



## Fastball St. Albert Association U7 Objectives, Design, and Rules

### Objectives:

- To promote a fun environment for children to learn.
- To provide organized participation of children in fastball.
- To promote interest in the game and to develop sportsmanship.
- To develop knowledge and understanding of the rules of fastball.

### Diamond dimensions:

- Base path distance: 45 feet (63 feet from home to 2<sup>nd</sup>)
- Pitching distance: 30 feet
- Pylons are set up 25 feet beyond the base paths, as a 'home run' fence. Any ball that gets past the pylons is a home run. (ie: it can fly past or be a ground ball which rolls past, both are home runs. If a defensive player touches the ball before it goes past the pylons, it is a double.) **Celebrate home runs!** Have a line of high fives from players on the bench, etc. Kids love it!

### Ball:

- 11" Softie ball

### Equipment:

- Players provide their own glove and running shoes
- Helmets with cage and chin strap (provided by Fastball St. Albert) worn by all batters, base runners, and on deck batters.
- Catchers equipment, bats, balls, etc. all provided by Fastball St. Albert

2 coaches in the field to help players with positioning and to provide instruction. After pitching the ball, coaches should not touch or stop the ball, but assist players with where to throw it, run with it, etc.

Players should not play more than 2 consecutive innings at the same position.

### 6:00pm – 6:25pm

- Warm up
- Dynamic Stretching / fitness
- Skills – pick 1 or 2 to work on per game
  - Throwing / Catching
  - Fielding
  - Hitting
  - Game Scenario (where to go with the ball)
  - Rules (what's an out?, which way do I run?)



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**6:25pm – 6:30pm** water break

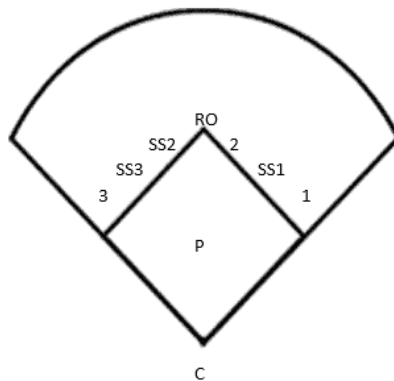
**6:30pm – 7:45pm** Game

Maximum 5 innings, with no new inning will start after 7:45pm.

Maximum 5 runs per inning. Inning is over after 3 outs are made, or 5 runs scored. (This is the only reason to keep score. Wins/losses are not tracked).

### Game Play:

The home team starts in the field. If possible, try not to use outfielders... Add short stops and a rover.



- The batting team's coach will pitch to their own team at bat, and starts with 5 balls.
- Position a 2<sup>nd</sup> coach next to the catcher. The catcher will attempt to catch, or block the thrown balls, then toss them to the coach. Collect all 5 balls, and return them to the pitcher as the new batter comes to the plate.
- Pitching coach will pitch a maximum of 5 balls per batter (except if the 5<sup>th</sup> pitch is hit foul, see more below). The batter can swing at all 5, or none. Encourage players to swing at 'good' pitches, and leave the bad ones.
- If the batter has not put the ball in play after the 5<sup>th</sup> pitch, a tee will be set up by the coach for the player to hit from.
- If a batter fouls off the 5<sup>th</sup> pitched ball, the coach will keep pitching. If they miss the 6<sup>th</sup> pitch following a foul, the tee is set up for the batter. (ie: Batter cannot be out on a foul ball)
- The coach pitcher should be aware to protect the player next to them from a 'come back' line drive, if possible.



## Fastball St. Albert Association U7 Objectives, Design, and Rules

- All hits result in a **single**. Encourage players to run through first base. Turn to their right, and return to the bag. There are no doubles/triples, and no running on overthrows to any base.
- No stealing. No bunting. No walks. Batters do not get first base if they are hit by the coach's pitch... they just get a 'Sorry'. 😊
- Base runners advance only on batted balls, and can advance a maximum of one base only, except for home runs. (No running on over throws)

### Game tips:

- Consider using an alphabetical batting order, by first name.
  - Same batting order, continuous, all year long. Player who was 'on deck' to bat at the end of the last game is the first to bat in the next game.
- Consider using a whiteboard for batting order and positions; hang it on the backstop facing the parents/bench. Will help players (and parents) know who is up next and to be ready... also to know which position they're going to.
- Teach during the game. Especially to the batters.
- When in the field – coaches are in the field too... behind the infielders, providing encouragement and instruction.