

# ★ ST. JOHN'S ★ CAPITALS

## 9U Major Vs 9U Minor

We often get questions about the difference between 9U Major and Minor, and which program a child should be registering for.

Answering the following questions in accordance with the below guidelines may help you in making your decision on where to register your child.

- Can your child consistently throw a baseball in the vicinity of your chest from 40 feet away?
- Does your child step towards their target with the proper foot? I.E. A right handed thrower steps with their left foot
- Does your child use their glove with authority when playing catch? For example, Can they move the glove to where it needs to be when catching a ball, or do they stick their glove arm out early in the general direction “hoping” the ball will land in the glove?
  - Another quick evaluation is to throw your child a ball(to their glove side) above the navel but below the shoulders. If they orient their glove so that the thumb and glove pocket is pointing up, their glove dexterity is on the right track.
- When a ground ball is thrown or batted to your child, do they attempt to field the ball in an athletic position, do they get behind the ball in preparation to receive, or are they hesitant to be in the path of the ball, or slow to make an attempt/react?
- Can your child consistently hit a ball that's thrown overhand to them, or hit an overhand throw with authority? I.E. line drives, hard ground balls
- If you answered YES to these questions, your child should register for **9U MAJOR**

- Does your child struggle with throwing a ball accurately? I.E. when throwing to a target, they are missing by a large margin
- Does your child have trouble with throwing at distances greater than 10-20 feet?
- Do they have trouble properly orienting their glove to catch a thrown ball?
- While swinging a bat, do they:
  - Spin around 360°
  - swing too “softly” I.E. Ball would not travel past the pitcher 40 feet away
  - Become too “Stiff” in their stance and therefore cannot adjust their swing or bat path at a pitched ball?
- Is your child afraid of a ball that is
  - Hit in their direction
  - Thrown in their direction
  - Pitched to them while hitting
- If you answered yes to a majority of these questions, your child would benefit from further skill development and confidence building in **9U MINOR**.

**At this age group, it's perfectly fine to choose a league that will help your child BUILD CONFIDENCE and lead them to even more success down the road! The reason why we offer a Major and Minor league is to help our athletes achieve their own success, no matter how that may look and at a pace that is right for them!**

9U Minor is suitable for players in any of the following categories: first year players in the age group; players in the age group who completed one year of Rally Cap; players in the age group that need a less competitive experience for their development and 7 year olds who have completed 2 years of Rally Cap. Players may be moved back to Rally Cap if needed for development. Teams will have two sessions per week that will rotate 5:00 pm and 6:45 pm starts. Each session lasts for an hour and fifteen mins.

The end of season event will feature a fun playoffs to introduce the kids to this type of format where everyone will receive a medal.

## 9U Minor

**AGES 7, 8 & 9**

**BIRTH YEARS: 2016, 2017 & 2018**

**FIELD(S): VIRGINIA PARK & KELLY'S  
BROOK**

**PROGRAM SLOTS: MONDAYS &  
WEDNESDAYS OR TUESDAYS &  
THURSDAYS**

## 9U Major

**AGES 8 & 9**

**BIRTH YEARS: 2016 & 2017**

**FIELD(S): VIRGINIA PARK & KELLY'S  
BROOK**

**PROGRAM SLOTS: MONDAYS &  
WEDNESDAYS OR TUESDAYS &  
THURSDAYS**

9U Major is suitable for players in either of the following categories: players in the age group who completed multiple years of Rally Cap; players in the age group who have done private training and/or multiple years of winterball and need a more competitive experience. SJMBA reserves the right to move players to the 9U Minor division if there is a safety concern. Teams will have two sessions per week that will rotate 5:00 pm and 6:45 pm starts. Each session lasts for an hour and fifteen mins. The end of season playoffs will consist of a more competitive style format with tier based seeding and playdowns.

Games in this end of season format may be played on the weekends as well, depending on how many teams there are total in 9U Major.