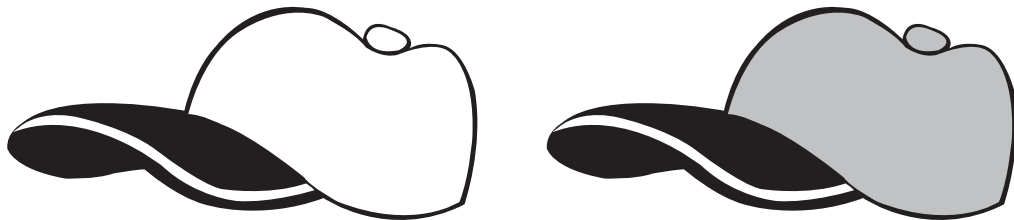




# PRACTICE PLANS



White and grey caps



# National initiation program - Rally Cap

## PRACTICE PLAN



### PRACTICE #1

### WHITE AND GREY 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.

#### 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:

**A** Players are seated, pick the ball off the ground and show it to a partner (or parent)



**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:

**E** Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



**Appropriate arm action**





## PRACTICE #1

## WHITE AND GREY CAPS

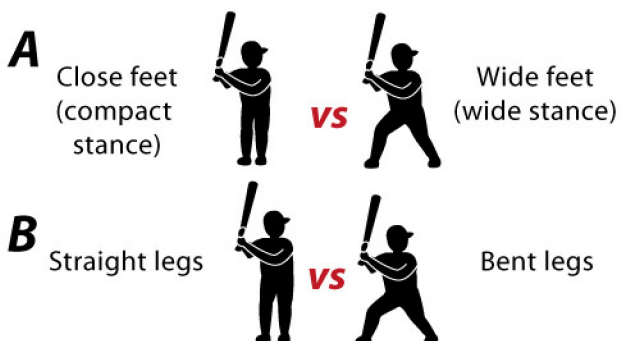
## HITTING

## Exercise "Between the Two" (13)

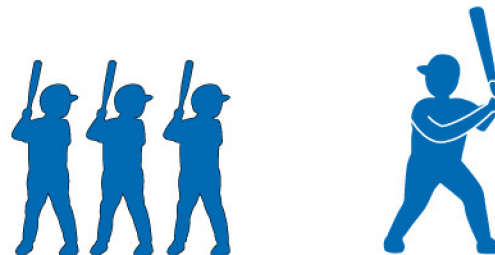
**Description:** Each player has a bat in their hands. Copy every different position the coach takes.

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



**E** Complete swings without balls



## Key points:

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

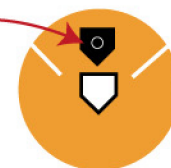
## Exercise "T-Ball" (18)

**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



T-ball



## Key points:

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

## Variations and progression:

- A** Standard T-ball
- B** Hit the ball through a hoop

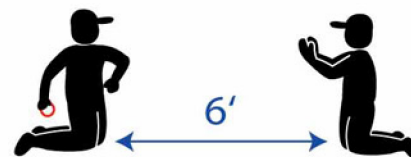


## RECEIVING

### 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.



**A** On both knees, use foam balls



**C** On both knees, use tennis balls



#### Key points:

- Reach out for the ball



- Bring hands toward the body when catching the ball



### 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

\* 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

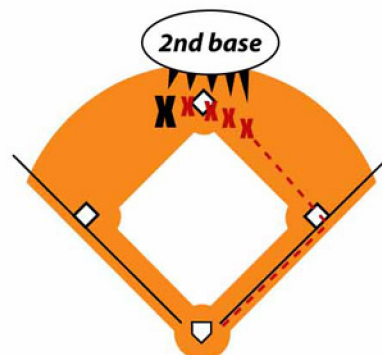


### BASE RUNNING

#### 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)



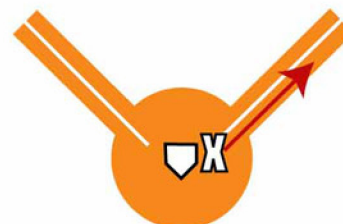
#### Variations and progression:

- A** Coach leads the line
- B** Individually, done while jogging
- 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...



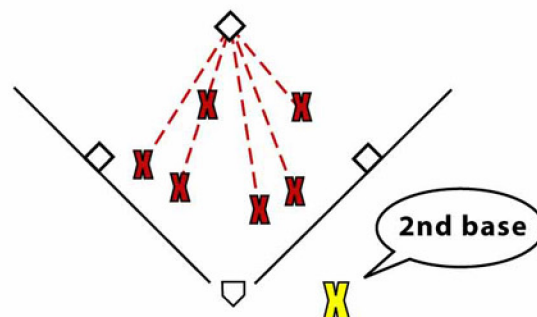
#### Exercise "The Musical Base" (21)

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

**Equipment:** Set of bases (minimum of 4),

#### Variations and progression:

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



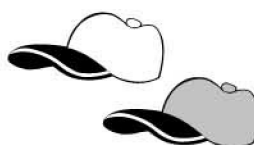
#### Key points:

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



# National initiation program - Rally Cap

## PRACTICE PLAN



### PRACTICE #2

### WHITE AND GREY CAPS

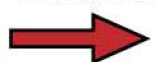
**Required equipment:** Incrediballs, various bats (baseball, plastic, cut hockey stick, small, large), various balls (baseball, wiffles, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of 4), helmets, screen (net), cones (4 to 6), hoops (2 or 3), target, badminton birdies.

