

WELLAND MINOR BASEBALL

4U DIVISION

10-WEEK COACHING PLAN

Baseball Canada Rally Cap Program
On Deck + Home Plate

Practice Format: 2 teams share 1 field
Practice: 45 min · Game: 45 min · No score kept
Rotation: Team A starts Infield → switches to Outfield at ~22 min | Team B does the reverse

PROGRAM RESOURCES

-  [Baseball Canada Rally Cap Coaches Manual \(PDF\)](#)
-  [Rally Cap YouTube Instructional Videos](#)

PROGRAM OVERVIEW

CAP SKILL STANDARDS

SKILL	ON DECK – White Cap	HOME PLATE – Grey Cap
Movement	10 Jumping Jacks without stopping	10 Jumping Jacks without stopping
Throwing	Throw a ball at 5 feet	Throw 3/5 balls to a coach from 10 feet
Receiving	Catch a ball thrown from 5 feet	Field 3/5 ground balls from 15 feet
Hitting	Hit a ball off a tee	Hit 3/5 fair balls off a tee
Base Running	Run the bases in correct direction without stopping	Hit off a tee and run through 1st base

HOW THE SESSIONS WORKS

- 2 teams share 1 field. Both teams practice at the same time — one on infield drills, one on outfield drills.
- Coaches arrive early to set up ALL equipment before players arrive.
- Infield drills focus on hitting (tee), close-range throwing, and stance work near the batting area.
- Outfield drills focus on fly ball catching, ground balls on grass, and base running circuits using a portable mini-diamond.
- After approximately 22 minutes, teams SWITCH locations. Both teams complete both infield and outfield drills each session.
- After the 45-minute practice, both teams play a 45-minute game against each other. No score is kept.

WEEK 1 - WELCOME TO BASEBALL

SESSION	DESCRIPTION
PRACTICE (45 min)	2 teams share the field. Each team spends ~22 min on Infield Drills then rotates to Outfield Drills. Both teams use the same drill list but at different locations simultaneously.
GAME (45 min)	Tee-ball game. Each batter gets 5 swings at the tee. If the ball is not hit after 5 swings, coach rolls the ball into the field so the runner can advance, and the defense can field the ball. No score kept.

🕒 PRACTICE ROTATION (45 min total)

Minutes 1–22: Team A → Infield Drills | Team B → Outfield Drills

Minutes 23–45: SWITCH — Team A → Outfield Drills | Team B → Infield Drills

After practice both teams play a 45-minute game · No score is kept

INFIELD DRILLS (batting tee area, throwing lanes near the diamond)

Performed by whichever team is on the infield half of the practice. These drills use the tee, batting area, and close-range throwing lanes beside the diamond.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: High Knees	2 min	From the same foul line start, players drive each knee up to waist height while moving forward 45 feet. Arms pump. Return with a normal jog. Keep posture upright.	None
Handcuffs – Ball Grip	5 min	Players sit in pairs on the infield grass, 5 feet apart. Coach demonstrates 4-seam grip (2 fingers across top seam, thumb underneath). Players pick a ball off the ground, show the grip to their partner, then put 'Switch!' down and re-grip. 8 reps. Progression: seated toss to partner at 5 ft.	1 ball per player
Between the Two – Batting Stance	5 min	Each player holds a bat near home plate. Coach shows two extremes — feet very close vs. very wide. Ask: 'Where should your feet be?' Players answer: 'Between the two!' Repeat for legs (straight vs. bent) and hands (high vs. low). Finish with 3 full slow-motion dry swings — no ball.	1 bat per player
Tee Ball – First Contact	10 min	Position tee in front of home plate (NOT on it). One player hits at a time while the coach stands to the side. Remaining infield players spread out to retrieve balls near the infield. Each player gets 4 swings then rotates. Coaching cue: 'Feet wider than shoulders, hands together and high, swing all the way through.'	Tee, bats, tee balls or foam balls

OUTFIELD DRILLS (open outfield grass area)

