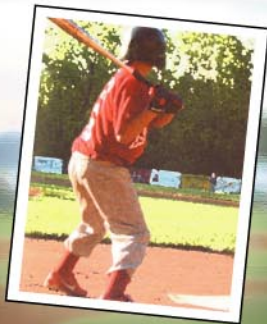
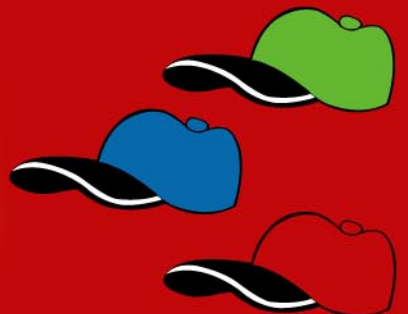
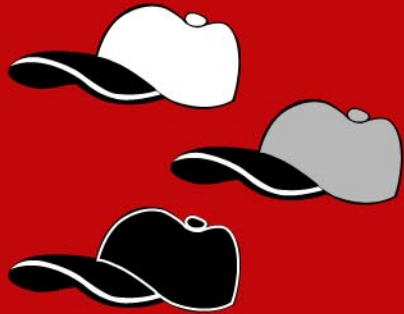




**PROGRAM**



**BLACK CAP**

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### 3. Black cap - Throwing



With a partner or a coach standing in front of the player at a distance of 25 feet, the player is asked to throw the ball. Accuracy is not important at this stage, only that the player be able to throw the distance.



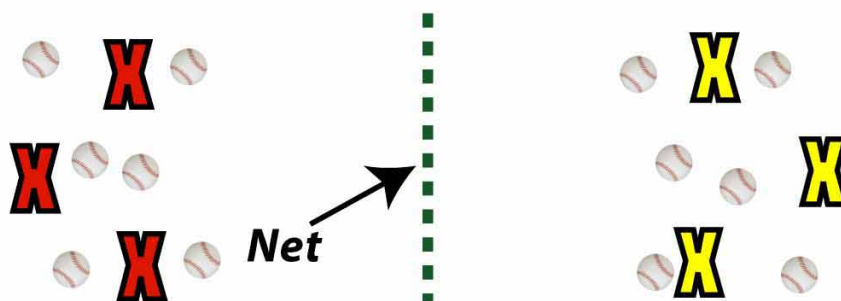
*Below are drills that can be used to prepare players for this task:*

#### >> The Net

**Goal:** Throw a certain distance without paying attention to accuracy.

**Description:** Divide the players into 2 equal groups on each side of the net.

Using all soft balls and wiffle balls, ask players to pick a ball off the ground and to throw it over the net. Both teams are throwing and receiving balls over the net for one minute before taking a break and then repeating the exercise.



A little competition can be created where the goal is to send all balls to the other side.



**Variation and Progression:** Players are located farther from the net.

**Equipment:**

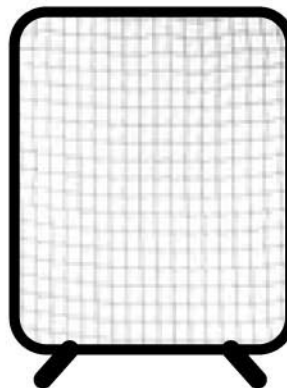
- A minimum of 6 soft balls or wiffle balls
- Screen or net



*Soft balls*



*Wiffle balls*



*Screen or net*



**Key Points:**

- Make sure the grip is appropriate.



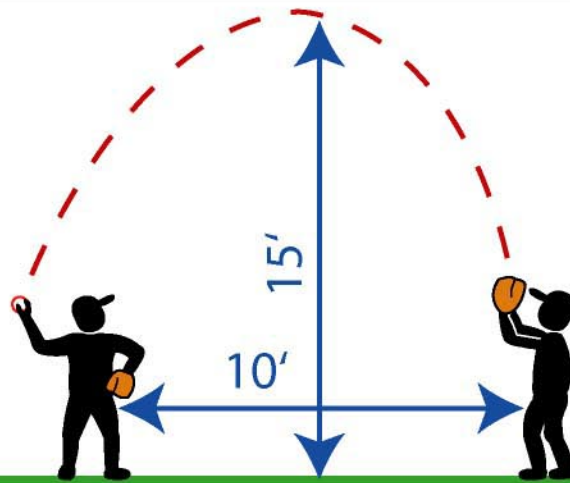
- Glove side foot forward when throwing.



## 9. Black cap - Receiving



With a partner or coach standing in front of the player at 10 feet, throw the ball in the air at approximately 15 feet. Look for players who will catch the ball using both hands. To succeed, the player must catch 10 fly balls out of the 15 balls thrown.



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

### >> Sky Ball

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

**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

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

**A** Standing alone, players toss a badminton birdie and let it bounce on their head.



- B** Standing alone, players toss a badminton birdie and catch it with their hat.
- C** Standing alone, players toss a ball in the air and try to catch it bare handed.
- D** Coach throws the ball.
- E** Coach hits a badminton birdie.
- F** With or without a glove.

