



Baseball Canada Long-Term Participant Development



Stage 1: Active Start (U6)

This stage is about movement; it's about building happy, confident movers who enjoy being active, who may then become baseball players or have the skills to do other sport. This stage is about introducing physical activity as a natural and enjoyable part of everyday life.

At this age, children are learning basic movement skills through play. The focus is not on baseball, but on developing coordination, balance, running, jumping, and throwing in a fun and safe environment.

Key Baseball Skills Include:

- Skills transferable to other sports and activities.
- Simple activities that introduce throwing, catching, and striking
- Light equipment sized appropriately for small hands
- No formal games, standings, or positions
- Short, engaging sessions that keep kids moving
- Programs should feel like play – not practice.

Key Parental Skills Include;

- Be active and engaged with your child
- Encourage exploration and effort
- Allow learning without over-correcting the technique
- Celebrate participation rather than performance
- Are enthusiastic with a positive attitude to shape your child's experience.
- Contributing to creating the environment that is welcoming, inclusive and full of joy.

Parents Tip

Having children play with a variety of sized, textured, and weighted balls helps develop adaptability.



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Kids who have fun playing a sport or engaging in physical activity are more likely to stay active and healthy throughout their lives. They are likely to develop a higher level of physical literacy and have a better chance of pursuing excellence in sport. Designed properly, children's sport can be fun while providing exciting challenges and rich skill development.