



# PRACTICE PLANS



**Black and green caps**



# National initiation program - Rally Cap

## PRACTICE PLAN



### PRACTICE #1

### BLACK AND GREEN 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
- 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:

- C) On both knees



**Appropriate arm action**

- E) Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height





**HITTING**

**Exercise "Between the two" (13)**

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

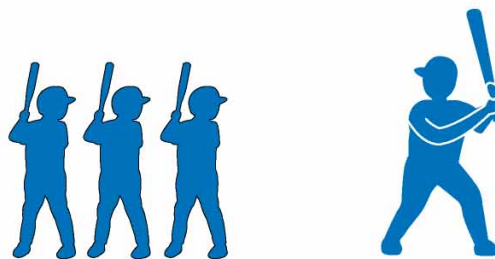
Every time the coach asks the players how to position themselves, they answer: "Between the two". In all cases, you want "Between the two" extremes as a better method for your hitters to start from.

**Equipment:** 1 "bat" per player

**Variations and progression:**



**E** Complete swings without balls



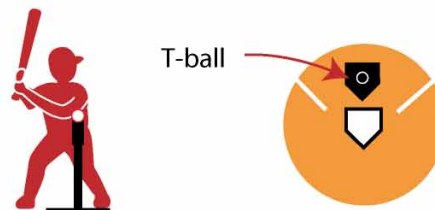
**Key points:**

- 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

**E** 3 swings and hit

**Key points:**

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



### RECEIVING

#### 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.



**Equipment:** Tennis balls

#### Variations and progression:

**C** On both knees, no glove, use tennis balls



**D** Standing up, no glove, use tennis balls or bigger balls, throw with one bounce

#### ➔ Key points:

- Reach out for the ball



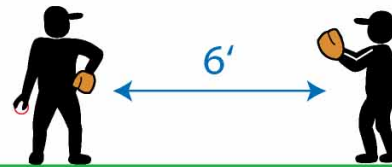
- Bring hands toward the body when catching the ball



#### 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



## BASE RUNNING

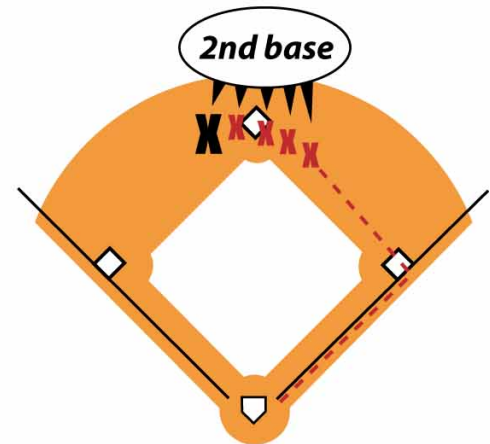
### Exercise "The train" (19)

**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)

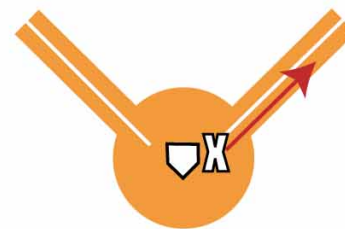
#### Variations and progression:

- 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...



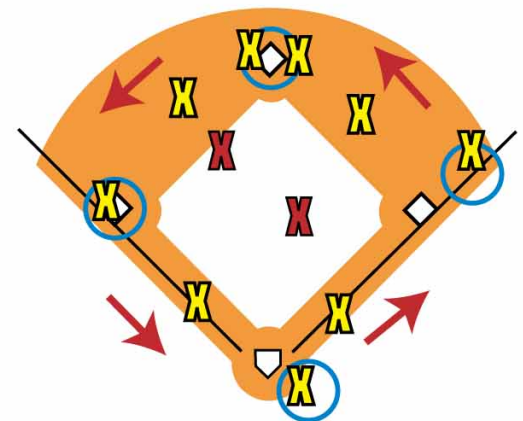
### Exercise "Tag Baseball"

**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



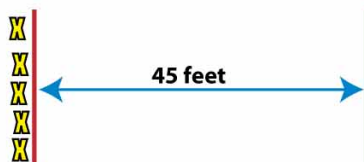
### PRACTICE #2

### BLACK AND GREEN 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 (4), cones, 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 "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 partner (or parent)
- D** Players are seated, throw the ball (2 feet high) and throw it to 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 "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

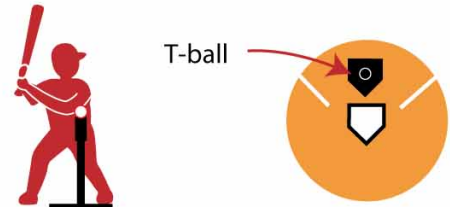
### Exercise "T-Ball" (18)