#### 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 a partner (or parent)



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

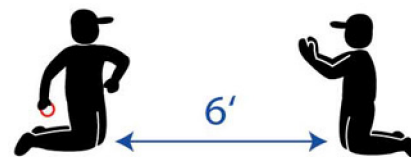


## RECEIVING

### 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.



**A** On both knees, use foam balls



**C** On both knees, use tennis balls



#### Key points:

- Reach out for the ball



- Bring hands toward the body when catching the ball



### 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

\* 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



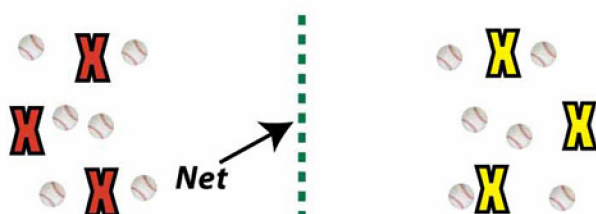


## THROWING

### Exercise "The Net" (3)

**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.



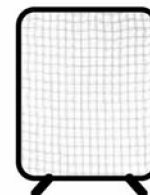
A little competition can be created where the goal is to send all balls to the other side.



Soft balls



Wiffle balls



Screen (net)

#### Equipment:

- A minimum of 6 soft balls or wiffle balls
- 1 screen or net

#### Variations and progression:

Players are located farther from the net



#### Key points:

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



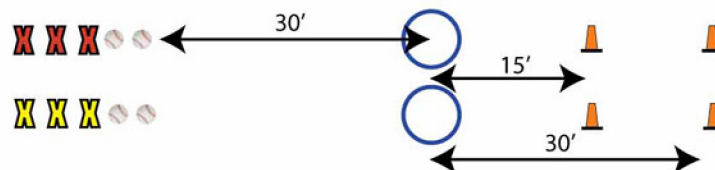
### Exercise "The Relay" (5)

**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!).

# National initiation program - Rally Cap

## PRACTICE #2 WHITE AND GREY CAPS

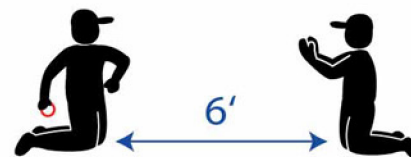


### RECEIVING

#### 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.



**A** On both knees, use foam balls



**C** On both knees, use tennis balls



#### Key points:

- Reach out for the ball



- Bring hands toward the body when catching the ball



#### 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

\* 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

# National initiation program - Rally Cap

## PRACTICE PLAN



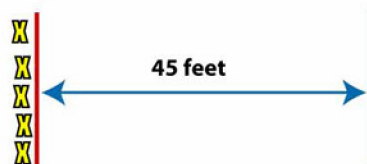
### PRACTICE #3

### WHITE AND GREY 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.

#### 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:

**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.

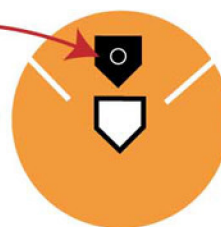
**Equipment:** T-ball, various bats and balls

Bats: baseball, plastic, cut hockey stick, small, large, ...

Balles: baseball, wiffles, tennis, softballs, foam balls, large, ...



T-ball



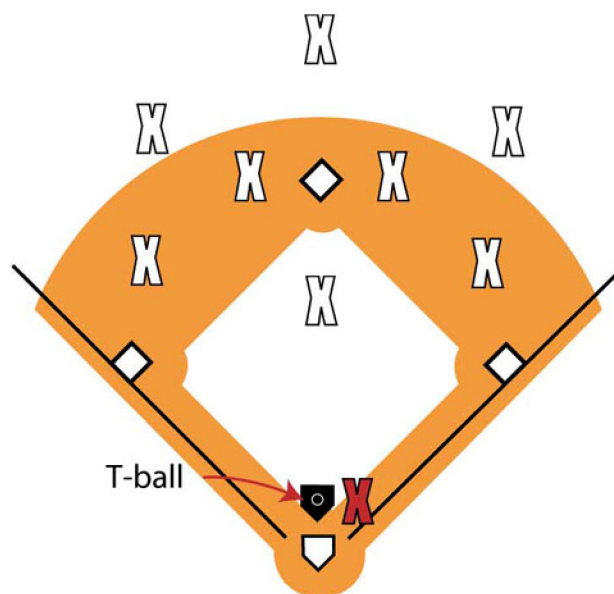
#### Variations and progression:

- A** Standard T-ball
- B** Hit the ball through a hoop



#### Key points:

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





### BASE RUNNING

#### Exercise "The Relay" (21)

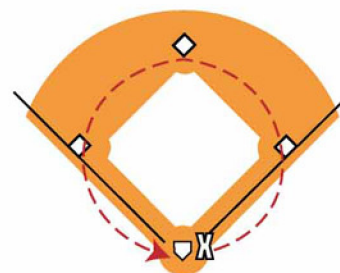
**Description:** All players are at home plate. At their turn (after player in front has reached 1st base), players round the bases. Between each base, there is a challenge to perform.

