MOUNT SEYMOUR LITTLE LEAGUE



Rally Caps Division

TEAM COACH BINDER



Introduction to Rally Caps

Structure

Thank you for volunteering to coach Rally Caps. The Rally Cap program was developed using existing baseball initiation programs, as well as adding new ideas in order to create increased interest for players.

In the Rally Cap baseball program, each team will consist of 6-8 players. Smaller teams means players get more chances to practice their skills and spend less time waiting for their turn.

The Game

Each session will last approximately 75 minutes. Two teams will play a mini game while one team will be practicing drills in the outfield area. The mini-game consists of one full innings with each team getting an opportunity to bat. After completing the innings the teams will run a base relay. After the relay all teams will rotate to their next position. Each team will play two mini games and have one practice time during each Rally Caps session. We do not keep score in Rally Caps games.

The Practice

While in the outfield area, each team will practice different drills focusing on the key skill areas:

- THROWING
- RECEIVING
- HITTING
- RUNNING
- KNOWLEDGE

Each skill is divided into three levels (these correspond to the white, grey and black cap level in the old Rally Caps program).

Your coach's binder includes drills which you can use to help the players progress through the levels in each of these skill areas. At this age some players will progress much quicker than others and attention spans are relatively short. Coaches should focus on making the practice sessions fun for all players on the team.

Player Skills Assessment Certificates

In your coaches binder you will find player assessment certificates. We no longer formally assess players in Rally Caps – but we ask that coaches observe each player's progress throughout the season. At the closing ceremony the league will provide each player with a participation medal, and the coaches should present each player with their completed skills certificate.

Coaching Resources

In addition to the Rally Caps program, there are several other great resources that you can use to find practice drills and ideas for coaching your team. Please refer to the Coaches page on www.msll.ca



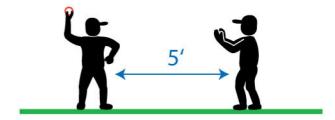
Level 1



GOALS TO ACHIEVE

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.



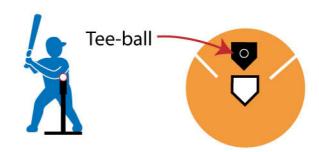
RECEIVING

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.



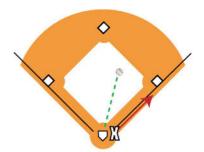
HITTING

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.



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.



GENERAL KNOWLEDGE

Players should know their team name, their coaches name and the names of 3 team-mates.



Level 2



GOALS TO ACHIEVE

THROWING

With a partner or a coach standing in front of the kid at 10 feet, ask the player to throw the ball. The accuracy is not important at this stage. We just want the player to be able to reach the distance.



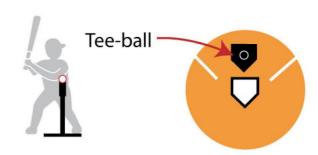
RECEIVING

With the coach located 15 feet in front of the player, roll 15 balls to the player. In order to succeed, the player must field 10 of the 15 balls.



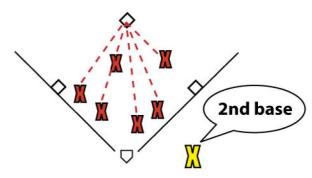
HITTING

With a partner or a coach standing beside the player, simply ask the player to hit the ball off the tee. Contact with 10 of 15 balls is important here, not distance. Ensure the tee is placed in front of home plate and NOT directly on home plate.



BASE RUNNING

To complete this task, coach must ask his players to identify the bases on baseball field: 1st base, 2nd base, 3rd base and home.



GENERAL KNOWLEDGE

Teach the players the name and position number of each of the fielding positions.