Performed by whichever team is in the outfield half of the practice. All drills use open grass — no tee, no batting stations.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Catch the Ball Like an Egg	8 min	Players kneel on 2 knees in pairs, 6 feet apart, bare-handed on the outfield grass. A coach stands behind tosser to assist. Partner tosses a foam ball underhand gently. Receiver reaches both hands out, then pulls ball into body ('like catching an egg — don't break it!'). Look for two-handed soft catches. Progress: use a tennis ball if foam is mastered.	Foam balls, tennis balls (no gloves yet)
The Train – Base Running	8 min	Coach sets up 4 flat bases in a small diamond on the outfield grass (20-foot spacing). Players form a line at 'home.' Coach leads the train: jog around all bases calling out each base name as they touch it — 'HOME... FIRST... SECOND... THIR... HOME!' After 2 coach-led laps, players go individually. Focus: always run counterclockwise, touch each base.	4 flat bases (portable)
Musical Base	6 min	All players jog loosely within the outfield mini-diamond. Coach calls a base name aloud (e.g., 'Second base!'). Players sprint to that base. Maximum 2 players per base — no pushing. No eliminations — everyone stays in. Coach varies calls to keep players moving and learning base names.	4 flat bases

COACH NOTES	WEEKLY SKILL GOAL
Week 1 is about FUN and familiarity. Praise every attempt. Use both assistant and head coach at drill stations. Set up ALL equipment before players arrive so the session starts immediately.	Players can name the 4 bases and run them in the correct direction. Players hit at least 1 ball off the tee and demonstrate a basic 4-seam grip.

 [Baseball Canada Rally Cap Coaches Manual \(PDF\)](#)

 [Rally Cap YouTube Instructional Videos](#)

WEEK 2 - THROWING ARM ACTION/GROUND BALLS

SESSION	DESCRIPTION
PRACTICE (45 min)	Both teams rotate through infield (grip + tee hitting) and outfield (arm mechanics + outfield receiving) in ~22 min blocks.
GAME (45 min)	Tee-ball game. Each batter gets 5 swings at the tee. If the ball is not hit after 5 swings, coach rolls the ball into the field so the runner can advance and the defense can field the ball. No score kept.

🕒 PRACTICE ROTATION (45 min total)

Minutes 1–22: Team A → Infield Drills | Team B → Outfield Drills

Minutes 23–45: SWITCH — Team A → Outfield Drills | Team B → Infield Drills

After practice both teams play a 45-minute game · No score is kept

INFIELD DRILLS (batting tee area, throwing lanes near the diamond)

Performed by whichever team is on the infield half of the practice. These drills use the tee, batting area, and close-range throwing lanes beside the diamond.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: High Knees + Heel-to-Butt	5 min	Two 45-foot runs along the foul line: (1) High knees going out, (2) Heel-to-butt kicks (flick heel toward backside) coming back. Both uses coordinated arm swings. Repeat once.	None
Handcuffs – Seated Throw	5 min	Pairs seated on infield grass, 8–10 feet apart. Grip check (Handcuffs). Then: pick ball off the ground, show grip to partner, toss it 2 feet straight up and catch it yourself, then toss gently to partner. Coaching cue: 'Show me the grip before you throw every time.'	Tee Ball, foam ball or tennis ball
The Wheel – Arm Mechanics	6 min	Players kneel on 2 knees facing their partner (10 ft apart) on the infield grass beside the batting area. Coach calls 3 steps: (1) 'Arm DOWN' — throwing arm hangs at side. (2) 'Reach BACK' — arm reaches behind body. (3) 'Shoulder HEIGHT' — arm lifts to shoulder level. Freeze at each step. Then combine into one fluid throw to partner. 10 throws each.	Tee Ball, foam ball or tennis ball, 1 per pair
Tee Ball – Standard & Through Hoop	6 min	(A) Standard tee hitting — 3 swings each at the batting tee near home plate. (B) Place a hula hoop on the ground 12 feet in front of the tee as a target. Players try to hit the ball through the hoop (rolling is fine). Rotate quickly so all players get reps. Coaching cue: 'Feet wider than shoulders, hands together and high.'	Tee, bats, tee ball or foam ball, hula hoop

OUTFIELD DRILLS (open outfield grass area)