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



#### Challenge examples:

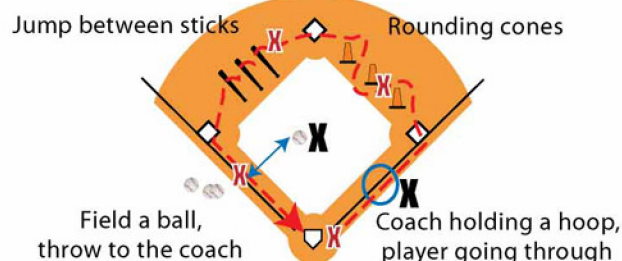
- A Backpedal
- B Rounding cones
- C Roll
- D Jump between sticks
- E Pass under a stick on 2 cones
- F Jump over a partner
- G Shuffle steps or other running drills
- H T-ball
- I Field a ball, throw to the coach
- J Etc ... (be creative)



#### 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.

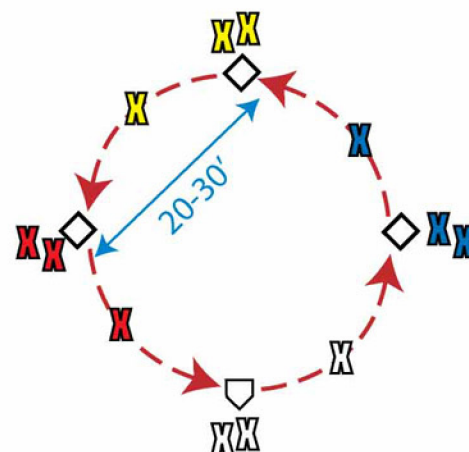
Score 1 point for your team for every player passed.

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.





### RECEIVING

#### Exercise "Sky Ball" (9)

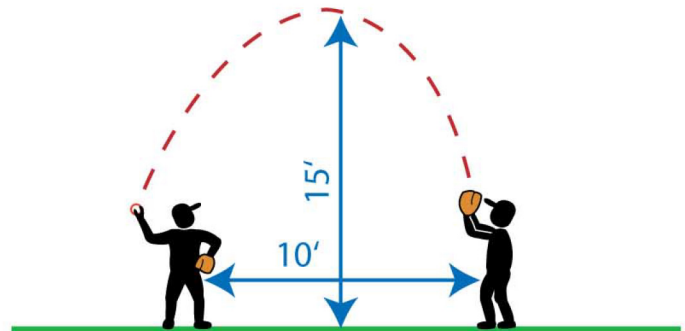
**Description:** 1 adult for every 2 players. Players will practice using high tosses from an adult. Self-competition can be included by:

- 1) Catching a higher ball each time
- 2) Number of consecutive catches

**Equipment:** 1 badminton birdie per player

#### 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.



#### Key points:

- Hands together slightly above forehead

### 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.

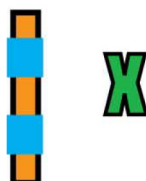
**Equipment:** Balls, target (can filled with water, Graco basketball hoop or target bullseye)

#### 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.



**RECEIVING****Exercise "Sky Ball" (9)**

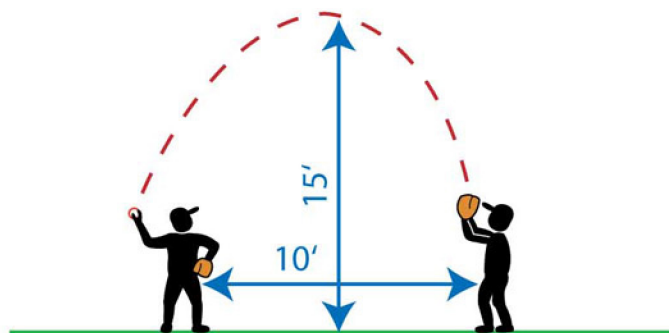
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- 2) Number of consecutive catches

**Equipment:** 1 badminton birdie per player

**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.

**Key points:**

- Hands together slightly above forehead

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

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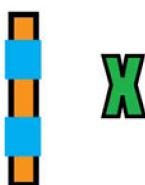
**Equipment:** Balls, target (can filled with water, Graco basketball hoop or target bullseye)

**Variations and progression:**

Change distance in relation to the players' abilities.

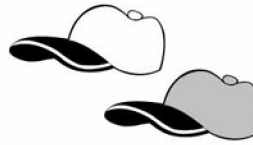
**Key points:**

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



# National initiation program - Rally Cap

## PRACTICE PLAN



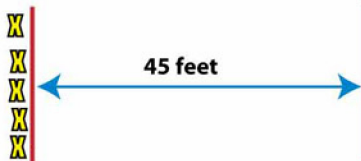
### PRACTICE #4

### WHITE AND GREY 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.

#### 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:

- 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:

- C** Players are seated, pick the ball off the ground and throw it to a partner (or parent)



- E** On two knees, pick the ball off the ground and throw it to 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.

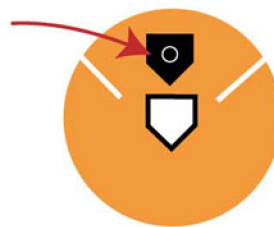
**Equipment:** T-ball, various bats and balls

Bats: baseball, plastic, cut hockey stick, small, large, ...

Balles: baseball, wiffles, tennis, softballs, foam balls, large, ...



T-ball



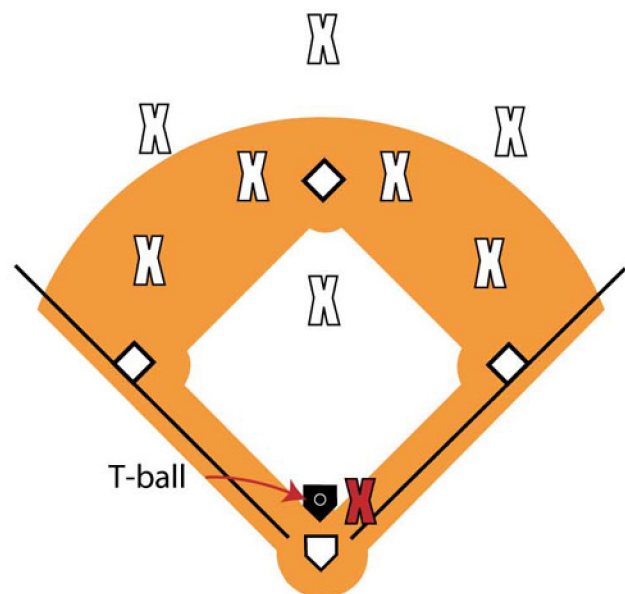
### Variations and progression:

