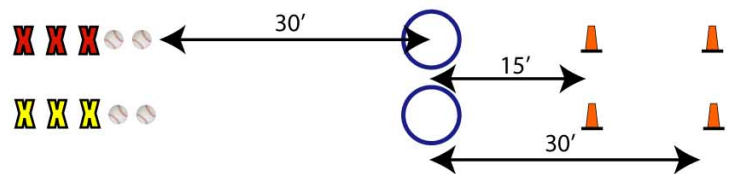
Exercise "The Relay" (5)

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

Exercise "Champ" (6)

Goal: Practice throwing and receiving.

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



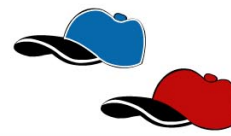
Every time a ball is caught by one of the two players, they get a letter from the word "CHAMP". Partners can compete against other partners to see which pair can spell "CHAMP" first.

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



GENERAL & GAME

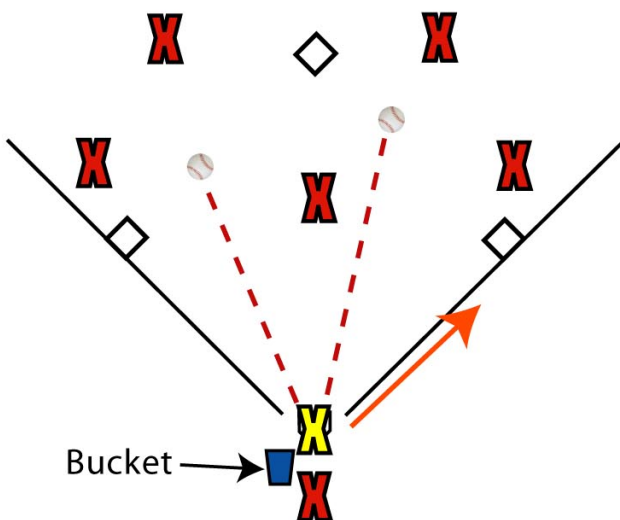
Exercise "Bucket Ball" (28)

Goal: Throwing, fielding, base running, cooperation, and teamwork.

Equipment: 2 balls, 4 bases, helmet, pail or bag

Description: 2 teams of 6: one on offense and one on defense. The defensive team has a catcher at home plate and the other players at appropriate locations. The offensive team has 1 player to THROW from home plate and the other players awaiting their turn from a safe distance.

Activity: Offensive "batter" throws out 2 balls, at one time in quick succession and runs around the bases trying to make it home before the fielding team gets both balls in a pail.



If the ball is caught, the "batter" is out.

Fielders may NOT run with the ball. It must be thrown Home. Relay the ball if necessary.

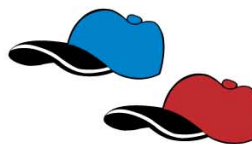
Remind players to make sure the catcher is looking; An adult may have to help at home.

Variations and progression:

- A** Batter throws 2 balls
- B** Batter hits 2 balls

National initiation program - Rally Cap

PRACTICE PLAN



PRACTICE #6

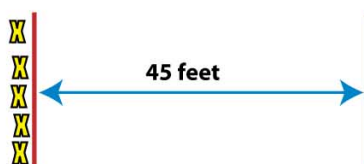
BLUE AND RED CAPS

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 (2 sets of 4), helmets, badminton birdies, catcher's equipment (2 sets).*

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 et progression:

- A) Military walk
- D) Cross steps, front and back
- H) Sprint, baseball start
- I) Backpedal run

Warm-up:

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

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:

C On both knees.



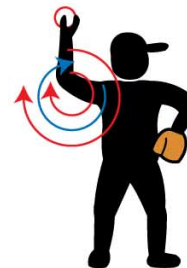
Appropriate arm action



D On one knee (throwing arm's knee)

F Execute 3 circles before throwing:

- small circle
- medium circle
- large circle



G Add one step with the glove side (giant step) just before throwing.



PRACTICE #6 BLUE AND RED CAPS

HITTING

Exercise "Wiffle BP" (16)

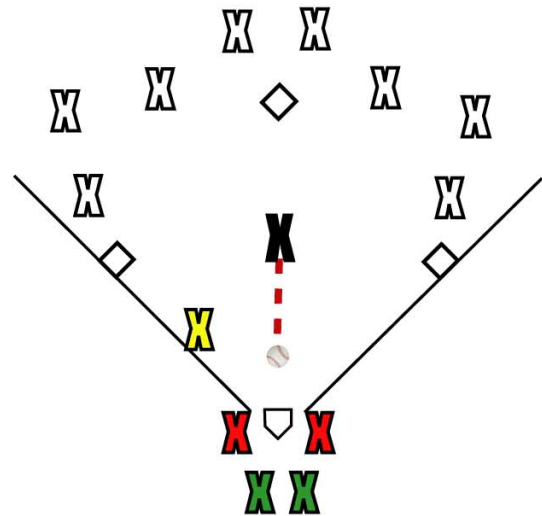
Description: With a coach standing in front of the player at 20 feet and throwing, simply ask the player to hit the ball.

Equipment: Various bats and balls (wiffle balls)

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.



