



NEZ RALLY CAP Description and Rules

GOALS

1. Create an environment in which children and adults can have fun with the game of baseball.
2. Teach baseball skills, rules and strategy to our players.
3. Model and teach competitiveness with an emphasis on good sportsmanship.
4. Promote increased self-esteem among all participants.

DIAMOND SET UP

Bases set at 55 feet apart. The pitching machine is set at 32 feet from tip at the back of home plate to the front bar of the pitching machine. Speed of machine set at 26-30 MPH.

Machine setting are Micro Adjust 3—Release Block 3—Power Lever 4

Home team is responsible for setting up the diamond as well as providing the pitching machine.

COACHES – THEIR CRUCIAL ROLE

The most important individual in the Rally Cap program is the coach. The coach is the person the players look to for instruction, encouragement and inspiration. Assistant coaches, as well as the parents, take their cues from the coach. Success of the Rally Cap program is dependent on the coaches embracing our goals and working to achieve them.

GOAL #1:

Create an environment in which players and adults can have fun with the game of baseball.

- Encourage players often. Demonstrate behaviors that indicate each player is an important member of the team, regardless of their level of skill or performance. Recognize and encourage effort as well as results.
- Allow each player equal playing time at each position.
- Demonstrate your own enthusiasm and enjoyment of the game to your players.

GOAL #2:

Teach baseball skills, rules and strategy to our players.

- Utilize positive reinforcement to recognize correct technique and decision making. Minimize negative emphasis on mistakes. A positive, trusting and encouraging environment is required for effective learning to take place. Players can handle only so much negative feedback without becoming discouraged. Players learn more, try harder and are more open to accepting criticism in a positive learning environment. Praise players in public and correct them in private.
- Provide adequate repetition when teaching. Baseball is complicated and lessons need repeating before they are understood. Once players understand, they need repeated practice before they can perform the expected behavior properly and consistently.
- Encourage players to set individual and team goals corresponding to their ability levels and then work to master the skills needed to achieve them.
- Organize practices and games to maximize learning and repetition. Minimize inactivity.

GOAL #3:

Model and teach competitiveness with an emphasis on good sportsmanship.

- Teach players confidence, assertiveness and good sportsmanship.
- Obey the rules and show respect for the officials even when you disagree.
- Acknowledge good plays by the opposing team in front of your players.
- Treat players on opposing teams as members of the community first and as opponents second. Always refrain from displaying actions or words that undercut the self-esteem of players on either team.

GOAL #4:

Promote increased self-esteem among all participants.

- Encourage players whenever possible. Demonstrate by words and actions and accept them regardless of how they perform.
- Spend comparable instructional time with all players regardless of ability.
- Encourage parents to become involved with the team.

STRUCTURE

75 Minutes.

- Training: 15 minutes
- Station 1: 20 minutes
- Station 2: 20 minutes
- Station 3: 20 minutes

In the Rally Cap baseball program, each team will consist of 6 players. This allows for the formation of more teams, meaning more repetitions, which allows players to improve their individual skills.

Each session will last 75 minutes. During the playing time, two teams will play the actual game while one team will be practicing drills in the outfield area. After 20 minutes of play, teams will rotate. The rotation will be as follows:

- Team A and B will play 1 inning of baseball (Field and Bat). Team C will Practice.
- Team A and C will play 1 inning of baseball. Team B will practice.
- Team B and C will play 1 inning of baseball. Team C will practice.

THE GAME

- All six players will come to bat during their team's ½ inning. The ½ inning will end when all six players have completed their turn batting.
- There are no walks, no strikeouts, no base stealing and runners can advance only on batted balls. Runners cannot advance on overthrows.
- Score is not kept.
- With hitting being the most fun part of the game, the program has been designed to help players hit the ball no matter what the skill level. Three different formats can be used:
 - Tee-Ball
 - Parent-Pitcher
 - Pitching Machine
- Each hitter will have a maximum of 3 pitched balls to hit. If the 3rd ball is not hit, the 4th ball will be hit from a tee.
- When the last hitter hits the ball, the ball must be thrown to home plate in order to get the hitter "out".

THE PRACTICE

While in the outfield area, each team will practice different drills with respect to the following FUNdamentals:

- Throwing
- Base Running
- Receiving
- Hitting
- General Knowledge

Coaches should prepare practice plans prior to each game to ensure the training sessions are dynamic and fun, with a focus on the above fundamentals. A coach's guide including drills is provided to help coaches prepare the practice sessions.

We strongly recommend that you set up your equipment before the start of the session. The only equipment a player should be bringing to the session is their glove and a protective cup. Players should be discouraged from bringing their own bats and balls.

THE RALLY CAP SYSTEM

During the season, the teams will be working on the 5 FUNdamentals of baseball. There will be 2 Rally Cap Skill Development Days during the season. During these events, the players will have an opportunity to perform different tasks they have learned in order to earn a colored Baseball Canada Rally Cap. When a player succeeds at performing a series of tasks at a particular level, they will be awarded an appropriate colored hat.