General section

Match positions with their numbers

Match positioi	is with their n	umbers	
Shortstop	4	8	
3rd base	9	7	9
Right field	1		4
Catcher	3	5	3
Pitcher	6)//
1st base	5		
2nd base	2	2	



Level 3



GOALS TO ACHIEVE

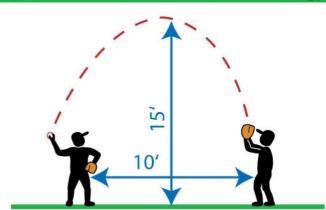
THROWING

With a partner or a coach standing in front of the player at a distance of 25 feet, the player is asked to throw the ball. Accuracy is not important at this stage, only that the play be able to throw the distance.



RECEIVING

With a partner or coach standing in front of the player at 10 feet, throw the ball in the air at approximately 15 feet. Look for players who will catch the ball using both hands. To succeed, the player must catch 10 fly balls out of the 15 balls thrown.



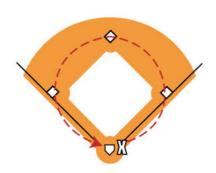
HITTING

With a partner or a coach standing in at 45 degrees from the player, simply ask the player to hit the ball thrown underhand. 7 out of 15 attempts should be successful. The distance is not important here.



BASE RUNNING

The player takes a position in the batter's box. With a ball standing on a tee, the player takes a full swing and starts running towards 1st base. He then rounds 1st base using the banana turn before going to 2nd base. To be successful, the player must round 1st base in order to be in line with 2nd base.



GENERAL KNOWLEDGE

Ask players to name 3 different ways to get a player out.

General section

Circle the correct answer:

To put out a runner, I can:

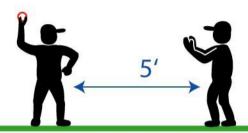
- a) Throw the ball on him
- b) Touch him with the ball in my hand
- c) Throw to the base before he gets there on a forced play
- d) Touch him with the ball in my glove
- e) B, C and D
- f) All of the above
- g) Cand D

1. 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 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.

Equipement: Incrediball for each player

Variation and Progression:

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



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



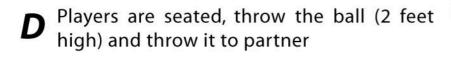








C Players are seated, pick the ball off the ground and throw it to a partner







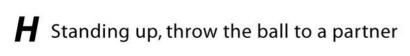




On two knees, pick the ball off the ground and throw it to partner

Players are seated, throw the ball to a partner

G On two knees, throw the ball to a partner









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







2. Grey Cap - Throwing



With a partner or a coach standing in front of the kid at 10 feet, ask the player to throw the ball. The accuracy is not important at this stage. We just want the player to be able to reach the distance.



Below is a drill you can use to prepare your players for this task:

>> The Wheel

Goal: Teach the proper mechanics when throwing a ball.

Description: In pairs, the players play catch using the proper mechanics.

Equipment: Incrediball for each player

Variation and Progression:

Players simulate the mechanics without a ball.









B Players sits with legs crossed.







On both knees.

D On 1 knee (throwing arm's knee).





E Players are executing on command:

1) throwing arm goes down



3) lift arm to shoulder height







Execute 3 circles before throwing:

- small circle
- medium circle
- large circle





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



Key Points:

- Explain that the longer the arm circle, the faster the arm speed (small wheel vs. big wheel)
- Make sure they hold the ball right, facing away.
- Glove foot goes forward while throwing



3. Black cap - Throwing



With a partner or a coach standing in front of the player at a distance of 25 feet, the player is asked to throw the ball. Accuracy is not important at this stage, only that the play be able to throw the distance.



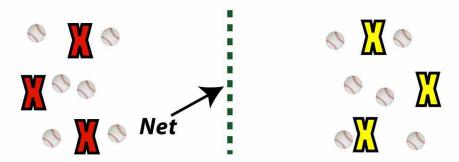
Below are drills that can be used to prepare players for this task:

>> The Net

Goal: Throw a certain distance without paying attention to accuracy.

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.



Variation and Progression:

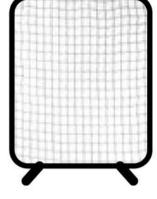
Players are located farther from the net.