➔ Key points:

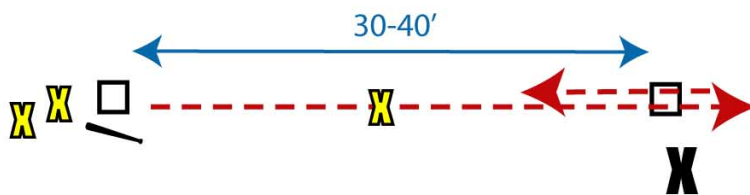
- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

BASE RUNNING

Exercise "Gimme 5"

Description: Place bases 30'-40' from players; 4 groups of 3. Players, in turn, take a swing at an imaginary ball, drop bat, run as fast as possible past their base, give the coach "high 5," return to base as if running to 2B.

Equipment: Set of bases (4), bats (2)



Variations and progression:

- A** Simulate a swing with a plastic or aluminum bat.
- B** Hit a badminton birdie.
- C** Hit a wiffle ball tossed.
- D** Hit an object and run towards 1st base.

➔ Key points:

- Make sure players are running full speed across the bag, slowing down only after touching it.



PRACTICE #6 BLUE AND RED CAPS

RECEIVING

Exercise "All Messed-up" (10)

Goal: Help players catch the ball from every direction.

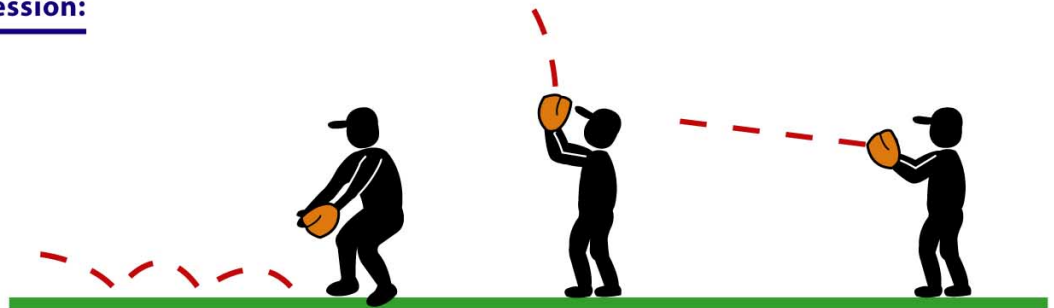
Description: In pairs with no gloves, players face each other about 6 feet apart. Stationary, players throw the ball up in the air, left, right and below the waist; the receiving player must catch the ball without moving their feet.

Variations and progression:

- Use gloves
- Use tennis balls
- Use foam balls

Key points:

- Put thumbs together when catching balls chest high or higher to the left and right
- Put pinkies together when catching balls below the waist
- Fingers always pointing to the outside
- Catch the ball using both hands

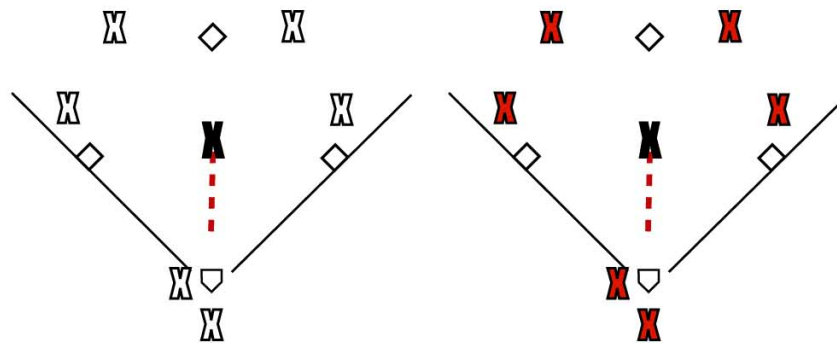


Exercise "Field 3" (11)

Goal: Hitting, fielding, catching, throwing

Equipment: bats (2), balls (2), catcher's equipment (2 sets), helmets (2), sets of bases (2).

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.



- 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.



PRACTICE #6 BLUE AND RED CAPS

GAME & GENERAL

Exercise "Out" (27)

Goal: Teach and explain to players how to make an out

Description: Play a game and instruct players to touch the runners to make an out.

Variations and progression:

- Make a couple of teams and play mini-games using only one base.
- Play mini-game using 4 bases.
- Rotate the teams to change match-ups.



Key points:

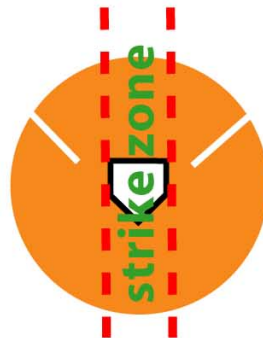
- Touch the runner with the ball before the runner touches the base.

Exercise "Ball / Strike" (29)

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.



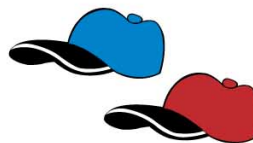
To get a strikeout, the pitcher must throw 3 strikes to the batter before he throws 4 balls.

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.

National initiation program - Rally Cap

PRACTICE PLAN



PRACTICE #7

BLUE AND RED 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, hoops (2 to 3), tennis racquets, small footballs (2 or 3).

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 et progression:

- A) Military walk
- I) Backpedal run
- E) Football sprint

Warm-up:

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

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:



C On both knees.

