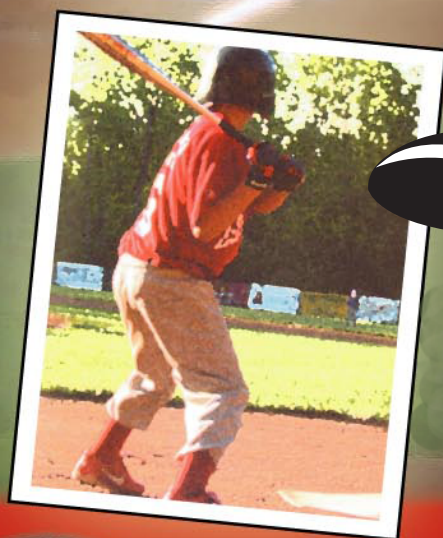




PROGRAM



WHITE CAP



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1. White Cap - Fundamental Movement Skills



Agility – Hurdle over a line for 10 reps.

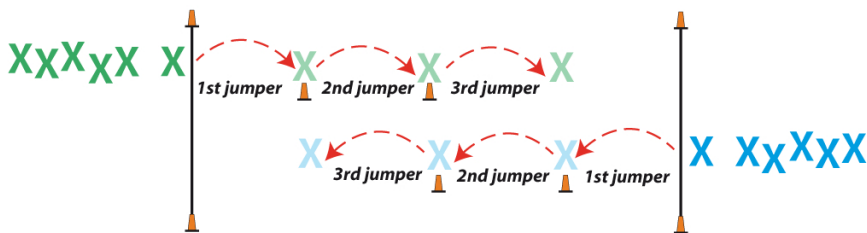


>> The Kangaroo

Goal: Introduction to agility using jumping as a mean. Athletes learn proper landing technique in order to be safe during jumping movements.

Description: Athletes are split into teams, a line of the field is used to mark the starting point. The athletes take turns by alternating with the other team, jumping towards their opponents with a standing two foot jump. Each jump is marked by a marker (eg. Glove or helmet). Each jumper tries to push the chicken further onto the opponent's side of line. The goal is to have the marker on the opponent's side after the last person has jumped.

Equipment: Small cones, markers, line of fields.



Variations and progression:

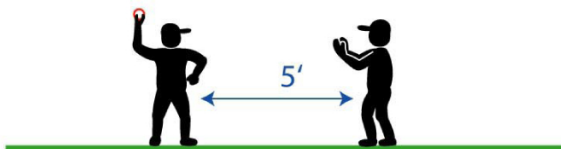
A Use different height and length for jumps.



7. White Cap - Throwing



With a partner or coach standing in front of the player at a distance of 5 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:

>> Handcuffs

Goal: Teach players the proper way to hold a ball.

Description: Players pair up with each other or with a parent. At a signal, players take a proper grip on the ball.

Equipment: Incrediball for each player

Variation and Progression:

A Players are seated, pick the ball off the ground and show it to a partner



B Players are seated, throw the ball (2 feet high) and show it to a partner





C Players are seated, pick the ball off the ground and throw it to a partner

D Players are seated, throw the ball (2 feet high) and throw it to partner



E On two knees, pick the ball off the ground and throw it to partner

F Players are seated, throw the ball to a partner

G On two knees, throw the ball to a partner



H Standing up, throw the ball to a partner



I On their back, throw the ball to a partner



Key Points:

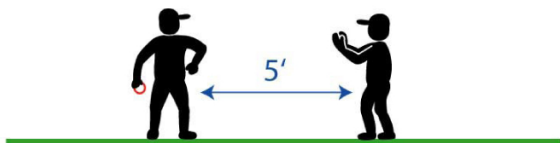
- Always put two or three fingers on the ball
- Hold the ball with the fingers and not in the palm of the hand



13. White Cap - Receiving



With a partner or a coach standing in front of the player at five (5) feet, throw the ball underhand to the player. At this stage, look for players who can receive the ball using both hands.



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

>> Catch the ball like an egg

Goal: Help players absorb the ball when catching it.

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.



Variations and Progression:

- A** On both knees, use foam balls.
- B** On both knees, no glove, use a bigger ball.
- C** On both knees, no glove, use tennis balls.
- D** Standing up, no glove, use tennis balls or bigger ball, throw with one bounce.
- E** On both knees, use foam balls.
- F** On both knees, no glove, use a bigger ball.
- G** On both knees, no glove, use tennis balls.

Equipment:

- Several types of balls (minimum 1 per player)
- 2-3 buckets



Key Points:

- Reach out for the ball.



- Bring hands towards the body when catching the ball.



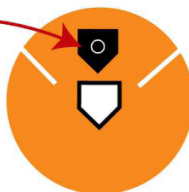
19. White Cap - Hitting



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



T-ball



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

>> Between the Two

Goal: Introduce players to the perfect batting stance.

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.



Variations and Progression:

A

Close feet

(Compact stance)



vs



Wide feet

(Wide stance)

VS

B

Straight legs



vs



Bent legs

VS

C

High hands



vs



Low hands

VS

D

Bat pointing
straight up



vs



Lying on shoulder

VS

E

Complete swings without ball



Key Points:

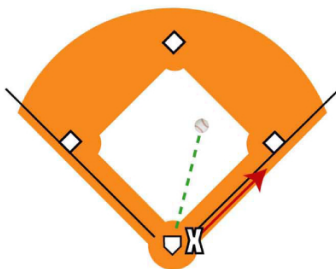
- Feet must be wider than shoulders.
- Hands high and back.
- Hands together on bat



25. White Cap - Base running



To complete this task, player must know what direction to run after hitting the ball. Coach can consider various bases to check players' knowledge.

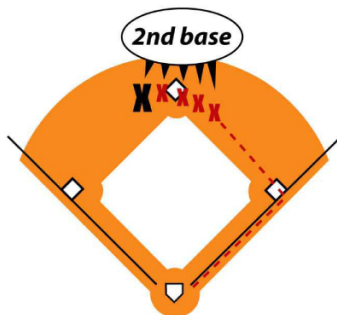


Below is a drill that can be used to prepare players for this task:

>> The Train

Goal: Help players to know the bases and to touch them properly.

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.



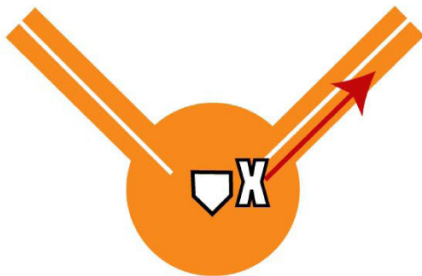
Variations and Progression:

- A** Coach leads the line.
- B** Individually, done while jogging.
- C** Individually done while backpedaling.
- D** Have players start at different bases.
- E** Individually done by running, player goes around the bases
(same as Hit Run and Throw)



Key Points:

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





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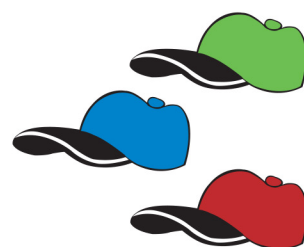
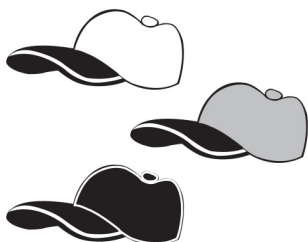
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