- A** Standard T-ball
- B** Hit the ball through a hoop
- E** 3 swings and hit



### Key points:

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





### BASE RUNNING

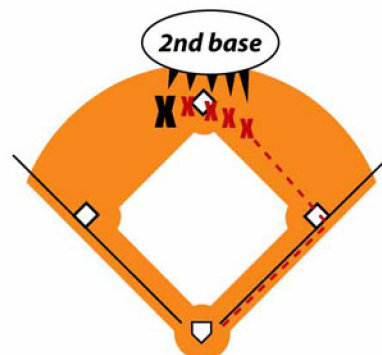
#### Exercise "The Train" (19)

**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)

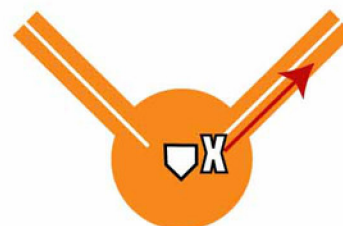
#### Variantes et progression:

- 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...



#### 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)

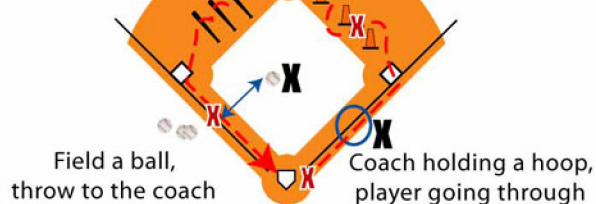


#### Key points:

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

#### EXAMPLE:

Jump between sticks      Rounding cones







## RECEIVING

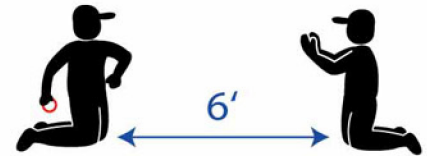
### Exercise "Catch the ball like an egg" (7)

**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.

#### Variations and progression:

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



#### Key points:

- Reach out for the ball

- Bring hands toward the body when catching the ball

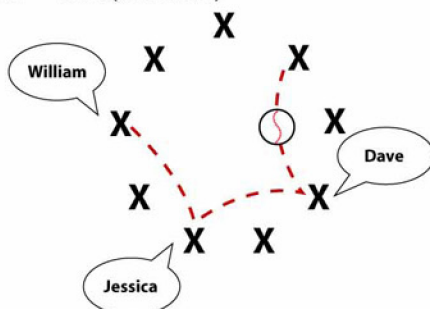


## GENERAL

### 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.

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

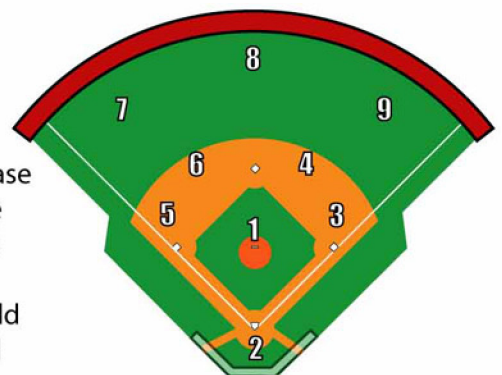
**Description:** Name each position and their number. Give each player a position name and instruct them to go to that position.

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

#### Variations and progression:

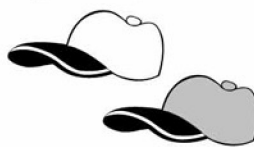
- Start them off the pitching mound
- Write position numbers on balls, place the balls in a bag; have players draw a ball and take it to the corresponding position.

- 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



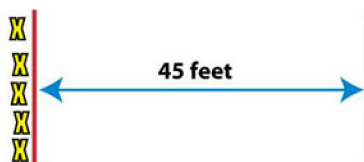
### PRACTICE #5

### WHITE AND GREY 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, badminton birdies.

#### 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) Shuffler 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 "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.



**B** Players sits with legs crossed.

**E**

Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



**Appropriate arm action**

##### 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:

**H** Standing up, throw the ball to a partner (or parent).



**Make sure the grip is appropriate**





### 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.

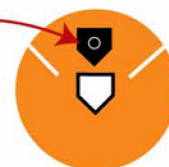
**Equipment:** T-ball, various bats and balls

#### Variations and progression:

**A** Standard t-ball



T-ball



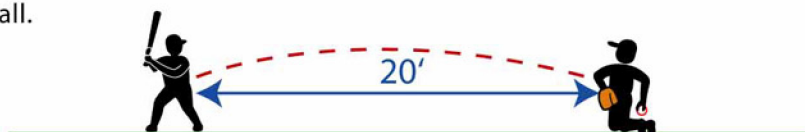
#### Key points:

- 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.