F Execute 3 circles before throwing:

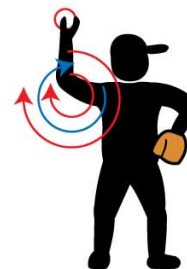
- small circle
- medium circle
- large circle

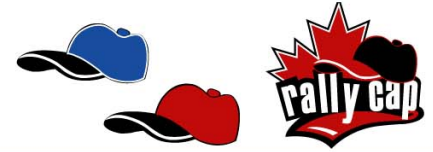


G Add one step with the glove side (giant step) just before throwing.



Appropriate arm action



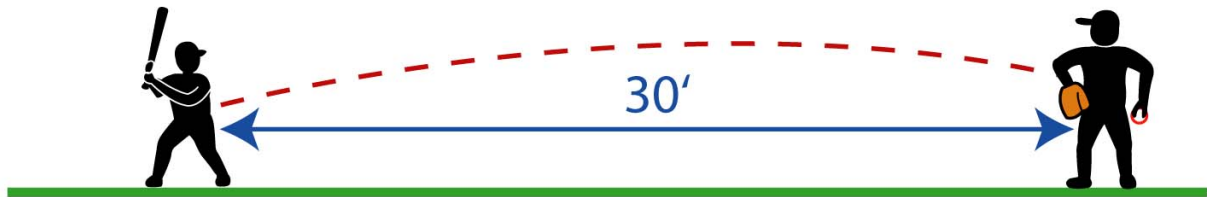


HITTING

Exercise "Practice with Tennis Racquet" (17)

Description: With a coach standing in front of the player at 30 feet and throwing overhand, simply ask the player to hit the ball with a tennis racquet.

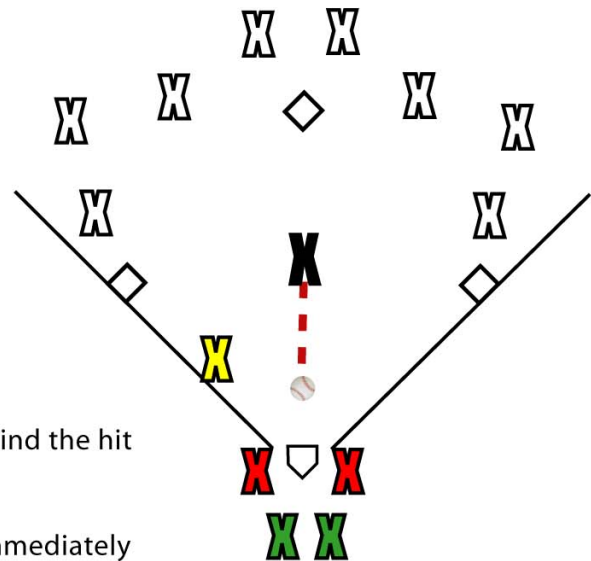
Equipment: Tennis racquet and tennis balls



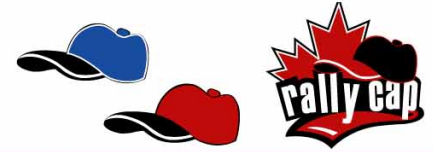
Players are usually set up as follows::

- ➔ - 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.



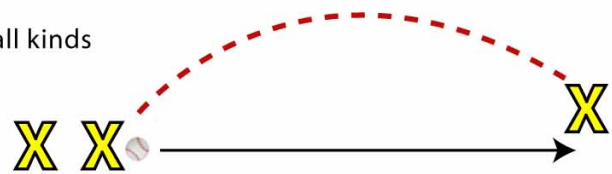
THROWING

Exercise "The Football Pass"

Goal: Throwing harder with accuracy while adding receiving.

Description: Split players into 2-3 groups (depending on total number of players). Each team forms a line. At a given signal, first player in line does a banana path. The following player in line throws a ball to the first player who attempts to catch it. The player then returns to his line and becomes the one who will throw the ball to his partner.

Equipment: - Several balls (1 minimum per player) of all kinds
- 2-3 small footballs



Variations and progression:

Change the distance depending on players' abilities (closer or farther away) and use several types of balls and maybe even a small football.

- A** The player catching is walking with his glove.
- B** The player catching is running with his glove.
- C** The player catching is running barehanded (softer balls).

RECEIVING

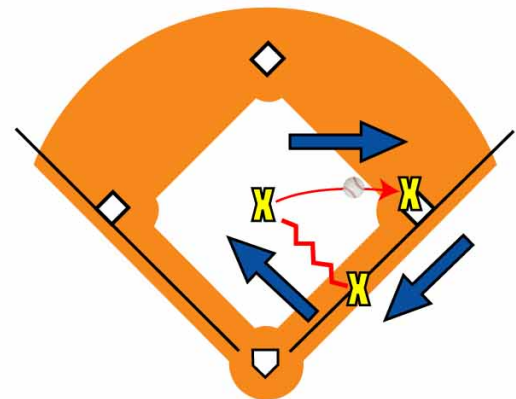
Exercise "Out!"

Goal: Teach players to field a ball and throw the ball back.

Description: Form 2 groups of 3 players. One player is located at mound area and the 2 others at first base (or at home plate for second group).

One player halfway between home plate and first base, rolls a ball at the player standing on the mound who then fields it and throws it to the player at first base. Then rotate (follow the throw).

