

Baseball Manitoba

Grand Slam Coaches Information



Grand Slam Program

Grand Slam is the official 9U Program for Baseball Manitoba. This Baseball Canada Program is designed to develop skills in young players by reducing team sizes and encouraging touches of the baseball through practice and game situations. The Grand Slam Program is designed to promote physical development of children through the game of baseball. The program helps develop physical literacy by using a modified game to teach the basic baseball skills to children and ensure success. The program is designed for children of eight and nine and consists of four categories of activity fit into two seasons.

Grand Slam Goals

1. Create a healthy environment in which children of various levels of ability find pleasure in learning baseball
2. Initiate or pursue the development of basic baseball skills and strategies for players
3. Teach and develop sportsmanship in a context of healthy competition
4. Develop and promote self-esteem in children

Long-Term Athlete Development

The LTAD plan identifies 7 stages in respect to the athletes physical, mental, and emotional development. Rookie aged baseball players are in stage 2, which is the **FUNDamentals** stage of the LTAD plan. Coaches are reminded that children at this level need to participate in activities that develop basic skills. These activities need to maintain a focus on fun, and formal competition should only be minimally introduced.

 **MAIN GOAL**

To develop fundamental movement and basic baseball skills in a fun environment.

Technical aspects covered:

Fundamentals in:

- hitting
- running
- receiving
- throwing
- + Agility, balance, coordination and speed

SUMMARY **Stage 2**

Children require a structured, fun and stimulating environment in this stage that focuses on developing the ABC's of athleticism (agility, balance, coordination and speed), hand-eye coordination and basic baseball specific skills. Programs must be developed that keep their interest and promote a feel for the sport without any focus on structured competition. Children should be introduced to simple rules and ethics as well as encouraged to cooperate within a group environment

LTAD Recommendations

Here is a review of the LTAD recommendations as described by Baseball Canada for youngster aged 8 & 9 years old:

- Length of the season: 8 to 12 weeks
- Ratio of practices / competition: 70% practices, 30% games
- 1 to 2 hours a week for a period of 8 to 12 weeks including camps
- Parents/Coaches act as umpires
- No official scorekeepers
- Use of a pitching machine or a parent/coach acting as a pitcher
- At this stage, children should participate in a great variety of sports activities each week
- Game format: 6 vs. 6
- All players have equal playing time and experiment by playing all positions

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