**Equipment:** 1 ball and glove for each player

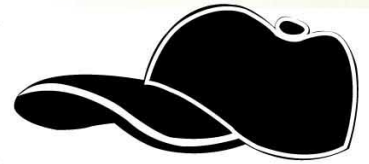


### Key Points:

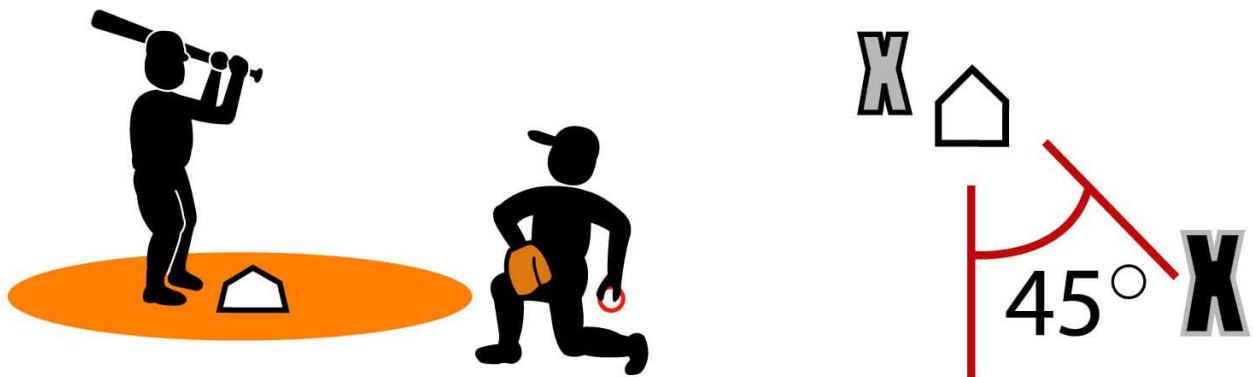
- Hands together slightly above forehead.



## 15. Black cap - Hitting



With a partner or a coach standing in at 45 degrees from the player, simply ask the player to hit the ball thrown underhand. 7 out of 15 attempts should be successful. The distance is not important here.



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

### >> Light Toss

**Goal:** Gives players an opportunity to work on specific areas of their swing.

**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.



**Variations and Progression:**

**USE VARIOUS TYPES OF BATS AND BALLS**

- A** Regular toss at 45 degrees
- B** Regular toss at 45 degrees with colored balls
- C** Regular toss without moving feet (no step)
- D** Regular toss with one knee down
- E** Regular toss with bottom hand only (use light bat)
- F** Regular toss using 2 balls



**Key Points:**

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

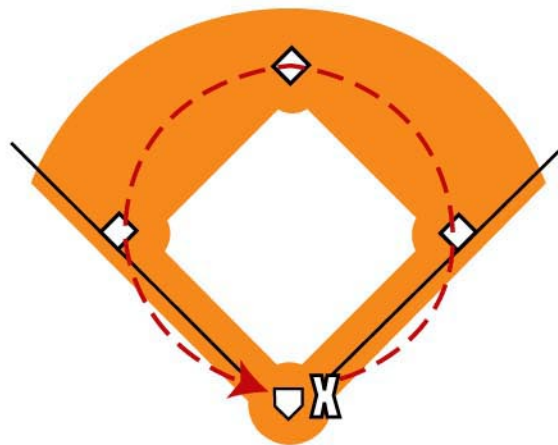


## 21. Black cap - Base running



The player takes a position in the batter's box. With a ball standing on a tee, the player takes a full swing and starts running towards 1st base. He then rounds 1st base using the banana turn before going to 2nd base. To be successful, the player must round 1st base in order to be in line with 2nd base.

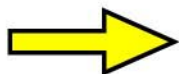
***Below is a drill which can be used to prepare your players for this task:***



### The Relay

**Goal:** Teach players to touch bases properly by rounding them using a good technique.

**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.



CHALLENGE EXAMPLES: **BE CREATIVE !!!!!**

**A** Backpedal

**B** Rounding cones





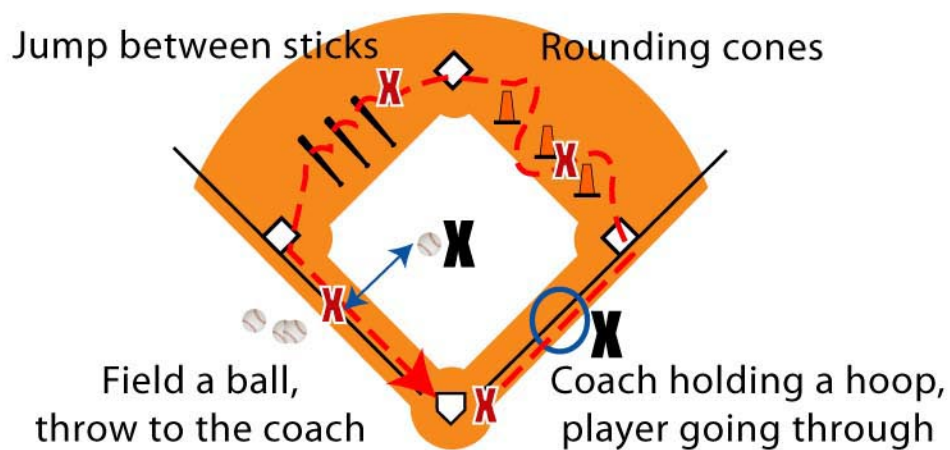
- C** Roll
- D** Jump between sticks
- E** Pass under a stick on 2 cones
- F** Jump over a partner
- G** Shuffle steps or other running drills
- H** T-Ball
- I** Field a ball, throw to the coach
- J** Etc ... (be creative)



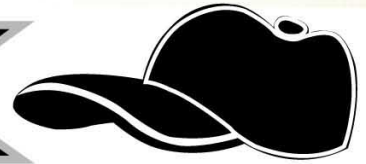
### Key Points:

- More than one ability can be incorporated.

### EXAMPLE:



## 27. Black 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:

### >> "OUT"

**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.