Equipment: Various balls



Variations and progression:

- A** Use different type of balls.
- B** Could create a competition between the 2 groups on fielded balls.
- C** Have the players back off (greater distance).
- D** Place players in infield, 2 men fungo: 6-3, 4-5 and any other infield situation.



Key points:

- Take your time and do it properly.



GAME & GENERAL

Exercise "Out" (27)

Goal: Teach and explain to players how to make an out

Description: Play a game and instruct players to touch the runners to make an out.

Variations and progression:

- Make a couple of teams and play mini-games using only one base.
- Play mini-game using 4 bases.
- Rotate the teams to change match-ups.



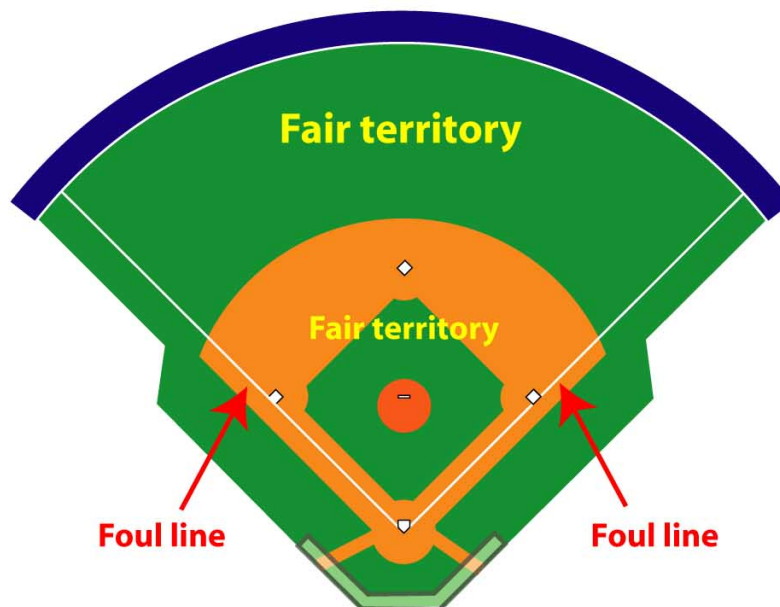
Key points:

- Touch the runner with the ball before the runner touches the base.

Exercise "Fair / Foul ball" (29)

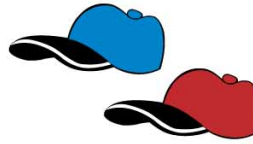
Together the infield and outfield make up what is known as "fair" territory. Batters want to hit the ball into this area as it allows them to start running the bases (and hopefully end up scoring a run for their team).

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.



National initiation program - Rally Cap

PRACTICE PLAN



PRACTICE #8

BLUE AND RED 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, mat.*

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:

- C) Shuffle steps
- D) Cross steps, front and back
- I) Backpedal run
- E) Football sprint

Warm-up:

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

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:



D On 1 knee (throwing arm's knee).



Appropriate arm action

E Players are executing on command:

1) throwing arm goes down



2) reach back



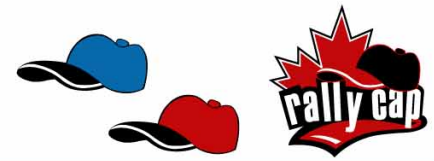
3) lift arm to shoulder height



G Add one step with the glove side (giant step), just before throwing.

National initiation program - Rally Cap

PRACTICE #8 BLUE AND RED CAPS



HITTING - RECEIVING

Exercise "500" (14)

Abilities: Hitting, receiving, throwing

Equipment: 2 bats, 4 balls

Description: 2 groups of 6 players having their own playing surface. 1 batter while the others field. The other group does exactly the same exercise.

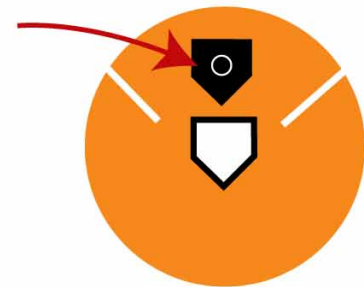
Activity:

- Batter will bat off a Tee or via adult-pitch.
- Each batter gets 10 swings or hits.
- Fielder can get points by fielding the ball, * 100 for caught fly, * 50 for one bouncer, * 25 for a grounder



100 points	for caught fly
50 points	for one bouncer
25 points	for a grounder

T-ball



HITTING

Exercise "Light Toss" (15)

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

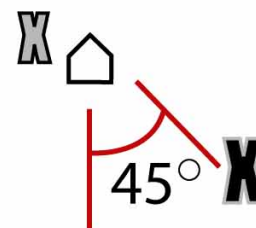
Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them.

After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.