Performed by whichever team is in the outfield half of the practice. All drills use open grass — no tee, no batting stations.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: Sitting Arm Shuffle	3 min	Players sit cross-legged on the outfield grass. Using ONLY their arms (hands on grass), they shuffle/propel themselves forward 20 feet. No feet. Coaches laugh along and join in. Builds shoulder awareness in a fun way.	None
The Crocodile – Ground Ball Intro	8 min	Coach demonstrates on the outfield grass: bend knees into a ready position, place glove hand in front with fingers pointing DOWN (like a crocodile's open mouth), 'pet' the ball as it arrives, cover with bare hand. (A) Players simulate the motion with no ball. (B) Coach rolls slow ground balls across the grass from 15 feet. Each player gets 5 rollers. Key points: feet wider than shoulders, hands and feet form a triangle.	Gloves (or bare hands), tee balls or foam balls
Sky Ball – Tracking Overhead	8 min	Coach tosses a foam ball straight up to about 6–8 feet. Player watches it and catches it with BOTH hands, fingers pointing up, slightly above forehead. No gloves first — bare hands improve feel. Count consecutive catches as self-competition. Progress: use a tennis ball.	Foam balls, tennis balls
The Musical Base (Outfield)	5 min	4 flat bases (or cones) set up in a small diamond on the outfield grass (20-foot spacing). Players jog within the diamond. Coach calls a base name. Players run to that base — max 2 per base, no elimination. Coach speeds up calls to keep players moving.	4 flat bases or cones

COACH NOTES	WEEKLY SKILL GOAL
Demonstrate The Wheel arm action slowly before players attempt it. Use the 3-command approach ('Arm down... Reach back... Shoulder height') and have them freeze at each position first. Foam balls in the outfield build confidence for young catchers.	Players execute the 3-step arm action (down → back → shoulder) and deliver a throw to a partner. Players field at least 1 rolling ground ball using the Crocodile position.

 [Baseball Canada Rally Cap Coaches Manual \(PDF\)](#)

 [Rally Cap YouTube Instructional Videos](#)

WEEK 3 - CATCHING & BASE RUNNING

SESSION	DESCRIPTION
PRACTICE (45 min)	Infield: Handcuffs grip review, The Wheel standing throw, tee hitting. Outfield: fly ball catching, fun base running circuits on the outfield mini-diamond.
GAME (45 min)	Tee-ball game. Each batter gets 5 swings at the tee. If the ball is not hit after 5 swings, coach rolls the ball into the field so the runner can advance and the defense can field the ball. No score kept.

🕒 PRACTICE ROTATION (45 min total)

Minutes 1–22: Team A → Infield Drills | Team B → Outfield Drills

Minutes 23–45: SWITCH — Team A → Outfield Drills | Team B → Infield Drills

After practice both teams play a 45-minute game · No score is kept

INFIELD DRILLS (batting tee area, throwing lanes near the diamond)

Performed by whichever team is on the infield half of the practice. These drills use the tee, batting area, and close-range throwing lanes beside the diamond.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: Military Walk + High Knees	4 min	45-foot runs along foul line: military walk out, high knees back, then jog out and shuffle-step back. Coach models each.	None
Handcuffs – Standing Throw	6 min	Now standing in pairs, 10–12 feet apart on the infield grass (NOT the batting area — use open foul-line space). Grip check, then full The Wheel arm action, add a GIANT step with the glove-side foot toward partner, and release. 10 throws each. Coach circulates checking grip and elbow height.	Foam balls or tee balls
The Wheel – Giant Step Throw	5 min	Same as above but push distance to 15 feet. Players focus on the giant step — it is what generates power and direction. Coaching cue: 'Point your glove at your partner, step with that foot, throw.' Count catches to motivate.	Foam balls or tee balls
Tee Ball – Hit Through Hoop & Pick Up Fielders	7 min	Hitter at the tee. 2–3 fielders stand on the infield (1B side and 2B area). Fielder goal: any ball hit their way, use the Crocodile to field it. Hitter gets 4 swings then rotates to fielder. Fielders rotate positions. Coaching cue for hitter: 'Watch the ball all the way to the bat.' For fielders: 'Ready position — hands out in front!'	Tee, bats, foam balls or tee balls, gloves

OUTFIELD DRILLS (open outfield grass area)