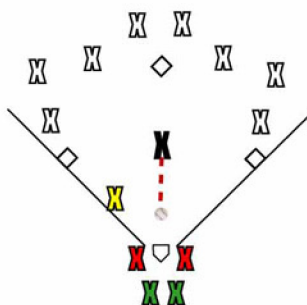
**Equipment:** Balls and bats



- 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:

**A** One player per parent/coach using plastic bats and wiffle balls.

**B** Baseball bats, small 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



## THROWING

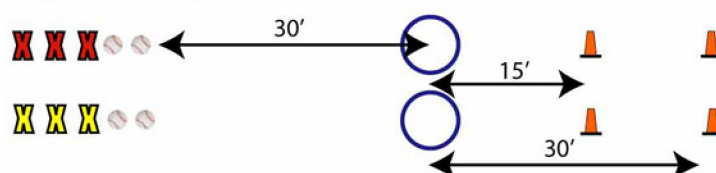
### Exercise "The Relay" (5)

**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"

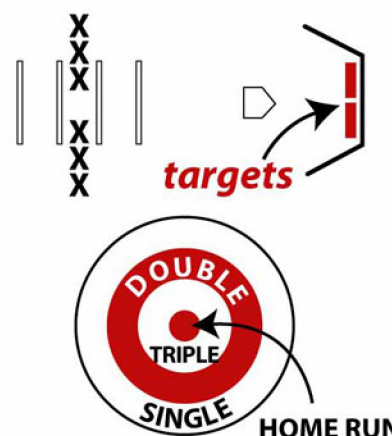
**Description:** Hang targets on a backstop or fence. Place one group of three players at each target. Mark out 4 lines at various distances from the target. The closest line to the target is considered a single, the next closest a double, the next closest a triple, with the farthest line from the target 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 "Sky Ball" (9)

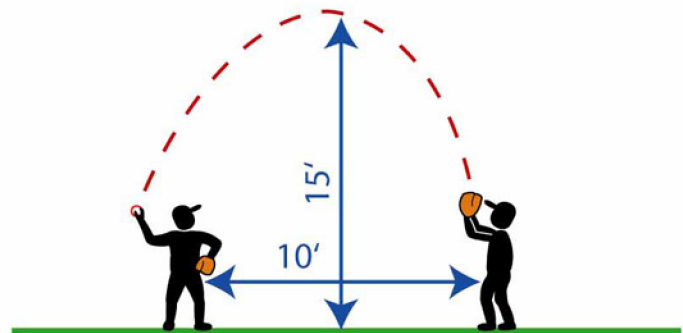
**Description:** 1 adult for every 2 players. Players will practice using high tosses from an adult. Self-competition can be included by:

- 1) Catching a higher ball each time
- 2) Number of consecutive catches

**Equipment:** 1 badminton birdie and 1 ball per player

#### Variations and progression:

- 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.



#### Key points:

- Hands together slightly above forehead

### THROWING

#### Exercise "The Guardian" (12)

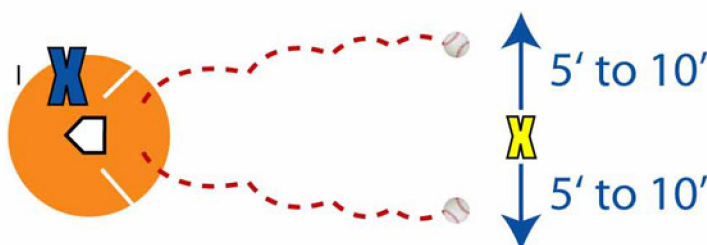
**Goal:** Teach players a safe way to field a ground ball.

**Description:** In pairs or with an adult, players practice fielding the ball (one knee down).

**Equipment:** 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



# National initiation program - Rally Cap

## PRACTICE PLAN



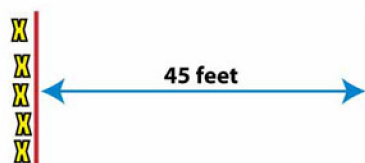
### PRACTICE #6

### WHITE AND GREY 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:

- A) Military walk
- C) Shuffler 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.



**B** Players sits with legs crossed.



**C** On both knees.



**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.

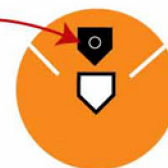
**Equipment:** T-ball, various bats and balls

#### Variations and progression:

**E** 3 swings and hit



T-ball



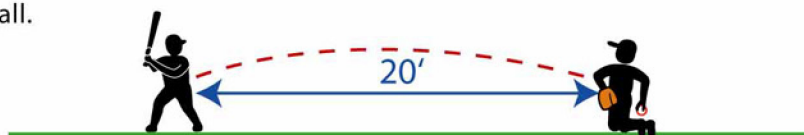
#### Key points:

- 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.

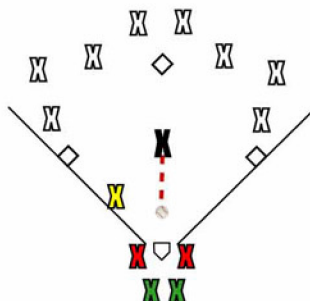
**Equipment:** Balls and bats



- 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:

**B** Baseball bats, small balls.

**C** Baseball bats, wiffle 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



### BASE RUNNING

#### Exercise "The Relay" (21)

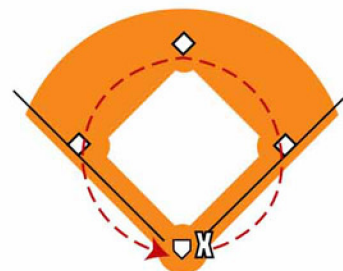
**Description:** All players are at home plate. At their turn (after player in front has reached 1st base), players round the bases. Between each base, there is a challenge to perform.