**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

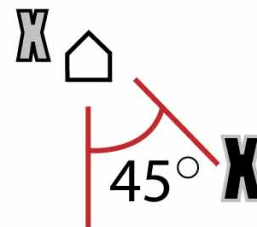
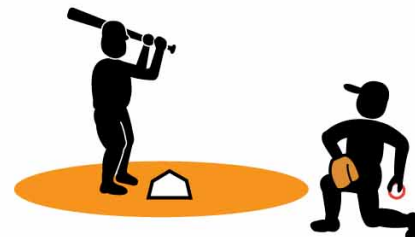
### Exercise "Light toss" (15)

**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



#### Key points:

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

#### Variations and progression:

- A** Standard T-ball



**THROWING**

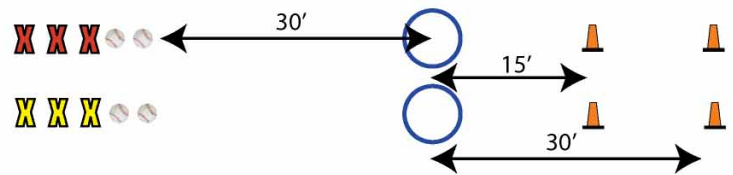
**Exercise "The Relay" (5)**

**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).

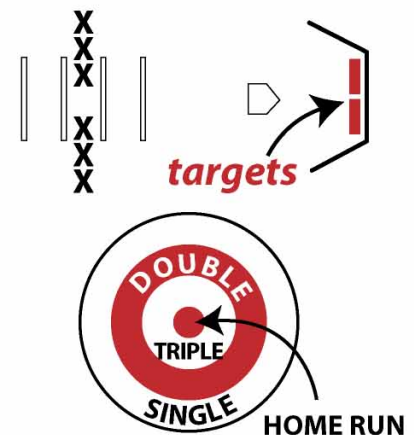
**A** If player hits 1st cone = 1 point.  
2nd cone = 3 points.  
First team to finish = 2 points.

**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!).

**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



## 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)

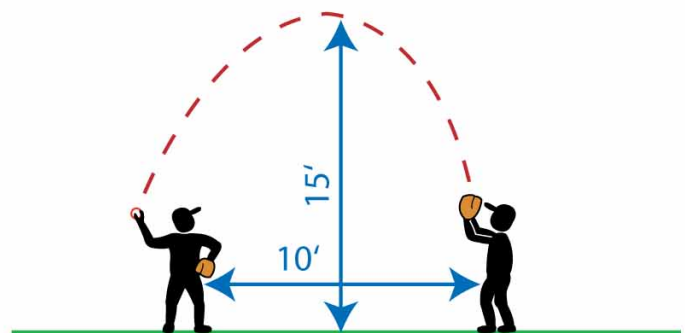
**Description:** 1 adult for every 2 players. Players will practice using high tosses from an adult. Self-competition can be included by:

- 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 PLAN



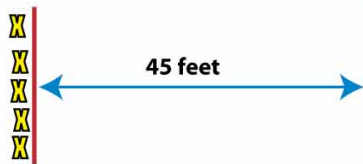
### PRACTICE #3

### BLACK AND GREEN 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, target.

#### WARM-UP

##### Running drills:



**Description:** All players are side by side on a line. Players do the exercise on a 45 foot 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.

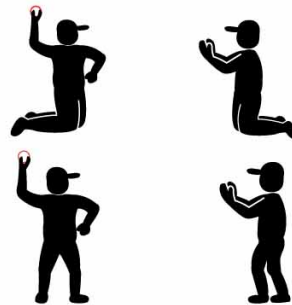
**Equipment:** 1 "Incrediball" for each player

##### Variations and progression:

**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 "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 "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** Tee-ball standard



#### 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 at 45 degrees with colored balls



#### 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

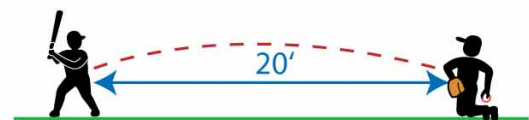
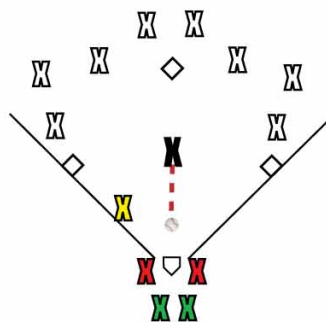
- Players are usually set up as follows:

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

- 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.**



#### Variations and progression:

**B** Baseball bats, small balls.

**C** Baseball bats, wiffle balls.



#### Key points

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



# PRACTICE #3 BLACK AND GREEN CAPS

## BASE RUNNING

### Exercise "The Relay" (21)

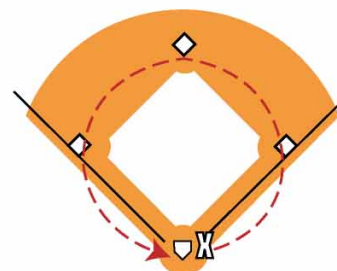
**Description:** All players are at home plate. At their turn (after player in front has reached 1st base), players round the bases. Between each base, there is a challenge to perform.