Performed by whichever team is in the outfield half of the practice. All drills use open grass — no tee, no batting stations.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: Jumping Jacks	2 min	10 jumping jacks as a group on the outfield grass. This is the On Deck (White Cap) movement skill — count aloud together. Players who can do 10 without stopping are demonstrating the cap skill. Celebrate this!	None
Sky Ball – Bare Hands then Glove	8 min	Coach throws foam ball up 8–10 feet on the outfield grass. Player catches bare-handed first (hands together, above forehead). After 5 catches, switch to gloves and use a tennis ball. Progress to coach throwing from 10 feet with slight left or right variation. Players must move their feet to get under the ball.	Foam balls, tennis balls, gloves
The Challenge – Base Running Circuit	7 min	4 flat bases set up on outfield grass in 20-foot diamond. Players start at home one at a time. Between each base there is a challenge: Home→1st: skip instead of run. 1st→2nd: backpedal. 2nd→3rd: high knees. 3rd→Home: all-out sprint! Coach calls the challenge before each player starts. After all players complete 1 circuit, change challenges.	4 flat bases
Crocodile (Outfield Grass Rollers)	5 min	Coach rolls a ball across the outfield grass from 12–15 feet. Player sets up in Crocodile position (glove down, hands form triangle with feet). Field and hold the ball — no throw yet. 5 rollers each. Coaching focus: both hands on the ball, feet and hands in triangle.	Gloves, tennis balls or tee balls

COACH NOTES	WEEKLY SKILL GOAL
The Challenge base-running drill is a favourite — kids love the silliness of backpedaling bases. Keep the energy high. For the Sky Ball, always start with foam balls and bare hands; fear of the ball disappears quickly when they feel a soft catch.	On Deck (White Cap) check: 10 Jumping Jacks without stopping, hit a ball off the tee, run bases in correct direction without stopping, catch a ball from 5 feet.

[!\[\]\(6605b201d6f14d9b3bcb8ab5f274d107_img.jpg\) Baseball Canada Rally Cap Coaches Manual \(PDF\)](#)

[!\[\]\(96cc62f861fdd6e50510c0224a756dff_img.jpg\) Rally Cap YouTube Instructional Videos](#)

WEEK 4 - FIELDING POSITIONS & TEAMWORK

SESSION	DESCRIPTION
PRACTICE (45 min)	Infield: defensive positioning walk-through, full throw sequence, tee with live fielders. Outfield: grounder fielding with throw-back, fly balls, base running.
GAME (45 min)	Tee-ball game. Each batter gets 5 swings at the tee. If the ball is not hit after 5 swings, coach rolls the ball into the field so the runner can advance and the defense can field the ball. No score kept.

🕒 PRACTICE ROTATION (45 min total)

Minutes 1–22: Team A → Infield Drills | Team B → Outfield Drills

Minutes 23–45: SWITCH — Team A → Outfield Drills | Team B → Infield Drills

After practice both teams play a 45-minute game · No score is kept

INFIELD DRILLS (batting tee area, throwing lanes near the diamond)

Performed by whichever team is on the infield half of the practice. These drills use the tee, batting area, and close-range throwing lanes beside the diamond.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: Sprint & Shuffle Circuit	4 min	Set 4 cones in a 20-foot square near the foul line. Players: sprint to cone 1, lateral shuffle to cone 2, backpedal to cone 3, jog back to start. 3 full circuits.	4 cones
Where Do I Stand? – Positions	5 min	Coach walks all players around the infield identifying each position: 1B (near first base), 2B (between 1st and 2nd), SS (between 2nd and 3rd), LF (left outfield edge of infield grass), CF (centre of outfield grass), RF (right outfield edge of infield grass). For 6-player Rally Cap: no catcher or pitcher needed. Players stand at each spot as called.	All bases set up
Handcuffs + Full Throw (15 ft)	5 min	Standing pairs at 15 feet on the infield grass. Full throwing sequence in one smooth motion: grip → arm down → reach back → shoulder height → giant step → release → follow-through. 12 throws each. Coaching cue: 'Let your arm swing all the way across your body after you let go — that's the follow-through.'	Tee ball or foam ball
Tee Ball with Live Infield Fielders	7 min	Hitter at tee (4 swings). Remaining players take infield positions (1B, 2B, 3B, SS). When ball is hit, fielder fields it and holds — no throw required yet (safety with very young players). Rotate: hitter → 1B → 2B → SS → 3B → hitter. Coaches position each fielder.	Tee, bats, tee ball/foam ball, gloves

OUTFIELD DRILLS (open outfield grass area)