Equipment:

- A minimum of 6 soft balls or wiffle balls
- Screen or net



Soft balls



Screen or net



Wiffle balls



Key Points:

- Make sure the grip is appropriate.





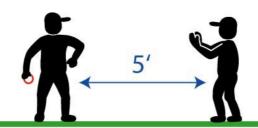
- Glove side foot forward when throwing.



7. 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.



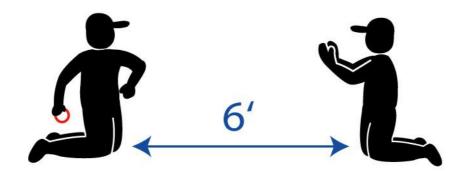
Below is a drill that can be used to prepare players for this task:

>> 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.



8. Grey cap - Receiving



With the coach located 15 feet in front of the player, roll 15 balls to the player. In order to succeed, the player must field 10 of the 15 balls.



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

>> The Crocodile

Goal: Teach and reinforce the proper way to receive a ground ball

Description: Coach instructs the players to simulate the proper way to receive a ground ball. With a partner or a parent located in front of the player, roll the ball underhand to the player. Look for players who will field the ball with two hands. It is recommended starting on two knees and bare handed in order to isolate the movement. For younger players, it is recommended to use a parent as a partner.

Variations and Progression:

A Simulate receiving the ball **D** With and without gloves

B Coach rolls a ground ball **E** With different type of balls

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

Equipment: Several types of balls (minimum 1 per player) and bigger balls.

Key Points:

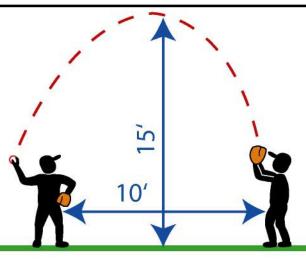
- Always put hands out like a crocodile's mouth
- "Pet" the ball when receiving it
- Feet and hands form a triangle



9. Black cap - Receiving



With a partner or coach standing in front of the player at 10 feet, throw the ball in the air at approximately 15 feet. Look for players who will catch the ball using both hands. To succeed, the player must catch 10 fly balls out of the 15 balls thrown.



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

Sky Ball

Goal: Teach and reinforce the proper way to receive a ground ball

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

Variations and Progression:

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.

C Standing alone, players toss a ball in the air and try to catch it bare handed.

D Coach throws the ball.

E Coach hits a badminton birdie.

F With or without a glove.

Equipment: 1 ball and glove for each player



Key Points:

- Hands together slightly above forehead.

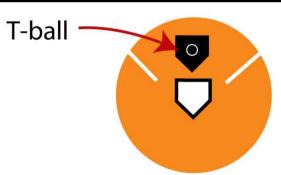


13. White cap - Hitting



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.





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.

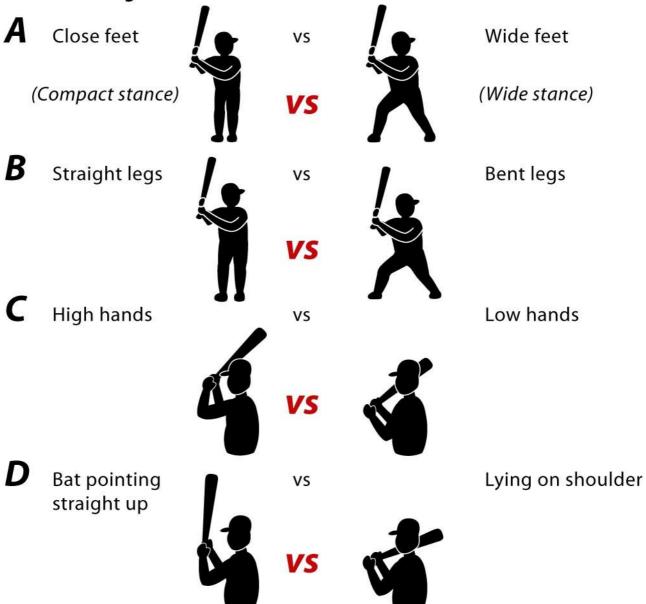
Every time the coach asks the players how to position themselves, they answer: "Between the two". In all cases, you want "Between the two" extremes as a better method for your hitters to start from.