**Equipment:** Set of bases (minimum of 4), various items for challenges



#### Challenge examples:

- A Backpedal
- B Rounding cones
- C Roll
- D Jump between sticks
- E Pass under a stick on 2 cones
- F Jump over a partner
- G Shuffle steps or other running drills
- H T-ball
- I Field a ball, throw to the coach
- J Etc ... (be creative)



#### Key points:

- More than one ability can be incorporated.  
**BE CREATIVE !!!!!**

#### EXAMPLE:



### 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.

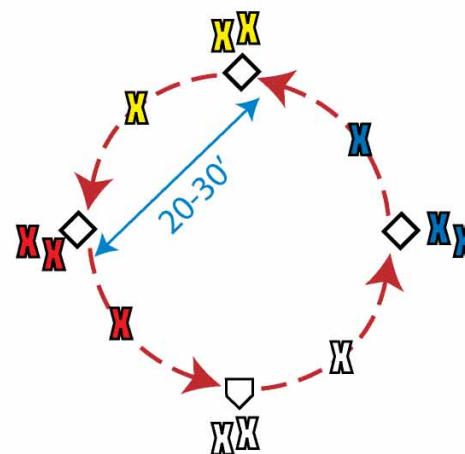
Score 1 point for your team for every player passed.

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 #3 BLACK AND GREEN CAPS**

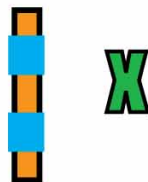
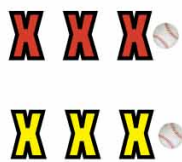
**THROWING**

**Exercise "The Target" (4)**

**Description:** While using the proper throwing technique (giant step, arm action and grip), the player tries to reach a target from an appropriate distance to be successful.

Players are placed in 2-3 columns and throw one after the other. A parent, located behind the fence returns the balls to the next player in line.

**Equipment:** Balls, target (can filled with water, Graco basketball hoop or target bullseye)



**Variations and progression:**

Change distance in relation to the players' abilities.

**Key points:**

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

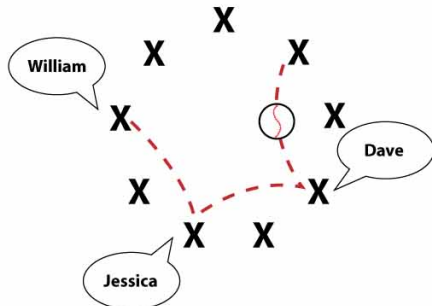


**GENERAL**

**Exercise "Around the horn" (25)**

**Description:** Have the players stand in a circle. Use an odd number of players if necessary. The coach gives a ball to one player. At the start signal, the player throws the ball underhand to the second player to his right. While throwing the ball, he must say the name of the player catching the ball.

**Equipment:** Ball (baseball)



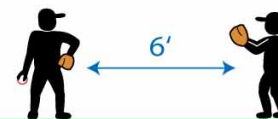
Once the players become comfortable with 1 ball, the coach can add a second, third and fourth ball. See how many balls the players can handle at the same time.

**RECEIVING**

**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



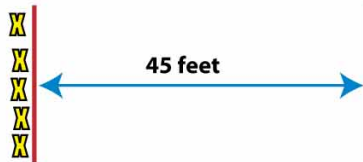
### PRACTICE #4

### BLACK AND GREEN 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, 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:

- 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)



**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:

- F** Execute 3 circles before throwing:
- small circle
  - medium circle
  - large circle



**Appropriate arm action**



**PRACTICE #4 BLACK AND GREEN 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 batter 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

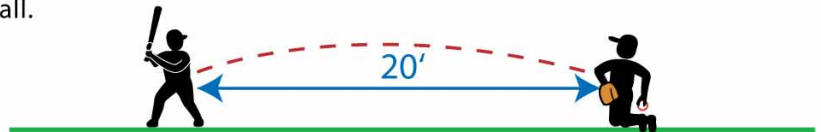
**Key points:**

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

**Exercise "Drill with pitcher"**

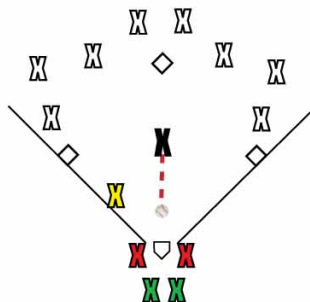
**Description:** With a coach located at 20 feet in front of the player, toss the ball with both knees on the ground while asking the hitter to hit the ball.

**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:**

- D** Baseball bats, tennis balls.
- E** Plastic bats, badminton birdies.