Performed by whichever team is in the outfield half of the practice. All drills use open grass — no tee, no batting stations.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: Heel-to-Butt + High Knees	4 min	Two 45-foot runs on the outfield grass: heel-to-butt kicks out, high knees back. Arms pump in rhythm with legs.	None
Crocodile – Roll & Field	8 min	Players in pairs on the outfield grass, 15 feet apart. Player A kneels and rolls a ball across the grass. Player B sets in Crocodile position (glove down, triangle), fields it, stands, and rolls it back. 8 rolls each. Key: stay low until the ball is in the glove, THEN stand. Progress: coach rolls slightly to the left and right of player.	Gloves, tennis balls or tee ball
Sky Ball – Moving Left & Right	10 min	Coach on the outfield grass throws fly balls 3–4 feet to the LEFT and RIGHT of the player alternately. Player must move feet first (step in the direction of the ball), then get hands up. No gloves first to build feel, then add gloves. 8 balls per player.	Foam balls, tennis balls, gloves

COACH NOTES	WEEKLY SKILL GOAL
Positioning walk-through sets the foundation for all future defensive work. Keep it very simple at 4U: 'When the ball is hit, your job is to get it and hold it.' Throwing to a base comes later. Praise every player who moves toward the ball.	Players know where each of the field positions are located. Home Plate (Grey Cap), throw 3/5 to coach from 10 ft.

 [Baseball Canada Rally Cap Coaches Manual \(PDF\)](#)

 [Rally Cap YouTube Instructional Videos](#)

WEEK 5 - THROWING ACCURACY

SESSION	DESCRIPTION
PRACTICE (45 min)	Infield: throwing target games. Outfield: the relay, sky ball with gloves, base running.
GAME (45 min)	Tee-ball game. Each batter gets 5 swings at the tee. If the ball is not hit after 5 swings, coach rolls the ball into the field so the runner can advance and the defense can field the ball. No score kept.

🕒 PRACTICE ROTATION (45 min total)

Minutes 1–22: Team A → Infield Drills | Team B → Outfield Drills

Minutes 23–45: SWITCH — Team A → Outfield Drills | Team B → Infield Drills

After practice both teams play a 45-minute game · No score is kept

INFIELD DRILLS (batting tee area, throwing lanes near the diamond)

Performed by whichever team is on the infield half of the practice. These drills use the tee, batting area, and close-range throwing lanes beside the diamond.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: Jumping Jacks + Arm Circles	4 min	10 jumping jacks (White Cap skill!), then 10 large forward arm circles, 10 backward. Coach counts aloud with players.	None
The Wheel – 20-Foot Throw	6 min	Stand in pairs at 20 feet on the infield throwing lane (foul line area). Full arm action plus giant step. Count consecutive catches — first pair to 8 in a row wins a round. Players set and re-grip between throws to reinforce the Handcuffs habit.	Gloves, Tee balls or foam balls
The Target – Throwing at a Cone	6 min	Set a cone (or bucket) at first base distance (30 feet from the 1B-side foul line). Players form 2 lines. Each player throws at the cone using full mechanics. Points: 3 for hitting the cone, 1 for landing within 3 feet. Coach behind the cone returns balls. 3 throws per player per round.	Tee balls, cones or bucket
Tee Ball with Live Infield Fielders	6 min	Hitter at tee (4 swings). Remaining players take infield positions (1B, 2B, 3B, SS). When ball is hit, fielder fields it and holds — no throw required yet (safety with very young players). Rotate: hitter → 1B → 2B → SS → 3B → hitter. Coaches position each fielder.	Tee, bats, tee ball/foam ball, gloves

OUTFIELD DRILLS (open outfield grass area)

Performed by whichever team is in the outfield half of the practice. All drills use open grass — no tee, no batting stations.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: Lateral Shuffle to Cone	2 min	Set 3 cones in a line on the outfield grass, 6 feet apart. Players shuffle sideways (feet never cross) from cone to cone touching each one, then shuffle back. 3 sets. Develops the lateral footwork for fly ball pursuit.	3 cones
The Relay – Team Throwing Game	8 min	2 small teams on the outfield grass. A bucket/hoop with 4 balls sits 25 feet in front of each team. Two target cones: 15 ft (1 point) and 25 ft (3 points). First player runs to bucket, throws at the near cone (1 try), then far cone (1 try), runs back. Next player goes. First team to finish + most points wins the round. Play 2 rounds.	Balls in hoops, 4 cones per team, 2 teams
Sky Ball – With Gloves	7 min	All players now use gloves on the outfield grass. Coach throws tennis balls or foam balls 8–10 feet high. Player positions glove above forehead (fingers up), catches with two hands. Players MUST call 'Mine!' before catching. Track consecutive catches as self-competition. Player personal best from last week should be beaten!	Gloves, tennis balls or foam balls
The Challenge (Round 2)	5 min	Outfield mini-diamond. New challenges: Home→1st = bear crawl. 1st→2nd = sidestep shuffle. 2nd→3rd = run backward. 3rd→Home = full sprint. Players take turns cheering each other on!	4 flat bases, open grass

