

Rally Cap Program

Goals of the Rally Cap Program

- Create an environment in which children and adults can have fun with baseball
- Teach baseball skills, rules, and strategy to our players
- Model and teach competitiveness with an emphasis on good sportsmanship
- Promote increased self-esteem among Rally Cap children and adults

Structure of the Rally Cap Program

- In the Rally Cap baseball program, each team will consist of 6 players only, meaning more teams could be formed while more repetitions will allow players to improve their different skills
- In Rally Cap baseball, 3 teams will meet at the park at the same time. Two (2) teams will be playing a game while one (1) team will be practicing in the outfield

The Game

- Each session will last 60 minutes.
- After each inning played, teams will rotate.
- At each turn batting, all players will come to bat. The ½ inning will end when all six players have completed their turn.
- Teams will score runs the way they would in a normal game.
- Chance to earn extra runs on defense by catching fly balls and throwing runners out on the bases.
- There are no walks, no strikeouts, no base stealing and runners can only advance on batted balls.

The Game (cont.)

- All three formats of hitting can be used:
Tee-ball / Parent-pitcher / Pitching Machine
- Each player has the choice of which format they would like to use.
- Each hitter gets a maximum of 5 baseballs. If the fifth ball is not hit then the coach will roll a baseball into the field to allow the hitter to run the bases and the defense to try and make plays.

-When the last hitter hits the ball the defense must throw the ball to home plate to get the final out.

The Practice

-While in the outfield each team will practice the FUNdamentals:

•Throwing

•Receiving

•Hitting

•Base Running

•General Knowledge

-Coach's Guide with drills are included to help prepare sessions.

-Players rotate through the different stations each time they come back to the outfield.

-Players work with partners at each station to develop their skills.

White Cap Level

➤Throwing – Able to throw a ball 5 feet

➤Receiving – Able to catch a ball thrown at 5 feet

➤Hitting – Able to hit a ball off a tee

➤Base Running – Able to run to 1st base in 12 seconds or less

➤General – I know my team's name, coach's name, and names of 3 teammates

Grey Cap Level

➤Throwing – Able to throw 7 of 10 balls to partner at 10 feet

➤Receiving – Able to field 10 of 15 ground balls from 15 feet

➤Hitting – able to hit 10 of 15 balls off a tee

Grey Cap Level (cont.)

➤Base Running – Able to run to 1st base in 8 seconds or less (60 feet)

➤General – Able to name all of the position numbers

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Black Cap Level

➤Throwing – Able to throw the ball 25 feet

➤Receiving – Able to catch 10 of 20 fly balls from a height of 15 feet

- ▶ Hitting – Able to hit 7 of 15 balls thrown underhand
- ▶ Base Running – Able to run home to 2nd base in 14 seconds
- ▶ General – I know 3 different ways to get a player out

Green Cap Level

- ▶ Throwing – Able to throw 9 of 15 in the strike zone from 20 feet
- ▶ Receiving – Able to catch 5/5 ground balls, 5/5 fly balls, and 5/5 balls thrown by a partner from 15 feet
- ▶ Hitting – Able to hit 7/15 balls past the base paths, rolling or in the air
- ▶ Base Running – Able to run around the bases in 27 seconds
- ▶ General – I know where to throw the ball when I field it

Blue Cap Level

- ▶ Throwing – Able to throw the ball at a distance of 50 feet
- ▶ Receiving – Able to catch 12/15 fly balls not directly hit to me (20 feet in front 5-10 feet left and right)
- ▶ Hitting – Able to hit 12/15 balls on the outfield grass
- ▶ Base Running – Able to run to 1st base in 5 seconds or less
- ▶ General – I know the difference between a hit and an error; a strike and a ball; safe and out; a single, double, triple and HR; fair and foul

Red Cap Level

- ▶ Throwing – From a fielding position, I can throw 10/15 balls to 1st from SS
- ▶ Receiving – Able to field 5/5 grounders to the left and 5/5 grounders to the right (regular distance)
- ▶ Hitting – Able to hit 10/15 between cones
- ▶ Base Running – I can run from 1st to 3rd in 11 seconds with a correct slide at 3rd base
- ▶ General – I know where to position myself depending on the hitter

Cost Involved

- ↳ Associations can buy the hats from Baseball BC for the purchase price of \$2.50
- ↳ There are no there costs associated with this proram.

Options

- Have Rally Cap days 2 or 3 times a year where all grassroots players can participate and develop their skills.
- Give each participant the chance to earn their “hat level” at the start, midway, and at the end of the season.
- Only hand out one hat per participant instead of a different hat for each individual FUNdamental. Color would be based on an average of the player’s skill level.
- Modify the skills and incorporate an older age group.