- 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 BLACK AND GREEN CAPS**

**THROWING**

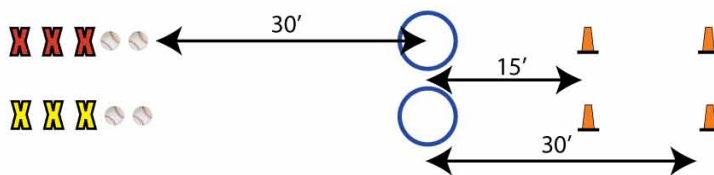
**Exercise "The Relay" (5)**

**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.

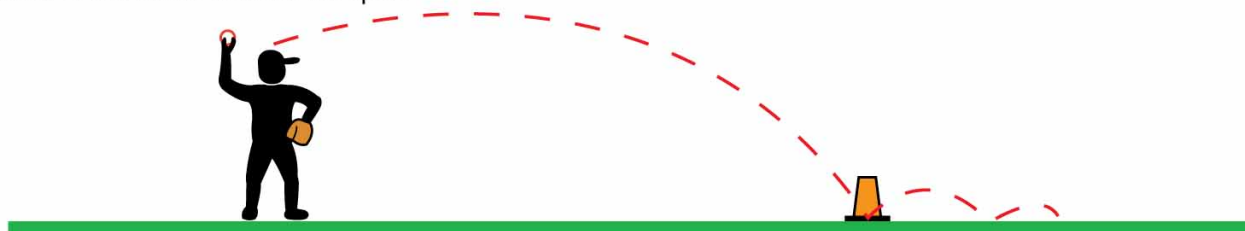
**C** Without cones and hoops, teams are in line. Players throw to a partner. First team to go all the way and back gets the point.

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

**Exercise "Space Shuttle"**

**Description:** 1 adult and 1 ball (space shuttle) for every 2 players; 1 marker for each player; try to assign partners as close in ability as possible.

Partners stand behind a line and see how far they can throw (send the ball into space). The adult leader can be in the area of the throw to mark the spot.



Competition can be introduced by seeing if they can throw farther each time and by competing against each other.

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

**Variations and progression:**

Use different types of balls (tennis, incredible, baseball, wiffle)



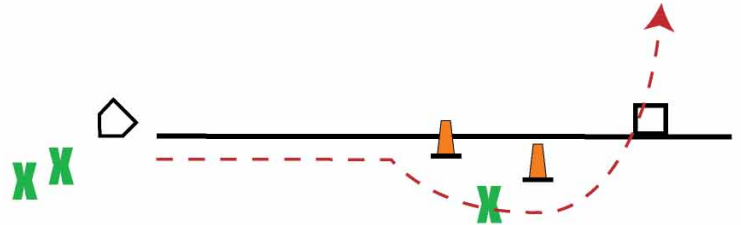
## PRACTICE #4 BLACK AND GREEN CAPS

### BASE RUNNING

#### Exercise "Kill the mosquito" (22)

**Description:** Put bases down in proper locations on diamond, with 3 players at each one. Pretend there is a mosquito on the INSIDE corner of each base.

Players, in turn, take a swing at an imaginary ball, drop the bat, run as fast as possible to the next base, stepping on the "mosquito" as they round the base. Players then wait their turn at the base they just rounded.



**Equipment:** 4 bases and 4 cones



#### Key points:

- Remind players it will be easier to step on the "mosquito" if they run a little to the outside of the base line as they approach the base.
- It would be helpful to put some markers down for them to go around as shown in the diagram.

### GENERAL

#### Exercise "Names & numbers" (26)

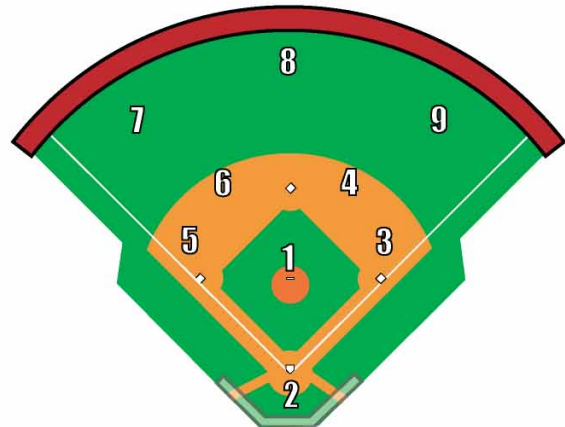
**Description:** Name each position and their number. Give each player a position name and instruct them to go to that position.

**Equipment:** Ball (baseball), bag

#### 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.

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



# National initiation program - Rally Cap

## PRACTICE PLAN



### PRACTICE #5

### BLACK AND GREEN 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, 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 "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:

**A** Regular toss at 45 degrees



#### 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

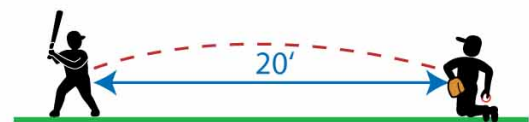
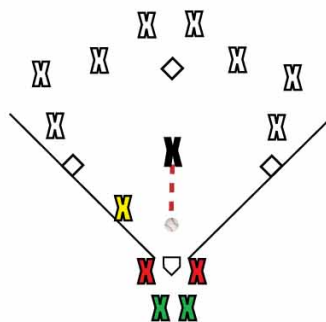
- Players are usually set up as follows:

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

- 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.**



#### Variations and progression:

**B** Baseball bats, small balls.

**C** Baseball bats, wiffle balls.



#### Key points

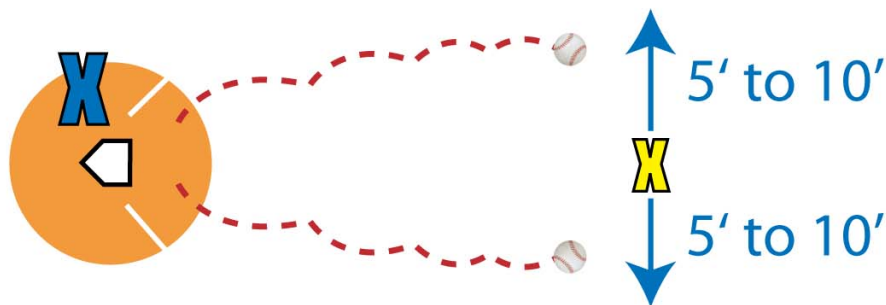
- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat



## PRACTICE #5 BLACK AND GREEN CAPS

### RECEIVING

#### Exercise "The gardien" (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



# PRACTICE #5 BLACK AND GREEN CAPS

## GENERAL & GAME

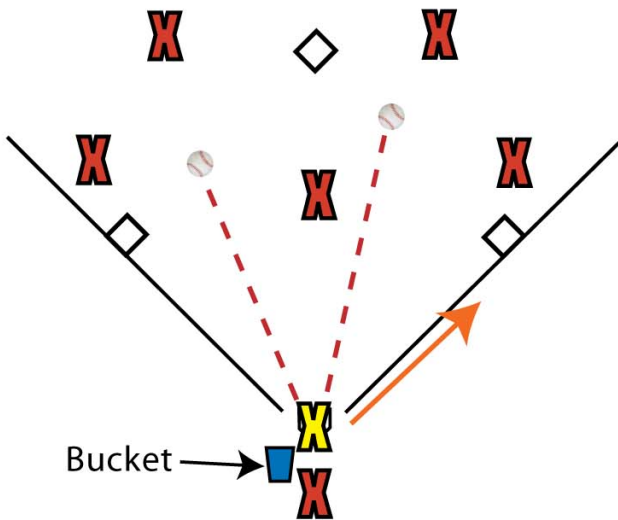
### Exercise "Bucket ball" (28)

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

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

**Description:** 2 teams of 6 - one on offence - 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

### BLACK AND GREEN 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, 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 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:

**A** Players simulate the mechanics without a ball.



Appropriate arm action



**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.



# PRACTICE #6 BLACK AND GREEN 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.

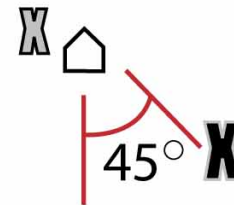
Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them.

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:

- A** Regular toss at 45 degrees
- 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)

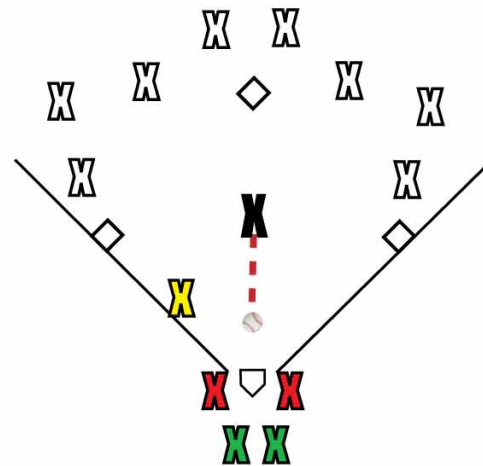
Players are usually set up as follows:

- ➔ - 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



# PRACTICE #6 BLACK AND GREEN CAPS

## BASE RUNNING

### Exercise "The Relay" (21)

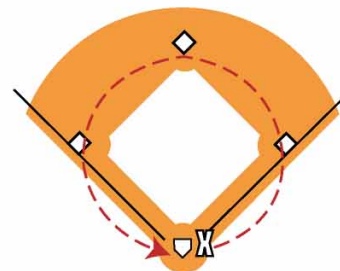
**Description:** All players are at home plate. At their turn (after player in front has reached 1st base), players round the bases. Between each base, there is a challenge to perform.