COACH NOTES	WEEKLY SKILL GOAL
The Target game on the infield builds throwing accuracy in a competitive, fun way. In the outfield, ensure The Relay uses underhand throwing only for 4U — full overhand throws may sail wildly and frustrate players. Adjust distance based on ability.	On Deck: Throw a ball at 5 feet accurately. Home Plate: Throw 3/5 balls to a coach from 10 feet. Both: hitting off the tee with at least contact made 3 times.

[🔗 Baseball Canada Rally Cap Coaches Manual \(PDF\)](#)

[🔗 Rally Cap YouTube Instructional Videos](#)

WEEK 6 - RECEIVING GROUND BALLS

SESSION	DESCRIPTION
PRACTICE (45 min)	Infield: Crocodile within the infield, tee hitting with fielders making plays. Outfield: partner grounders at outfield distances, fly balls, base running.
GAME (45 min)	Tee-ball game. Each batter gets 5 swings at the tee. If the ball is not hit after 5 swings, coach rolls the ball into the field so the runner can advance and the defense can field the ball. No score kept.

🕒 PRACTICE ROTATION (45 min total)

Minutes 1–22: Team A → Infield Drills | Team B → Outfield Drills

Minutes 23–45: SWITCH — Team A → Outfield Drills | Team B → Infield Drills

After practice both teams play a 45-minute game · No score is kept

INFIELD DRILLS (batting tee area, throwing lanes near the diamond)

Performed by whichever team is on the infield half of the practice. These drills use the tee, batting area, and close-range throwing lanes beside the diamond.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: Red Light Green Light	3 min	Players jog loosely in foul territory near the dugout. Coach yells 'Green light!' — run. 'Red light!' - freeze immediately. Players who are still moving when 'Red' is called do 5 jumping jacks. Great listening and reaction drill.	None
Crocodile at the Infield Edge	8 min	Players set up at the edge of the infield (grass near 2B or SS area). Coach rolls medium-speed grounders from 15–18 feet. Player fields in Crocodile position (glove down, triangle stance), stands, then tosses ball back underhand. 5 grounders each. Key points: move feet first, stay low, both hands on the ball.	Gloves, tee balls
All Messed-Up – Reaction Catching	5 min	Players stand in pairs, 6 feet apart, in the infield throwing lane. One player tosses ball to unpredictable spots: high (above head), low (below waist), left, right. Player (receiver) catches WITHOUT moving feet. Key: thumbs together for high catches, pinkies together for low catches, fingers always point outward. Switch roles after 8 tosses.	Foam balls
Tee Ball + Fielders Make Plays	6 min	Hitter at tee (4 swings). Full infield setup. When ball is hit: infield fielder fields it (Crocodile) and tosses underhand back to coach at mound — no throw to a base yet. Outfield fielders (LF, CF) back up. Hitter runs to first and jogs back. Everyone rotates after hitter's 4 swings.	Tee, bats, tee balls, gloves, all bases

OUTFIELD DRILLS (open outfield grass area)

Performed by whichever team is in the outfield half of the practice. All drills use open grass — no tee, no batting stations.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: Balance Drill	3 min	Stand on one foot — hold 5 seconds. Switch. Then: stand on one foot with eyes closed — hold 3 seconds. Switch. This is the Home Plate (Grey Cap) movement skill (pitching balance position). Celebrate players who hold it.	None
Partner Ground Balls – Outfield Grass	8 min	Players in pairs, 20 feet apart on the outfield grass. Player A kneels and rolls a ball across the grass. Player B fields in Crocodile position, stands, and throws it back overhand (or underhand if overhand is too difficult). 8 rolls each, then switch. Push to 25 feet for more advanced players. This builds real outfield fielding range.	Gloves, tee balls
Sky Ball – Coach Throw, 10 Feet Up	8 min	Coach throws fly ball from 12 feet away on the outfield grass. Ball goes 10 feet high. Player must move to get under it, call 'Mine!', and catch with two hands above forehead. 8 fly balls per player. Introduce: catch the ball with glove hand only (other hand covers immediately after) for more advanced players.	Gloves, tennis balls or foam balls
The Challenge (Round 2)	5 min	Outfield mini-diamond. New challenges: Home→1st = bear crawl. 1st→2nd = sidestep shuffle. 2nd→3rd = run backward. 3rd→Home = full sprint, Players take turns cheering each other on!	4 flat bases, open grass

