



Baseball Canada Long-Term Participant Development



Stage 2: The FUNdamentals (U9)

The FUNdamentals stage is for children aged approximately six to nine. At this age, the focus is on developing physical literacy—the ability, confidence, and motivation to move in different ways, like running, jumping, throwing, catching, and balancing across many environments. It's not about being the best player; it's about building skills and confidence for all sports. Kids who develop physical literacy are more likely to stay active and try new things as they grow.

The Key Baseball Skills Include:

- Throwing and catching with both hands
- Hitting a ball off a tee or a gentle toss
- Running bases safely with good technique
- Fielding ground balls and pop flies
- Working together as part of a team

Rally Cap Program

The Rally Cap program supports this by making learning baseball enjoyable, focusing on skill development through stations and mini-games, celebrating progress, and ensuring equal opportunities for all. Programs like Baseball5 and My First Pitch also help keep kids engaged as they develop.

What is Rally Cap Development?



What is Physical Literacy?



What is Long-Term?



Good programs have coaches who are welcoming and encouraging, offer games and stations that match kids' abilities, ensure equal play time for all participants, and recognize participation and improvement. Children should have fun at every practice and game while developing these skills.