Equipment: Various bats and balls

Variations and progression:

- A** Regular toss 45 degrees
- B** Regular toss 45 degrees with colored balls

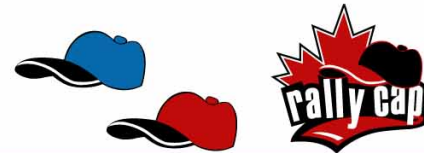


Key points:

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

National initiation program - Rally Cap

PRACTICE #8 BLUE AND RED CAPS



BASE RUNNING

Exercise "Sliding" (23)

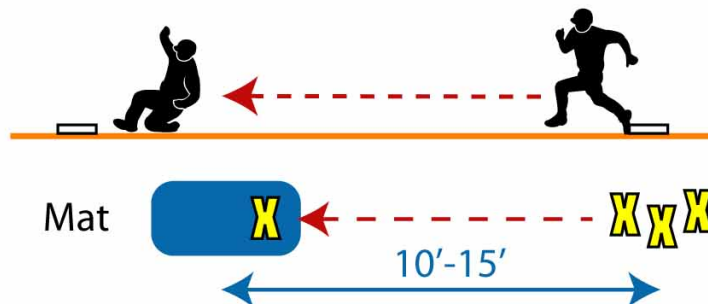
Description: Place the mat on an open field. Have players line up in single file approximately 10 to 15 feet away from the mat. Have players run and complete the slide into the mat, one player at a time.

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.

Equipment: Mats (optional)

Variations and progression:

C Football slide



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.

Exercise "Gotcha"

Description: Place 2-4 groups of players at each base or at home plate and 2nd base depending on number of players. Set up bases in diamond formation 20-30 feet apart.

On the signal "Go," one player from each group starts running around the bases. The objective is to run past the person ahead of you.

Score 1 point for your team for every player passed.

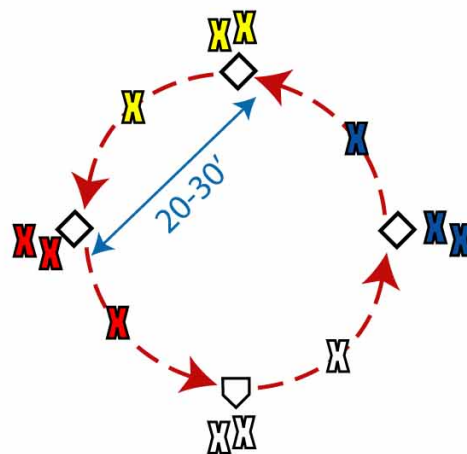
Run for a set period of time (15-30 seconds).

Equipment: Set of bases (minimum of 4)

Variations and progression:

A Use parents so players can try to pass them

B Backpedal



Key points:

- **AT ALL TIME**, players must touch all bases.



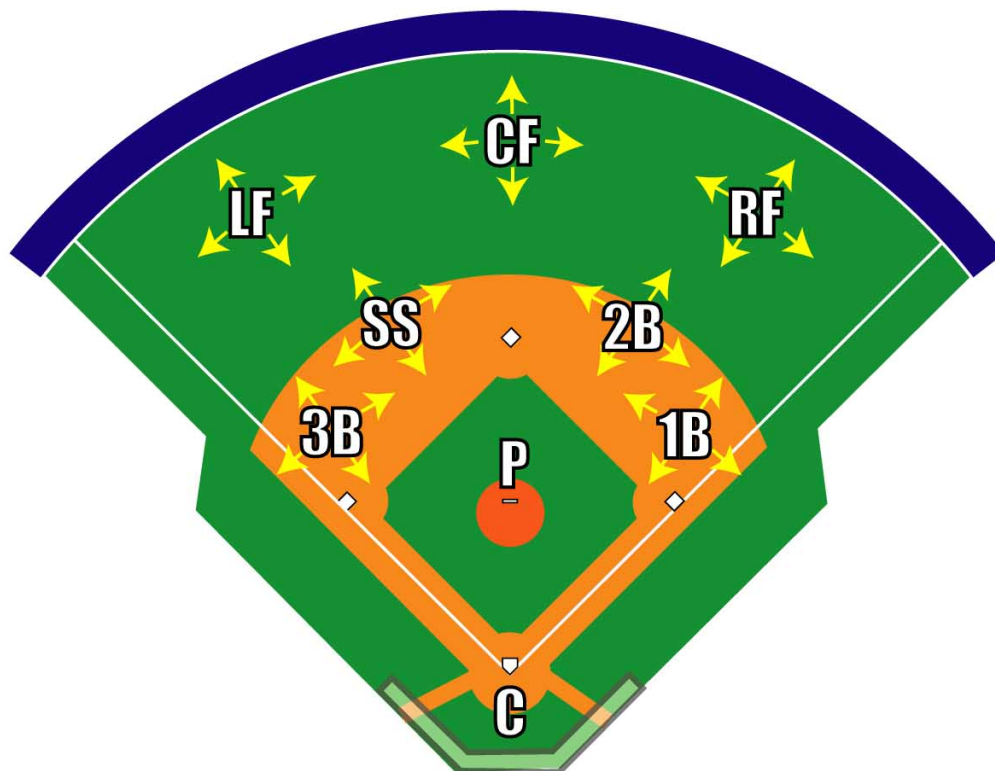
PRACTICE #8 BLUE AND RED CAPS

GAME & GENERAL

Exercise "Be positioned depending on the hitter" (30)

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.



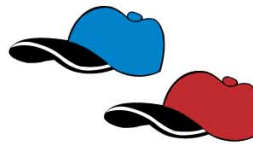
Exercise "The Game"

Complete your practice by playing a game, as per Rally Cap rules.

* refer to "General Informations" section to get informations about rules and game format.