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



#### Challenge examples:

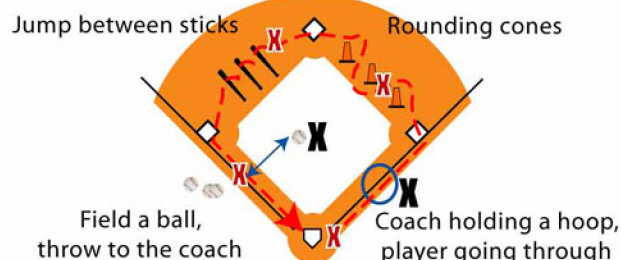
- A Backpedal
- B Rounding cones
- C Roll
- D Jump between sticks
- E Pass under a stick on 2 cones
- F Jump over a partner
- G Shuffle steps or other running drills
- H T-ball
- I Field a ball, throw to the coach
- J Etc ... (be creative)



#### 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.

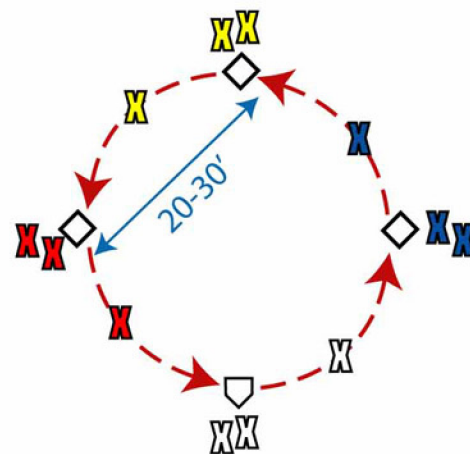
Score 1 point for your team for every player passed.

Run for a set period of time (15-30 seconds).

**Equipment:** Set of bases (minimum of 4)

#### Variations and progression:

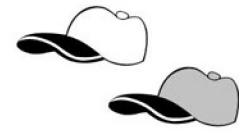
- A Use parents so players can try to pass them
- B Backpedal



#### Key points:

- **AT ALL TIME**, players must touch all bases.





## PRACTICE #6

## WHITE AND GREY CAPS

### 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)



#### Variations and progression:

**B** Coach rolls a ground ball

**C** In pairs, one player rolls the ball and the other receives it

*\* Do exercise with and without gloves*

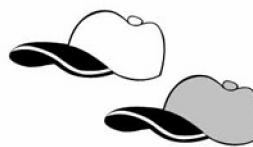


#### Key points:

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

# National initiation program - Rally Cap

## PRACTICE PLAN



### PRACTICE #7

### WHITE AND GREY 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, protection screen (net), cones (4 to 6), hoops (2 or 3), target, badminton birdies, tennis racquet.

#### 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
- 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**

**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.

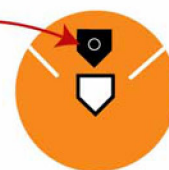
**Equipment:** T-ball, various bats and balls, hoop

#### Variations and progression:

**B** Hit the ball through a hoop



T-ball



#### Key points:

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

#### 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

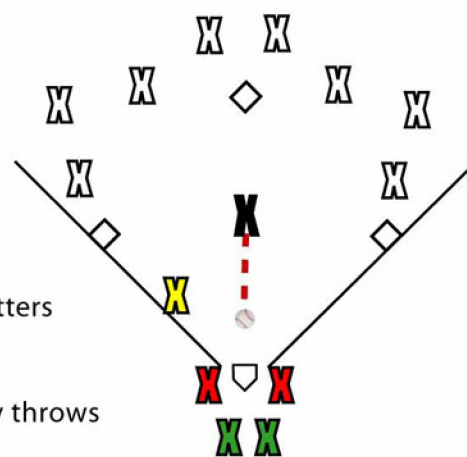
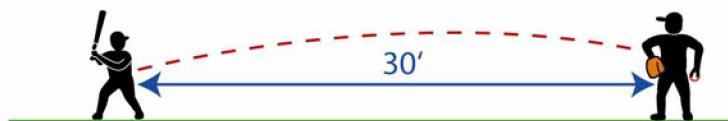
Players are usually set up as follows::



- 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.**

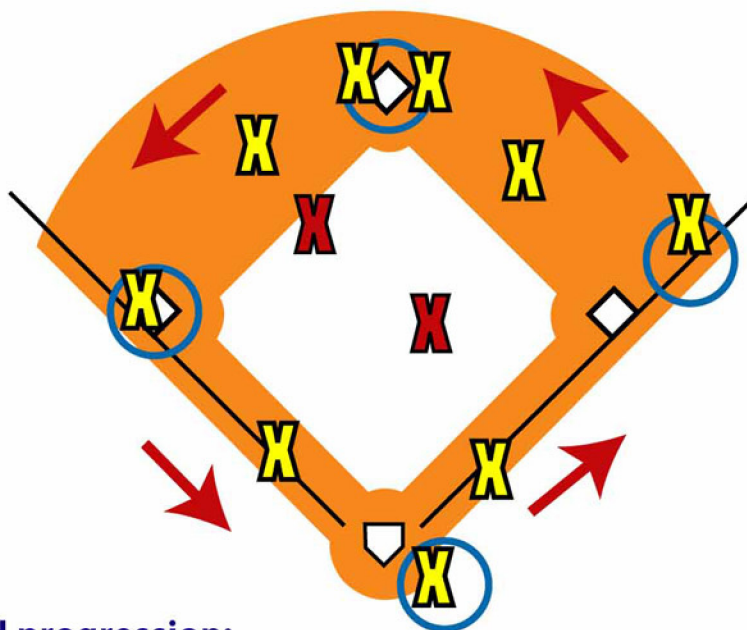




**BASE RUNNING****Exercise "Tag Baseball"**

**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



### 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, 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.



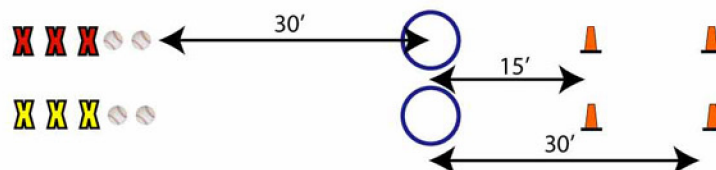
#### Exercise "The Relay" (5)

**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).

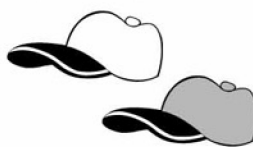
**A** If player hits 1st cone = 1 point.  
2nd cone = 3 points.  
First team to finish = 2 points.