**Equipment:** Set of bases (minimum of 4), various items for challenges



#### Challenge examples:

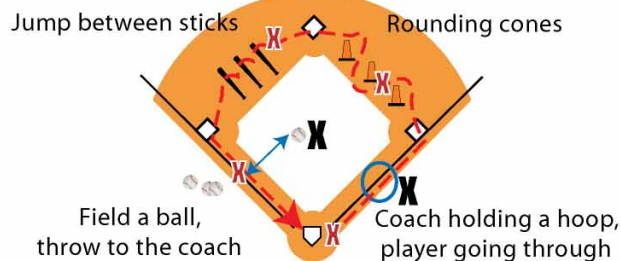
- A Backpedal
- B Rounding cones
- C Roll
- D Jump between sticks
- E Pass under a stick on 2 cones
- F Jump over a partner
- G Shuffle steps or other running drills
- H T-ball
- I Field a ball, throw to the coach
- J Etc ... (be creative)



#### Key points:

- More than one ability can be incorporated.  
**BE CREATIVE !!!!!**

#### EXAMPLE:



### 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.

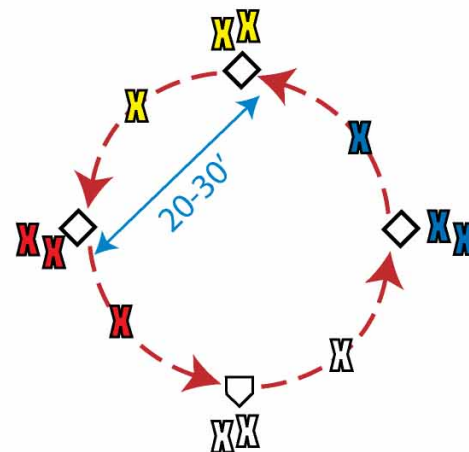
Score 1 point for your team for every player passed.

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 #6 BLACK AND GREEN CAPS

## GENERAL & GAME

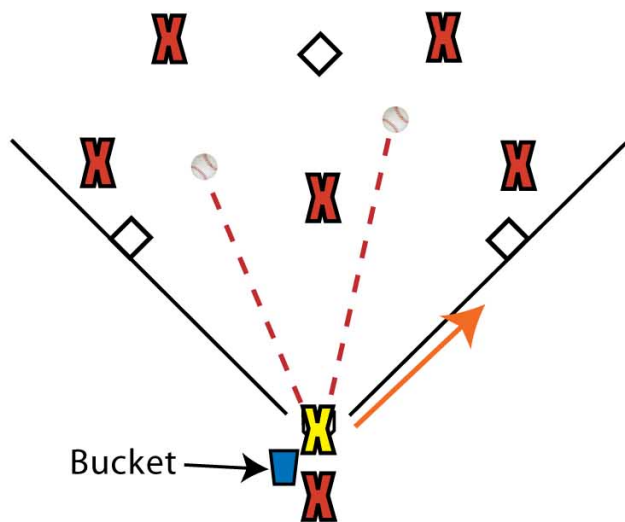
### Exercise "Bucket ball" (28)

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

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

**Description:** 2 teams of 6 - one on offence - 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 #7

### BLACK AND GREEN 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), cones (4 to 6), badminton birdies, tennis racquets.*

#### 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.



**Appropriate arm action**

**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.

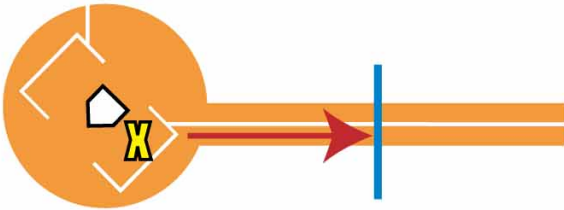


## BASE RUNNING

### Exercise "The Gazelle"

**Description:** Player takes a swing with a bat. Player must leave the box using the right foot. Player takes some quick steps towards 1st base and stops at ¼ of the distance.

**Equipment:** - Two bases minimum  
- 1 bat minimum and 1 ball



### Variations and progression:

- A** Simulate a swing with a foam or aluminum bat.
- B** Hit a badminton birdie.

### Key points:

- Players use their batting stance and take a swing.
- Don't look at the ball after it is hit.
- Never throw the bat
- Right-handed batters' first step is with the right foot and left-handed batters' first step is with the left foot.

## 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

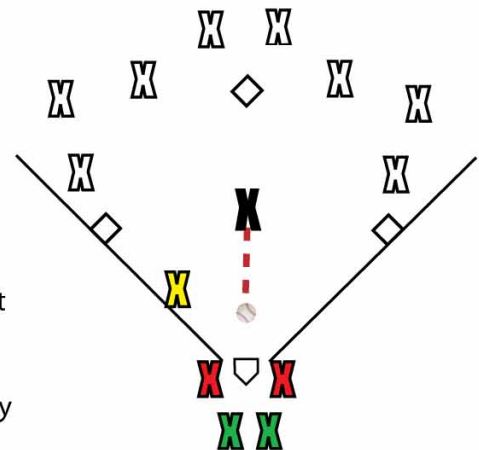


Players are usually set up as follows::

