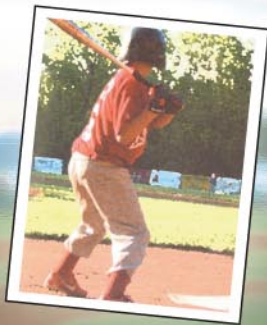
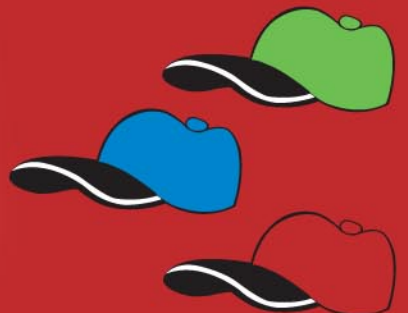
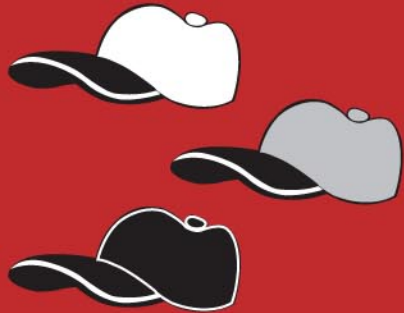




PROGRAM



GREEN CAP

Baseball Canada - All rights reserved - Tous droits réservés



4. Green cap - Throwing



Position a player 20 feet from a backstop or fence where a 4 x 4 target has been hung. The thrower will have 15 attempts to throw 9 balls to the target.



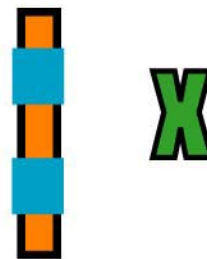
Below is a drill which can be used to prepare players for this task:

>> The Target

Goal: Execute a throw with precision and accuracy.

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.



Variations and Progression:

Change distance in relation to the players' abilities.



Player attempts to hit a can filled with water which is sitting on a bench or chair.



Player tries to throw the ball into a Graco basketball hoop.



Use a target bullseye.



Key Points:

- Make sure the grip is appropriate.



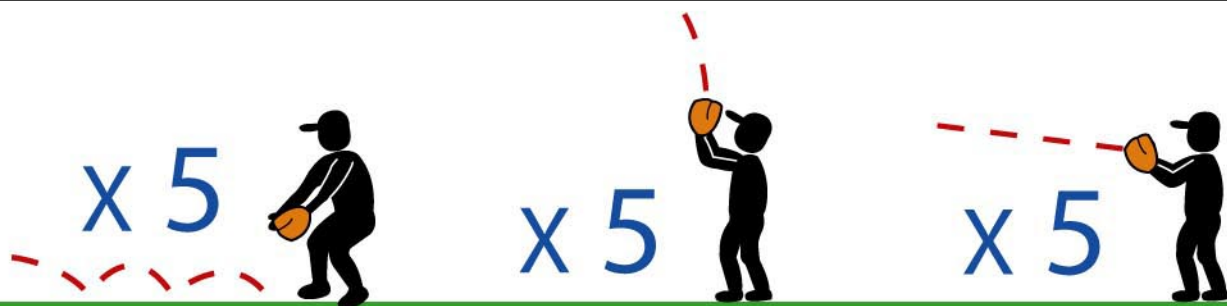
- Glove side foot forward when throwing.



10. Green cap - Receiving



With a partner or a coach standing in front of the player at 15 feet, the player will receive 5 ground balls, 5 fly balls and 5 thrown balls. In all cases, the player must catch all of them. Same procedures as previous drills.



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

>> All Messed-up

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:**

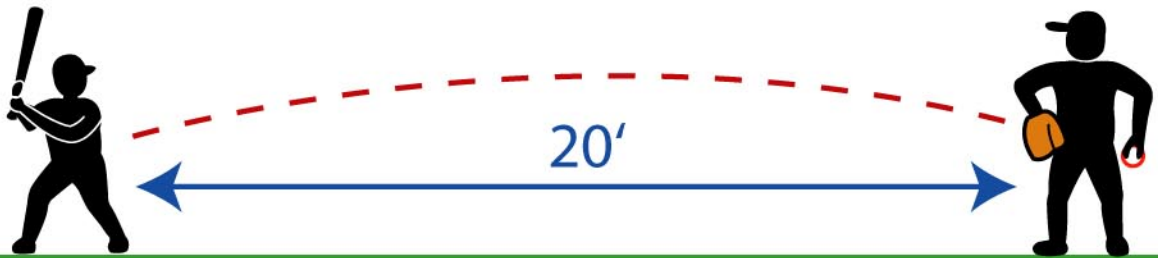
- Put thumbs together when catching balls chest high or higher to the left and right
- Put pinkies together when catching balls below the waist
- Fingers always pointing to the outside
- Catch the ball using both hands



16. Green cap - Hitting



With a coach standing in front of the player at 20 feet and throwing overhand from his knees, simply ask the player to hit the ball. The ball must reach the outfield portion, rolling or in the air. This must be done 7 times out of 15 attempts.



