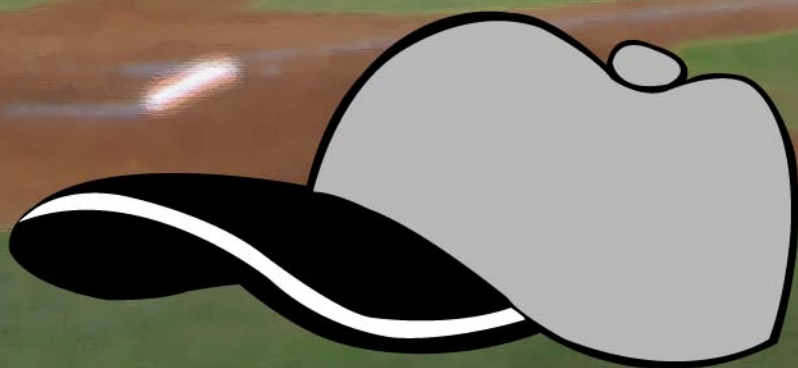
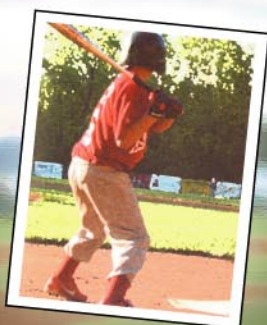
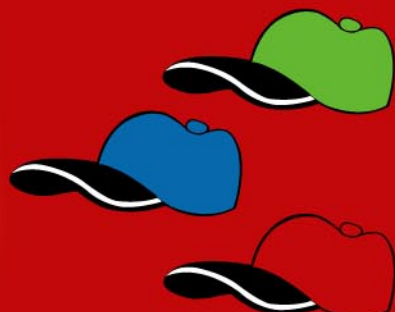
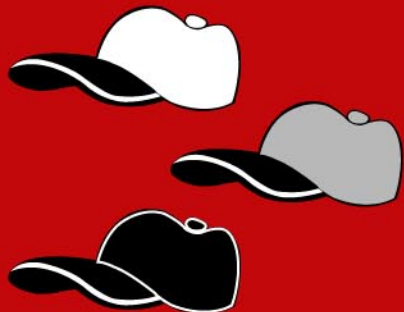




PROGRAM



GREY CAP

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2. Grey Cap - Throwing



With a partner or a coach standing in front of the kid at 10 feet, ask the player to throw the ball. The accuracy is not important at this stage. We just want the player to be able to reach the distance.



Below is a drill you can use to prepare your players for this task:

>> The Wheel

Goal: Teach the proper mechanics when throwing a ball.

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

Equipment: Incrediball for each player

Variation and Progression:

A Players simulate the mechanics without a ball.



B Players sits with legs crossed.





C On both knees.

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



E Players are executing on command:

1) throwing arm goes down

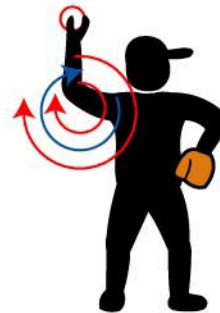
2) reach back

3) lift arm to shoulder height



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.



Key Points:

- Explain that the longer the arm circle, the faster the arm speed (small wheel vs. big wheel)
- Make sure they hold the ball right, facing away.
- Glove foot goes forward while throwing



8. Grey cap - Receiving



With the coach located 15 feet in front of the player, roll 15 balls to the player. In order to succeed, the player must field 10 of the 15 balls.



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

>> The Crocodile

Goal: Teach and reinforce the proper way to receive a ground ball

Description: Coach instructs the players to simulate the proper way to receive a ground ball. With a partner or a parent located in front of the player, roll the ball underhand to the player. Look for players who will field the ball with two hands. It is recommended starting on two knees and bare handed in order to isolate the movement. For younger players, it is recommended to use a parent as a partner.

Variations and Progression:

- | | |
|--|---------------------------------------|
| A Simulate receiving the ball | D With and without gloves |
| B Coach rolls a ground ball | E With different type of balls |
| C In pairs, one player rolls the ball and the other receives it | |

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

➔ Key Points:

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



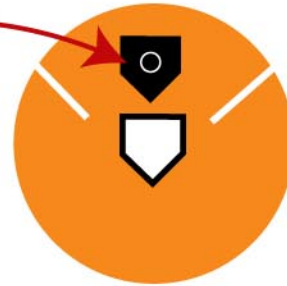
14. Grey cap - Hitting



With a partner or a coach standing beside the player, simply ask the player to hit the ball off the tee. Contact with 10 of 15 balls is important here, not distance. Ensure the tee is placed in front of home plate and NOT directly on home plate.



Tee-ball



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

>> 500

Goal: Introduce players to the perfect batting stance.

Description: 1 group of 4-6 players. 1 batter while the others field.

- 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



20. Grey cap - Base running



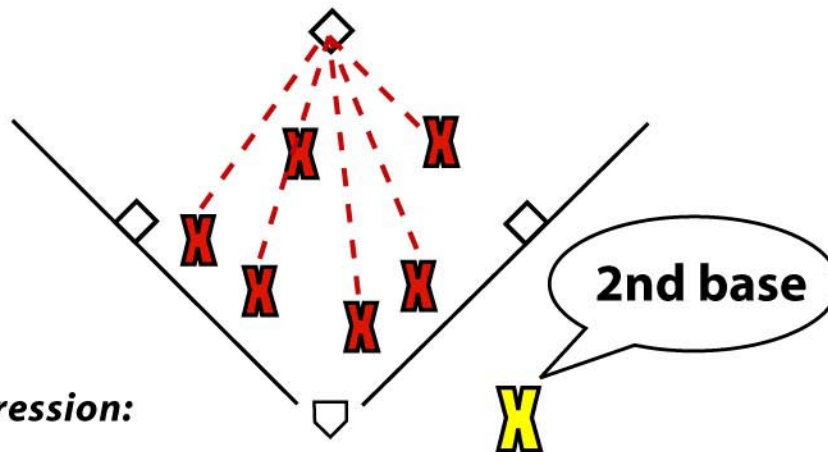
To complete this task, coach must ask his players to identify the bases on baseball field: 1st base, 2nd base, 3rd base and home.

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

>> The musical base

Goal: Help players recognize bases on the field.

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



Variations and Progression:

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

Equipment: 4 bases minimum

➔ Key Points:

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



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