National initiation program - Rally Cap

PRACTICE PLAN



PRACTICE #9

BLUE AND RED 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, cones (4).*

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:

- C) Shuffle steps
- D) Cross steps, front and back
- E) Football sprint
- H) Sprint, baseball start

Warm-up:

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

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:

B Player sits with legs crossed.



Appropriate arm action



C On both knees

E Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



G Add one step with the glove side (giant step), just before throwing.



PRACTICE #9 BLUE AND RED CAPS

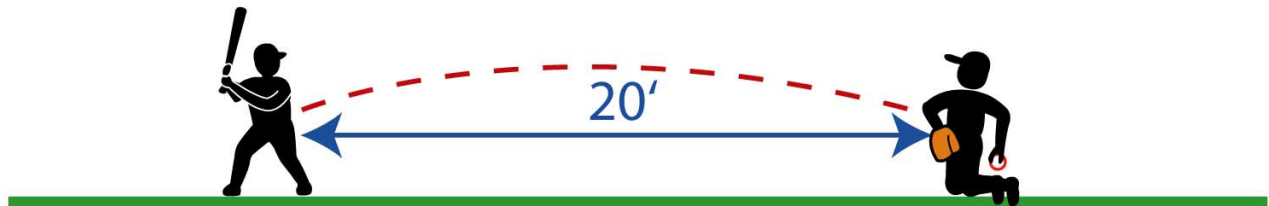
HITTING

Exercise "The Accurate Hitter"

Goal: Drill allowing players to hit at all fields.

Description: With a coach standing in front of the player at 30 feet and throwing overhand, simply ask the player to hit the ball.

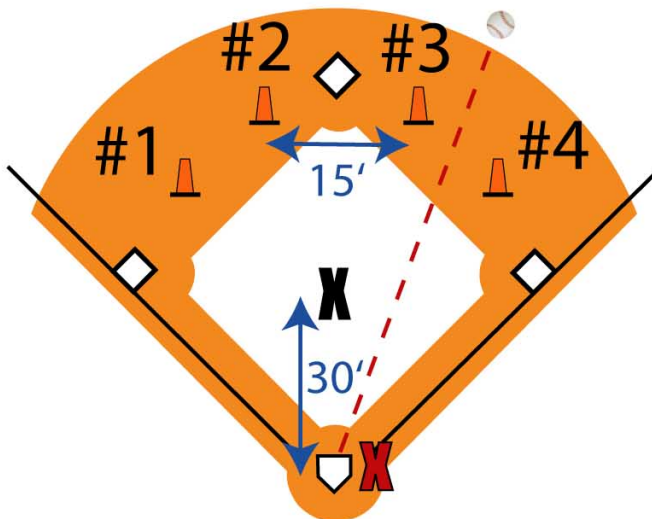
Equipment: Cones (4), balls, bats



You will need 4 cones 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.

On the first 5 balls thrown, 3 have to be hit between cones at shortstop. On the next 5 balls, 3 have to be hit between cones in the middle and on last 5 balls, 3 have to be hit between cones between the 1st and 2nd base area.

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



Variations and progression:

- A** Start with one area only
- B** Add a point system

Key points:

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



PRACTICE #9 BLUE AND RED CAPS

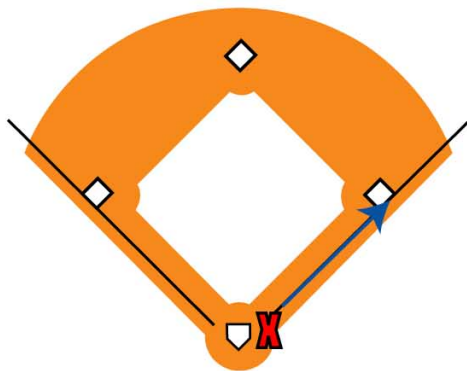
GAME & GENERAL

Exercise **"Single/Double/Triple/Home Run" (29)**

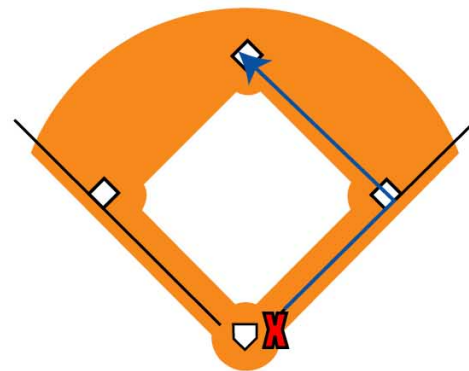
A hit that gets a batter to 1st base is called a **"single."** If the batter makes it to 2nd base safely on a hit it is called a **"double."** And, if he makes it to 3rd base safely it is called a **"triple."**

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

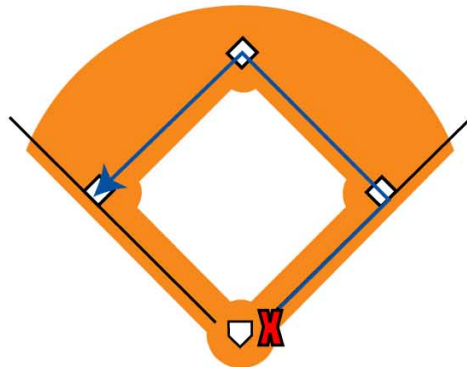
Sometimes, a batter makes it around all 3 bases and back to home plate in one attempt. Getting around all the bases with one hit is called a **"home run."**