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

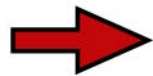
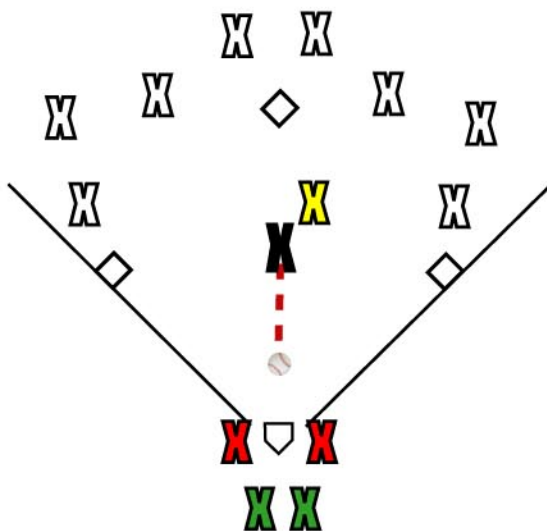


Wiffle BP

Goal: This is a fun drill that allows players to get a lot of swings in a very short period of time.


Description:

- Drill can include up to 15 players
- Players are usually set up as follows:

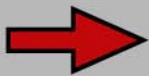


- 2 players hitting
- 2 players catching behind the hitters
- 1 player feeding balls to the coach
- rest of players in the field (gathering balls)



- 
- 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:

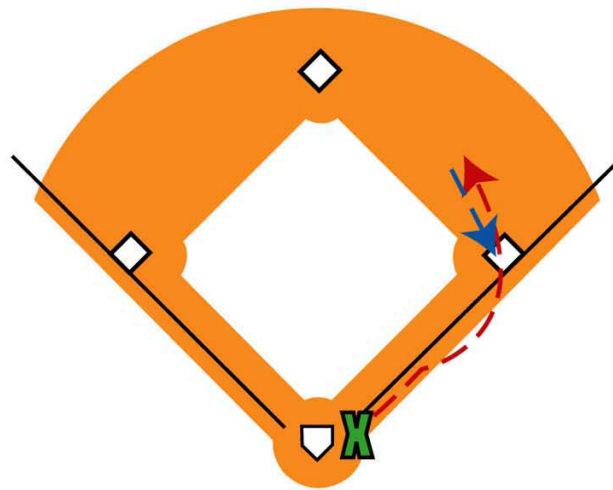
- Feet wider than shoulders
- Hands high and back
- Hands together on the bat



22. Green cap - Base running



A coach is standing down the 1st base line. Player takes a position in the batter's box. With a ball standing on a tee, the player takes a full swing and the coach instructs the player to run. To be successful, the player must run toward 1st base and touch the bag. (distance of 60 feet)



Below is a drill to prepare players for this task:

>> Kill the Mosquito

Goal: Learn how to round bases properly.

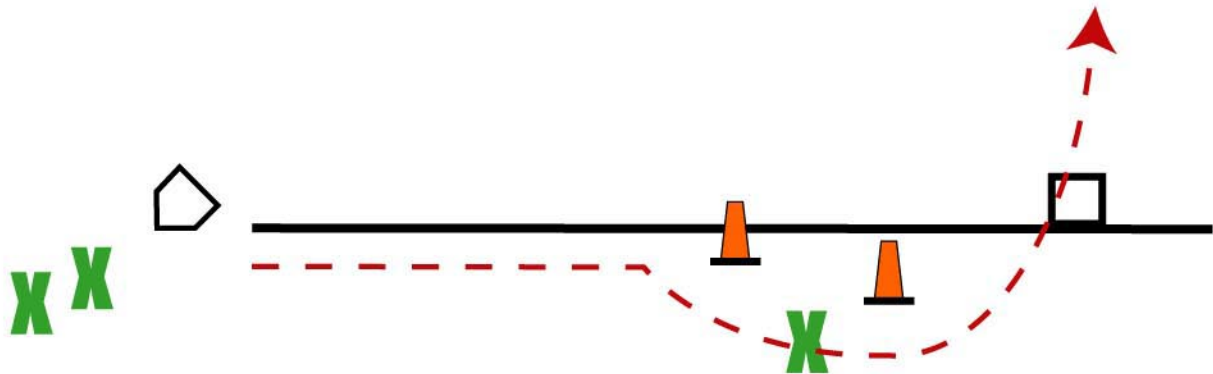
Description: Put bases down in proper locations on diamond, with 3 players at each one. Pretend there is a mosquito on the INSIDE corner of each base.

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.



28. Green cap - General knowledge



By using the report card attached to 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:

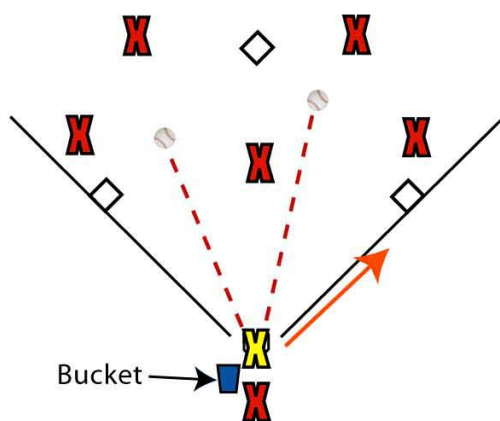
>> Bucket Ball

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

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.

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



Variations and Progressions:

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.