COACH NOTES	WEEKLY SKILL GOAL
Infield ground balls are a big moment. Have extra balls nearby. The All Messed-Up reaction drill is excellent for hand-eye coordination but keep it light and fun — it can frustrate younger players if the toss is too unpredictable.	Home Plate (Grey Cap): Field 3/5 ground balls from 15 feet. On Deck: Catch a ball thrown from 5 feet. Both: demonstrate Crocodile fielding position independently.

[!\[\]\(2020723f97c3fe13d8ecf52b30807736_img.jpg\) Baseball Canada Rally Cap Coaches Manual \(PDF\)](#)

[!\[\]\(f024d36410e36011059c73f7d7908105_img.jpg\) Rally Cap YouTube Instructional Videos](#)

WEEK 7 - HITTING MOVING BALL & BASE DECISIONS

SESSION	DESCRIPTION
PRACTICE (45 min)	Infield: hitting emphasis, throwing accuracy. Outfield: fly ball + grounder combo, fun base running decisions.
GAME (45 min)	Tee-ball game. Each batter gets 5 swings at the tee. If the ball is not hit after 5 swings, coach rolls the ball into the field so the runner can advance and the defense can field the ball. No score kept.

🕒 PRACTICE ROTATION (45 min total)

Minutes 1–22: Team A → Infield Drills | Team B → Outfield Drills

Minutes 23–45: SWITCH — Team A → Outfield Drills | Team B → Infield Drills

After practice both teams play a 45-minute game · No score is kept

INFIELD DRILLS (batting tee area, throwing lanes near the diamond)

Performed by whichever team is on the infield half of the practice. These drills use the tee, batting area, and close-range throwing lanes beside the diamond.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: Fun Sprint Circuit	4 min	4 cones in a square (20 ft) near the foul line. Players: sprint cone 1→2, shuffle 2→3, backpedal 3→4, skip back to start. 3 full circuits, rest, repeat.	4 cones
Tee Ball + Fielders Make Plays	10 min	Batter at tee (6-7 swings). Full infield setup. When ball is hit: infield fielder fields it (Crocodile) and tosses back to the coach, no throw to a base yet. Hitter runs to first and jogs back. Everyone rotates after hitter's 6-7 swings.	Bats, tee balls or foam balls
The Wheel – 20–25 ft, Game Speed	8 min	Players pair up at 15–20 feet on the infield grass. Throw at a moderate pace. Count 20 total throws per pair, tracking catches. Competition: which pair catches the most out of 20? Full mechanics required - no lazy throws.	Gloves, tee balls

OUTFIELD DRILLS (open outfield grass area)

Performed by whichever team is in the outfield half of the practice. All drills use open grass — no tee, no batting stations.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: Bear Crawl + Sprint	3 min	Bear crawl (on hands and feet, hips low) for 20 feet, then sprint back. 3 repetitions. Builds strength, coordination, and outfield athleticism.	None
Fly Ball + Ground Ball Combo	10 min	Coach alternates throwing a fly ball and rolling a grounder to the same player. Player must be in ready position for BOTH. Fly ball → both hands above forehead, call 'Mine!'. Grounder → Crocodile position. 5 fly balls + 5 grounders per player on the outfield grass. Teaches staying alert for different ball types.	Gloves, foam balls or tennis balls, tee balls
Base Running Decisions	9 min	Outfield mini-diamond (20-foot bases). Player hits a foam ball off a tee (positioned near the outfield mini-diamond home plate). After hitting, they run the bases. Coach at 3rd base gives a signal: raised hand = STOP at 2nd, windmill arm = continue to 3rd. Player must look at the coach while running. Second round: coach adds a GO signal at 3rd to send them home.	4 flat bases, foam balls tee, bat

COACH NOTES	WEEKLY SKILL GOAL
The third base coach concept is brand new at this age. Be patient — many will ignore the signal! Keep it light and treat it as a game.	Players respond to a third-base coach signal at least once during the base running drill.