- 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.**



## RECEIVING

### Exercise "Big foot"

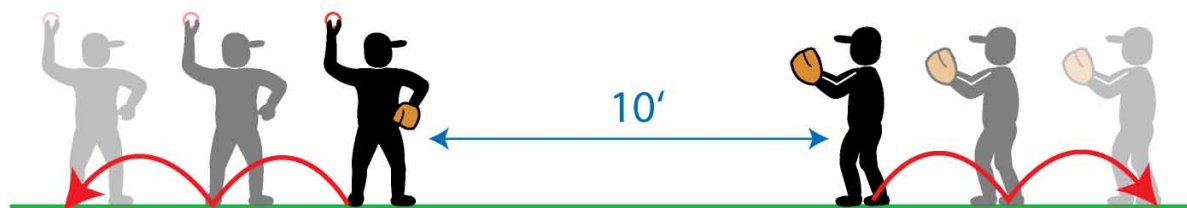
**Description:** Partners start in lines, facing each other, approximately 10 feet apart. One adult per pair. Players throw to each other (or adult throws if skill level is too low for accurate throws). Each time a catch is made the partners move back one giant step.

The pair that ends up the farthest apart while still able to catch the ball is given the BIG FOOT award.

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

#### Variations and progression:

Use different types of balls (tennis, incredible, baseball, wiffle) depending on ability.



## THROWING

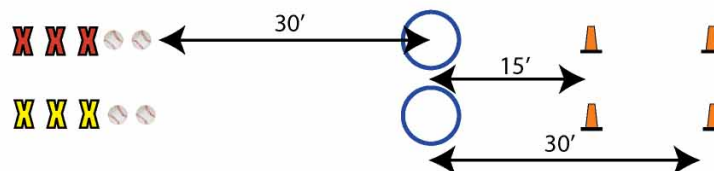
### Exercise "The Relay" (5)

**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



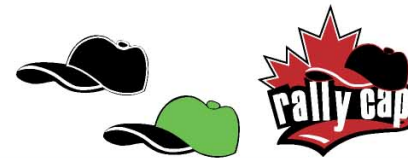
**Variations and progression:**

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.

**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 #7**    **BLACK AND GREEN 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.

# National initiation program - Rally Cap

## PRACTICE PLAN



### PRACTICE #8

### BLACK AND GREEN 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 (4), cones.

#### 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.

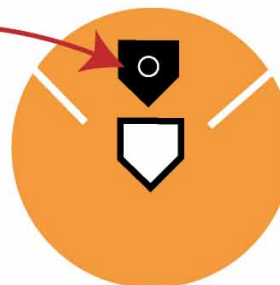


## HITTING - RECEIVING

### Exercise "500" (14)



T-ball



**Abilities:** Hitting, receiving, throwing

**Equipment:** 2 bats, 4 balls

**Organisation:** 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



# PRACTICE #8 BLACK AND GREEN CAPS

## BASE RUNNING

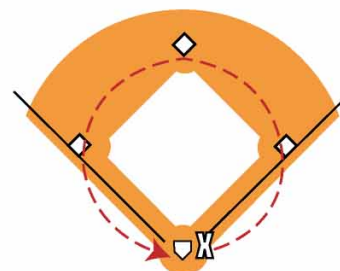
### Exercise "The Relay" (21)

**Description:** All players are at home plate. At their turn (after player in front has reached 1st base), players round the bases. Between each base, there is a challenge to perform.

**Equipment:** Set of bases (minimum of 4), various items for challenges

 Challenge examples:

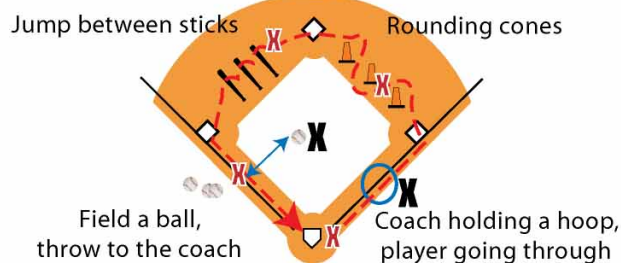
- A Backpedal
- B Rounding cones
- C Roll
- D Jump between sticks
- E Pass under a stick on 2 cones
- F Jump over a partner
- G Shuffle steps or other running drills
- H T-ball
- I Field a ball, throw to the coach
- J Etc ... (be creative)



 **Key points:**

- More than one ability can be incorporated.
- BE CREATIVE !!!!!**

**EXAMPLE:**



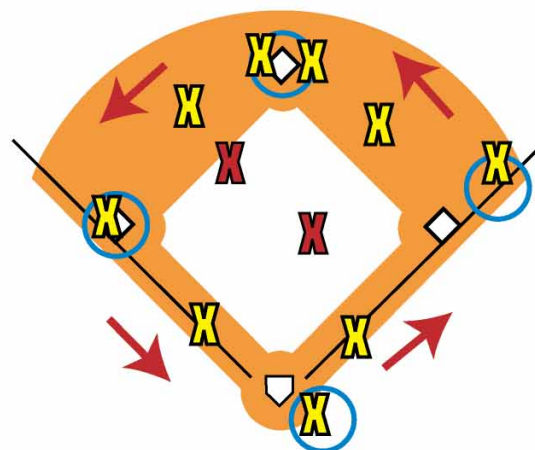
### Exercise "Tag Baseball"

**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:** minimum de 4 bases and 4 hoops

Variations and progression:

- A** Ask parents to participate.
- B** Allow players to run anywhere in the infield and to go to a base for a tag protection.
- C** Add balls on the mound. Player must go get a ball and then come back to his base without being tagged.