**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!).

# National initiation program - Rally Cap

## PRACTICE PLAN



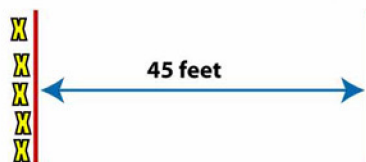
### PRACTICE #8

### WHITE AND GREY 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, screen (net).

#### 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
- 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 "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 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:

- D** On one 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



**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

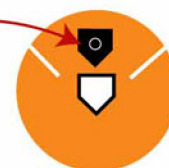
#### Variations and progression:

**B** Hit the ball through a hoop

**E** 3 swings and hit



T-ball



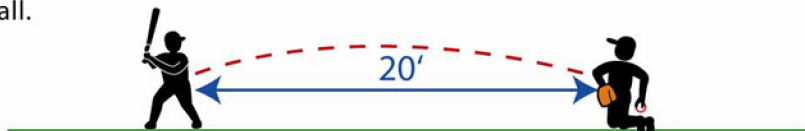
#### Key points:

- 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.

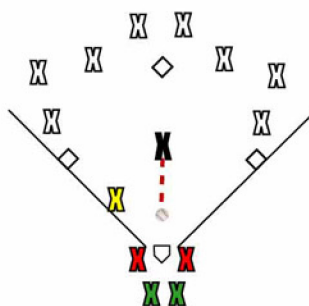
**Equipment:** Balls and bats



- 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:

**B** Baseball bats, small balls.

**C** Baseball bats, wiffle 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

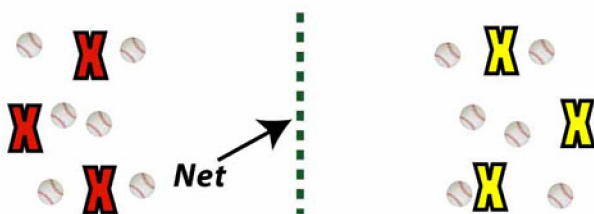


### THROWING

#### Exercise "The Net" (3)

**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.



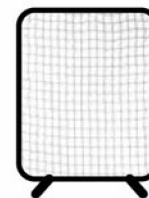
A little competition can be created where the goal is to send all balls to the other side.



Soft balls



Wiffle balls



Screen (net)

#### Equipment:

- A minimum of 6 soft balls or wiffle balls
- 1 screen or net

#### Variations and progression:

Players are located farther from the net

#### Key points:

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



### 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.





## GAME & GENERAL

### Exercise "Out" (27)

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**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

### WHITE AND GREY CAPS

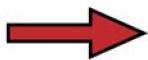
**Required equipment:** Incrediballs, various bats (baseball, plastic, cut hockey stick, small, large), various balls (baseball, wiffles, tennis, softballs, foam balls, large), t-ball, set of bases (minimum of 4), helmets.

#### 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
- 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 "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 a partner (or parent)



- 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:

- E** Players are executing on command:

1) throwing arm goes down



2) reach back



3) lift arm to shoulder height



**Appropriate arm action**

- 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.

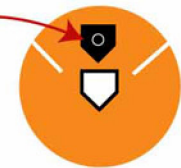
**Equipment:** T-ball, various bats and balls

#### Variations and progression:

**A** Standard t-ball



T-ball



#### Key points:

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

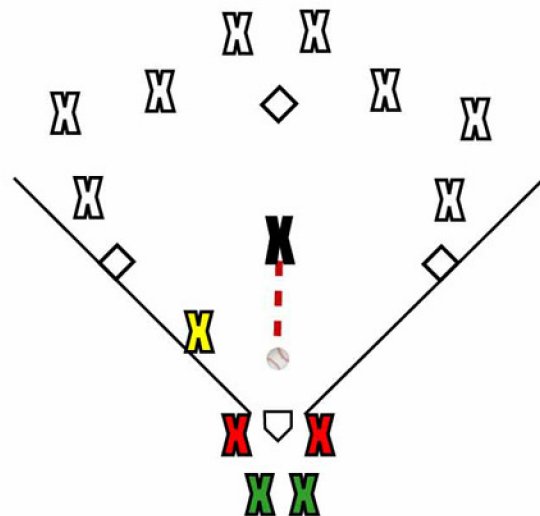
#### Exercise "Wiffle BP" (16)

**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

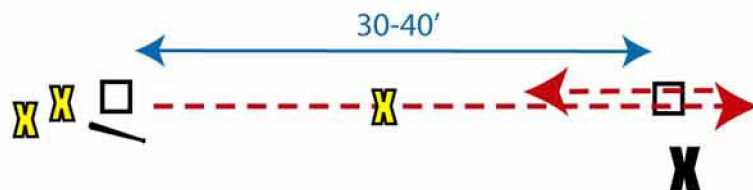


## BASE RUNNING

### 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.

**C** Hit a wiffle ball tossed.



### Key points:

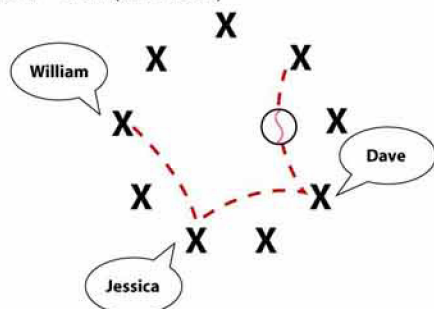
- Make sure players are running full speed across the bag, slowing down only after touching it.