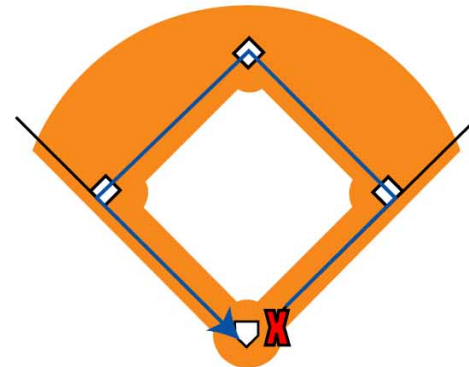
SINGLE



DOUBLE



TRIPLE



HOME RUN



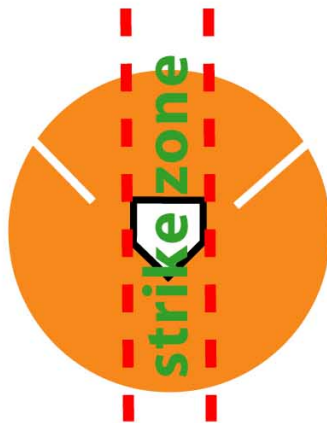
GAME & GENERAL

Exercise "Ball / Strike" (29)

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.

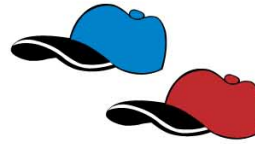
Exercise "The Game"

Complete your practice by playing a game, as per Rally Cap rules.

** refer to "General Informations" section to get informations about rules and game format.*

National initiation program - Rally Cap

PRACTICE PLAN



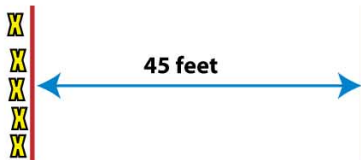
PRACTICE #10

BLUE AND RED 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, 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:

- H) Sprint, baseball start
- i) Backpedal run
- E) Football sprint

Warm-up:

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

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:



C On both knees.

F Execute 3 circles before throwing:

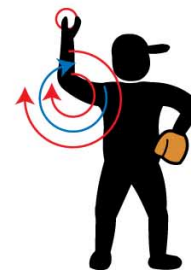
- small circle
- medium circle
- large circle



G Add one step with the glove side (giant step) just before throwing.



Appropriate arm action



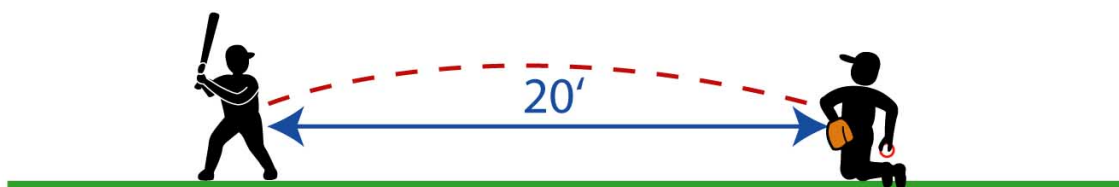


HITTING

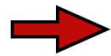
Exercise "Drill with Pitcher"

Description: With a coach located at 20 feet in front of the player, toss the ball with both knees on the ground while asking the hitter to hit the ball.

Equipment: Balls and bats



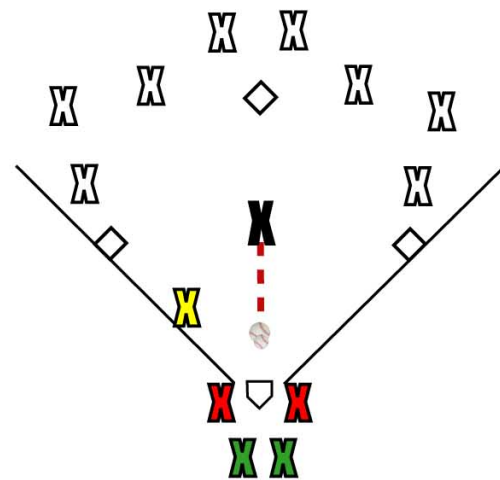
- Players are usually set up as follows:



- 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.

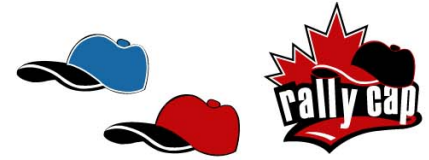


Key points

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

Variations and progression:

- E** Plastic bats, badminton birdies.
- F** Cut hockey stick, wiffle balls.