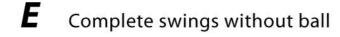






Variations and Progression:







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

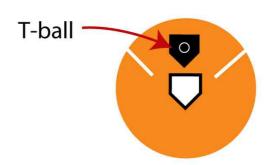


14. Grey cap - Hitting



With a partner or a coach standing beside the player, simply ask the player to hit the ball off the tee. Contact with 10 of 15 balls is important here, not distance. Ensure the tee is placed in front of home plate and NOT directly on home plate.





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

>>

500

Goal: Introduce players to the perfect batting stance.

Description: 1 group of 4-6 players. 1 batter while the others field.

- Batter will bat off a Tee or via adult-pitch.
- Each batter gets 10 swings or hits.
- Fielder can get points by fielding the ball, * 100 for caught fly,
 * 50 for one bouncer, * 25 for a grounder

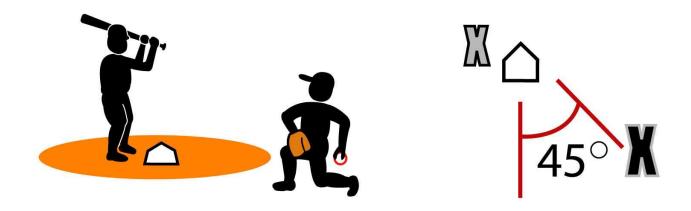
100 points for caught fly
50 points for one bouncer
25 points for a grounder



15. Black cap - Hitting



With a partner or a coach standing in at 45 degrees from the player, simply ask the player to hit the ball thrown underhand. 7 out of 15 attempts should be successful. The distance is not important here.



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

>> Light Toss

Goal: Gives players an opportunity to work on specific areas of their swing.

Description: Players can do this in pairs or in groups of three (each group needs 6-10 baseballs). With a partner or a coach located at 45 degrees beside the batter, simply ask the player to hit the ball tossed underhand.

Get one player to kneel in front and to the side of the hitter and toss a ball with little or no arc in front of them.

After the hitter has had 10-15 quality swings, get the players to switch. The pitcher should keep the delivery consistent so that hitters can find their timing.



Variations and Progression:

USE VARIOUS TYPES OF BATS AND BALLS

A Regular toss at 45 degrees

B Regular toss at 45 degrees with colored balls

C Regular toss without moving feer (no step)

D Regular toss with one knee down

E Regular toss with bottom hand only (use light bat)

F Regular toss using 2 balls

Key Points:

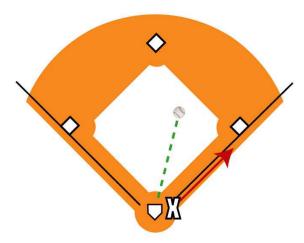
- Feet wider than shoulders
- Hands high and back
- Hands together on the bat



19. 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.

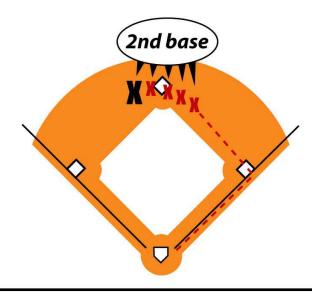


Below is a drill that can be used to prepare players for this task:

>> 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.





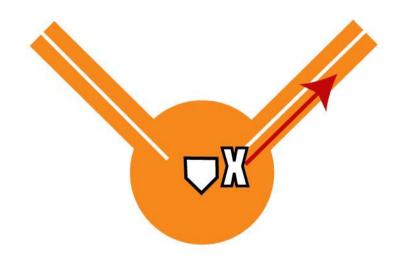
Variations and Progression:

- 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...





