



# ***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 & structure among children and adults
- 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.
- 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 FUNamentals:
  - Throwing
  - Receiving
  - Hitting
  - Base Running
  - General Knowledge
- Coach Guide displaying 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 1<sup>st</sup> 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
- Base Running – Able to run to 1<sup>st</sup> base in 8 seconds or less (60 feet)
- General – Able to name all of the position numbers

## **Rally Cap Program**

### **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 2<sup>nd</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> to 3<sup>rd</sup> in 11 seconds with a correct slide at 3<sup>rd</sup> 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 \$2.75

↳ There are no other there costs associated with this program; in fact, see [Baseball BC's Rebate Programs...](#)

## **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 FUNamental. Color would be based on an average of the player’s skill level.
- Modify the skills and incorporate an older age group.