## 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.

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

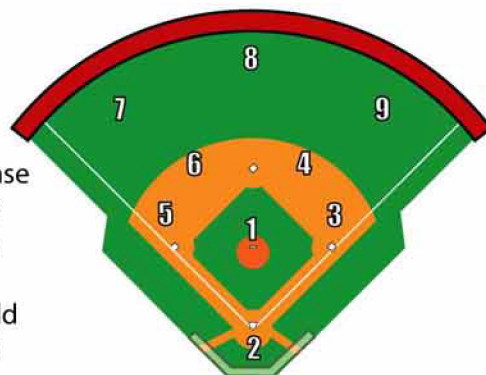
**Description:** Name each position and their number. Give each player a position name and instruct them to go to that position.

**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







## 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.

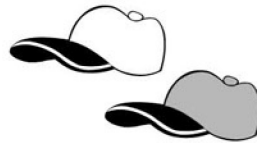


### Key points:

- Touch the runner with the ball before the runner touches the base.

# National initiation program - Rally Cap

## PRACTICE PLAN



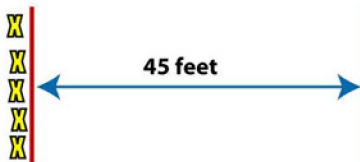
### PRACTICE #10

### WHITE AND GREY 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, screen (net).

#### 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 "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 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**

- G** Add one step with the glove side (giant step), just before throwing.



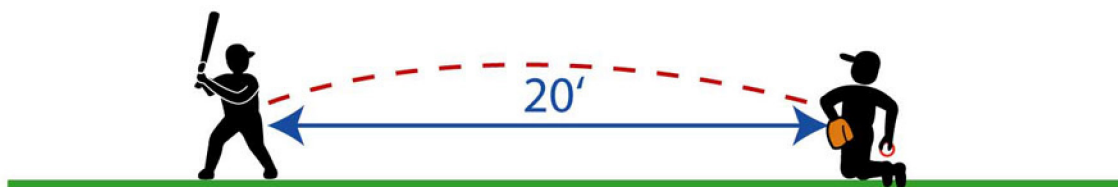


### HITTING

#### 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



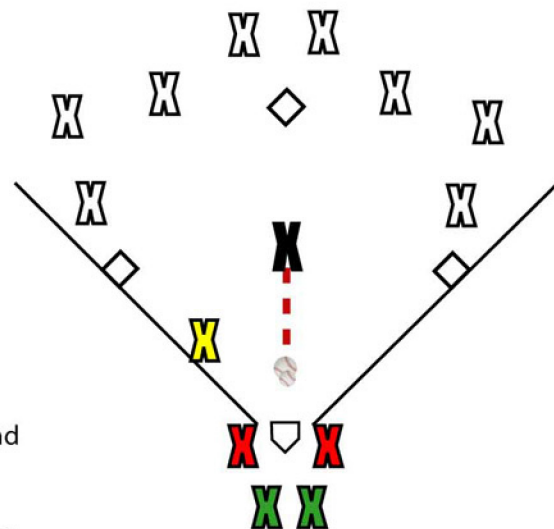
- Players are usually set up as follows:



- 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:

**H** Tennis racquet, wiffle balls

**I** Tennis racquet, trennis balls





## GENERAL & GAME

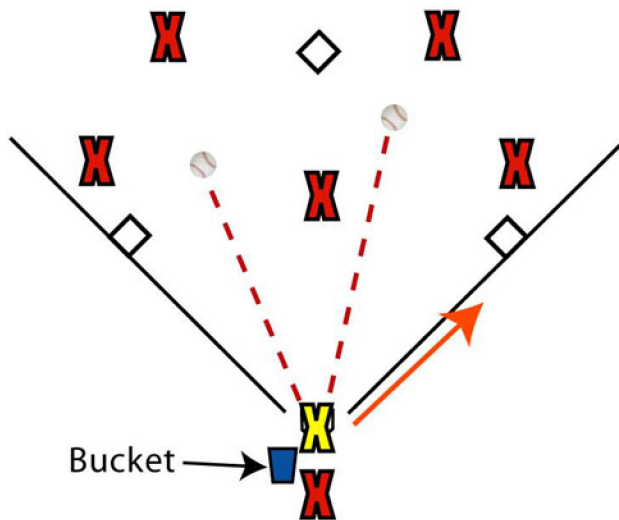
### Exercise "Bucket Ball" (28)

**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



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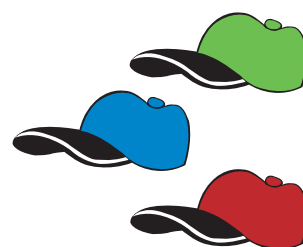
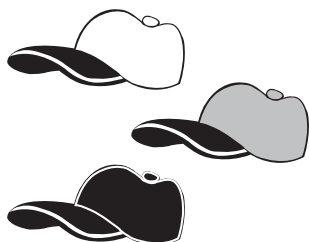
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