20. Grey cap - Base running



To complete this task, coach must ask his players to identify the bases on base-ball field: 1st base, 2nd base, 3rd base and home.

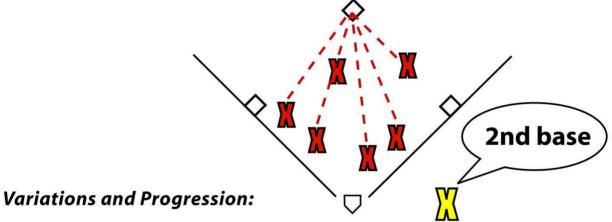
Below is a drill which can be used to prepare your players for this task:

>>

The Musical Base

Goal: Help players recognize bases on the field.

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



∧ Ask play

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

Equipment: 4 bases minimum



Key Points:

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

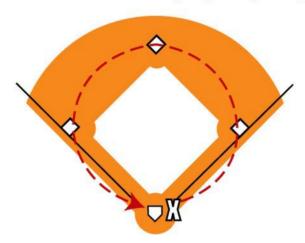


21. Black cap - Base running <



The player takes a position in the batter's box. With a ball standing on a tee, the player takes a full swing and starts running towards 1st base. He then rounds 1st base using the banana turn before going to 2nd base. To be successful, the player must round 1st base in order to be in line with 2nd base.

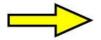
Below is a drill which can be used to prepare your players for this task:



>> The Relay

Goal: Teach players to touch bases properly by rounding them using a good technique.

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.



CHALLENGE EXAMPLES: BE CREATIVE !!!!!!

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

Field a ball, throw to the coach

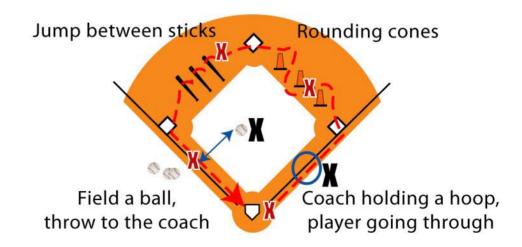
J Etc ... (be creative)



Key Points:

- More than one ability can be incorporated.

EXAMPLE:





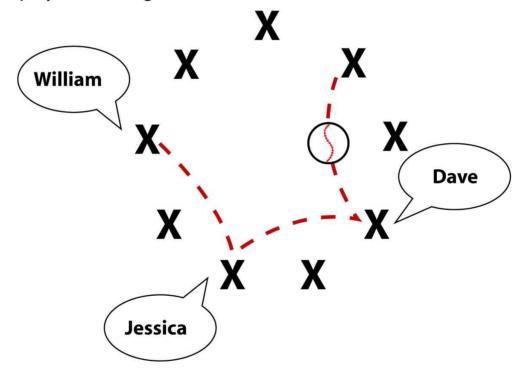
25. White cap - General knowledge <



By using the report card attached with 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:

>> Around the Horn

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.





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.



26. Grey cap - General knowledge



By using the report card attached with 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:

>> Names & Numbers

Goal: Teach the players the name and number of the positions.

Description: Name each position and their number.

Give each player a position name and instruct them to go to that

position.

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

Key Points:

1 = pitcher

2 = catcher

3 =first base

4 = second base

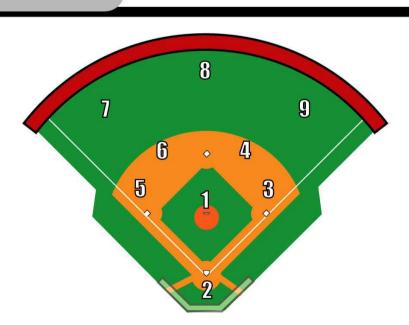
5 = third base

6 = shortstop

7 = left-field

8 = center-field

9 = right-field





27. Black cap - General knowledge <



By using the report card attached with 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:

>> "OUT"

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.