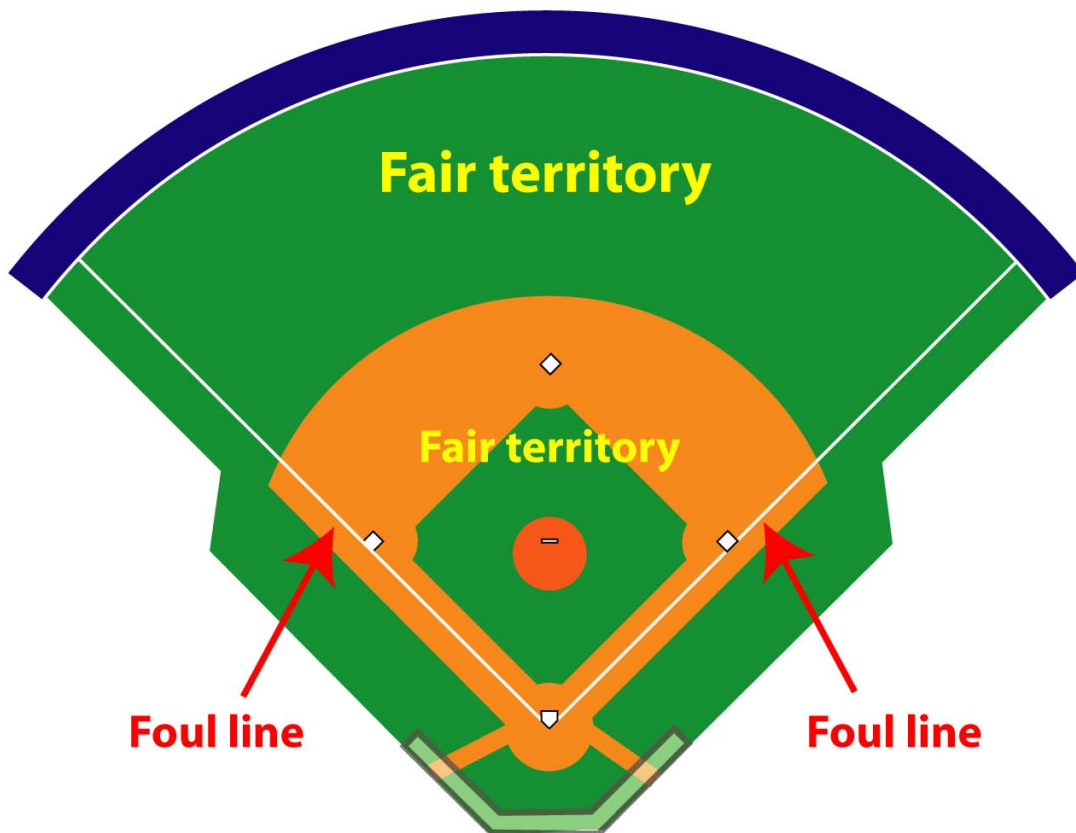


GAME & GENERAL

Exercise **“Fair / Foul ball” (29)**

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.





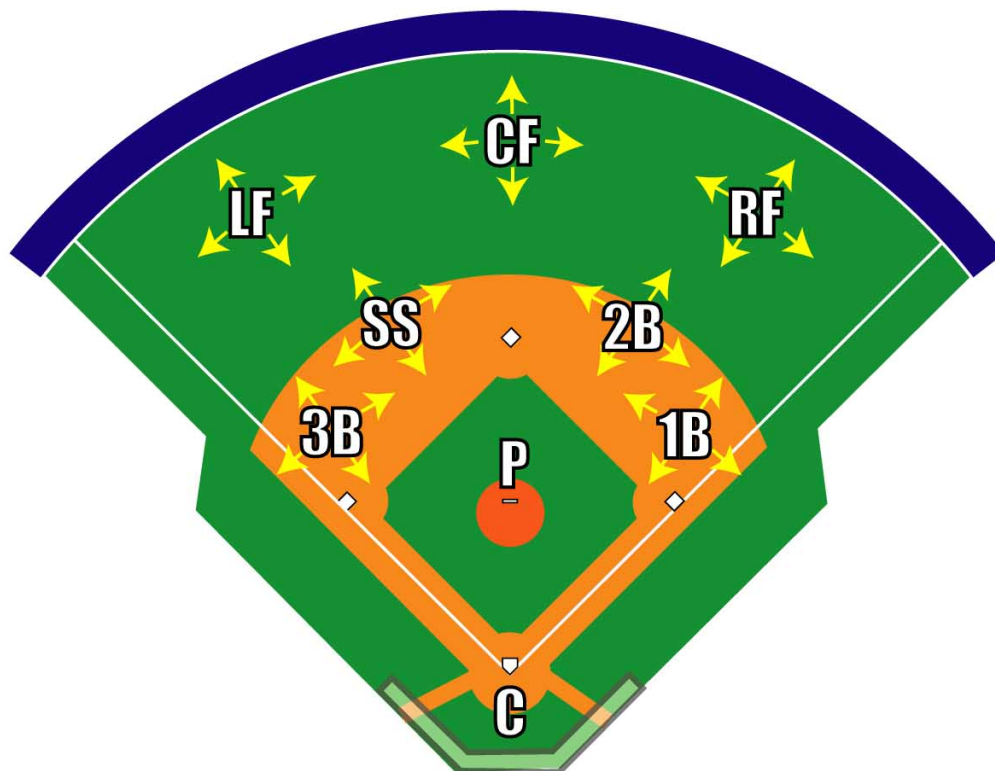
PRACTICE #10 BLUE AND RED CAPS

GAME & GENERAL

Exercise "Be positioned depending on the hitter" (30)

The defensive positioning will vary depending on who comes 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.



Exercise "The Game"

Complete your practice by playing a game, as per Rally Cap rules.

* refer to "General Informations" section to get informations about rules and game format.