 **Key points:**

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



## **PRACTICE #8**    **BLACK AND GREEN 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.

# National initiation program - Rally Cap

## PRACTICE PLAN



### PRACTICE #9

### BLACK AND GREEN 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.*

#### 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:



**Appropriate arm action**



**B** Player sits with legs crossed.

**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.



## HITTING

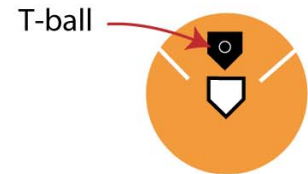
### Exercise "T-Ball" (18)

**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:

- C** T-ball to hit inside (player on the side)
- E** 3 swings and hit



#### Key points:

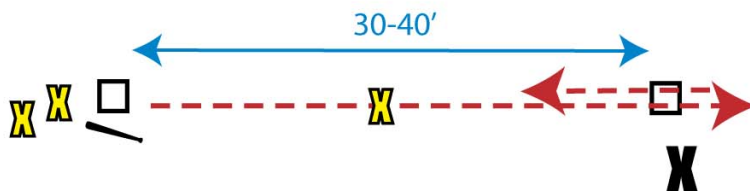
- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

## 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.

# National initiation program - Rally Cap

## PRACTICE PLAN



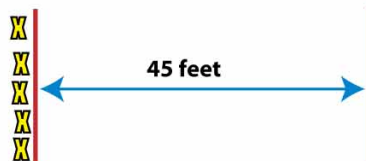
### PRACTICE #10

### BLACK AND GREEN 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.*

#### 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:

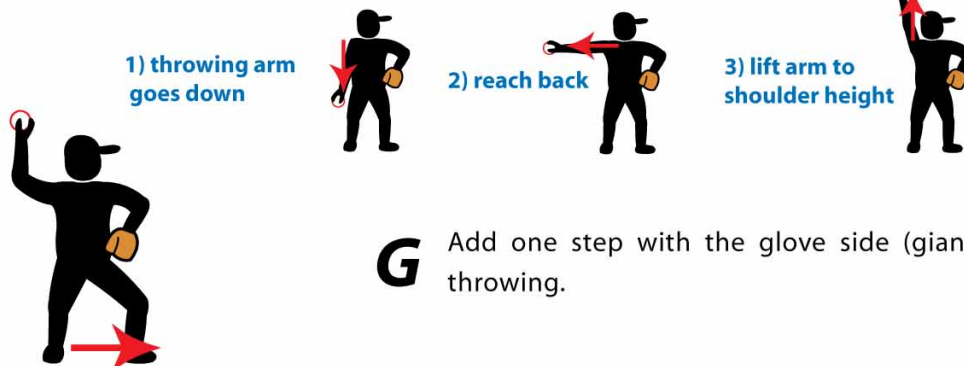


**C** On both knees.



**Appropriate arm action**

**E** Players are executing on command:



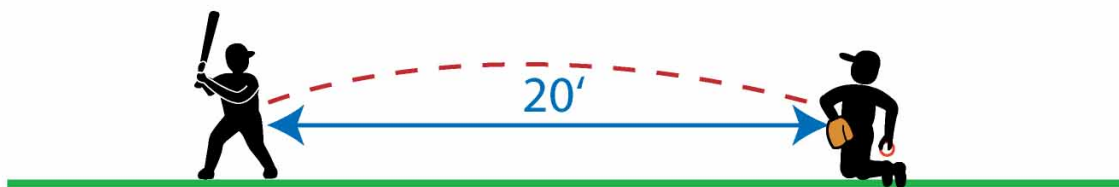


## HITTING

### 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.

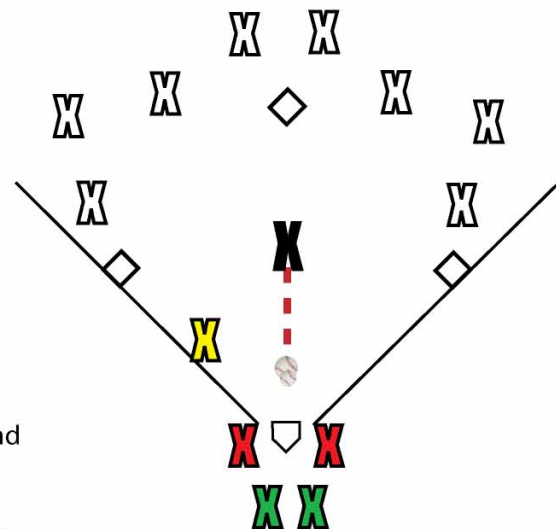
**Equipment:** Balls and bats



- 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:

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