 [Baseball Canada Rally Cap Coaches Manual \(PDF\)](#)

 [Rally Cap YouTube Instructional Videos](#)

WEEK 8 - DEFENCE: GROUNDERS & THROWING TO FIRST

SESSION	DESCRIPTION
PRACTICE (45 min)	Infield: fielding + throw to first base (connecting fielding to throwing). Outfield: outfield grounders, fly balls, sliding intro on grass.
GAME (45 min)	Tee-ball game. Each batter gets 5 swings at the tee. If the ball is not hit after 5 swings, coach rolls the ball into the field so the runner can advance and the defense can field the ball. No score kept.

🔄 PRACTICE ROTATION (45 min total)

Minutes 1–22: Team A → Infield Drills | Team B → Outfield Drills

Minutes 23–45: SWITCH — Team A → Outfield Drills | Team B → Infield Drills

After practice both teams play a 45-minute game · No score is kept

INFIELD DRILLS (batting tee area, throwing lanes near the diamond)

Performed by whichever team is on the infield half of the practice. These drills use the tee, batting area, and close-range throwing lanes beside the diamond.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: Jumping Jacks + Sprint	4 min	10 jumping jacks (White Cap skill test!), then sprint to a cone 30 feet away and back. Rest and repeat once. Quick and energetic.	Cones
Crocodile → Step → Throw to First	10 min	Players set up at SS or 2B position. Coach rolls a grounder. Player: (1) Crocodile receive (glove down, triangle), (2) Stand and step toward first base, (3) Throw to coach at 1B — aim for chest height. 5 grounders per player. Coaching cue: 'Field the ball FIRST — then look up and throw.' Coach at 1B catches and returns the ball.	Gloves, tee balls, coach at 1B, all bases
Tee Work	8 min	Tee work (4 swings). Coaches provide 1 positive cue per at-bat. After their turn, hitter sprints to first base (simulating a real at-bat).	Tee, bats, tee balls

OUTFIELD DRILLS (open outfield grass area)

Performed by whichever team is in the outfield half of the practice. All drills use open grass — no tee, no batting stations.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Warm-Up: Lateral Shuffle + Arm Circles	4 min	Players shuffle laterally 20 feet on the outfield grass, touching a cone at each end. Then 10 arm circles forward. Activates both legs and throwing shoulder.	2 cones
Outfield Ground Balls – Both Hands	9 min	Coach rolls grounders across the outfield grass from 18–20 feet. Player fields in Crocodile position, stands up, and throws ball back to the coach using a full overhand throw. This is a longer outfield distance than infield. 6 grounders per player. Progress: try rolling to the left and right of the player.	Gloves, tee balls
Sky Ball – Count Your Best	9 min	Coach throws fly balls on the outfield grass. Each player gets 5 attempts. Count how many they catch cleanly (called 'Mine!' + two hands). Record their personal best. Challenge: can they beat it later in the season?	Gloves, tennis balls

COACH NOTES	WEEKLY SKILL GOAL
Throwing to first after fielding is a major milestone. Celebrate every throw that reaches the general area of first base — accuracy comes later.	Home Plate (Grey Cap): Hit off tee and run through 1st base. Field 3/5 ground balls from 15 feet.

 [Baseball Canada Rally Cap Coaches Manual \(PDF\)](#)

 [Rally Cap YouTube Instructional Videos](#)

WEEK 9 - CAP SKILLS TESTING

SESSION	DESCRIPTION
PRACTICE (45 min)	Formal cap skill assessment. Both teams rotate through testing stations during their respective infield and outfield blocks. Positive, celebratory atmosphere.
GAME (45 min)	Tee-ball game. Each batter gets 5 swings at the tee. If the ball is not hit after 5 swings, coach rolls the ball into the field so the runner can advance and the defense can field the ball. No score kept.

🕒 PRACTICE ROTATION (45 min total)

Minutes 1–22: Team A → Infield Drills | Team B → Outfield Drills

Minutes 23–45: SWITCH — Team A → Outfield Drills | Team B → Infield Drills

After practice both teams play a 45-minute game · No score is kept

INFIELD DRILLS (batting tee area, throwing lanes near the diamond)

Performed by whichever team is on the infield half of the practice. These drills use the tee, batting area, and close-range throwing lanes beside the diamond.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
On Deck/Home Plate Rally Cap Testing	12 min	Run 5 skills at the infield stations: (1) Movement: 10 Jumping Jacks without stopping. (2) Throwing: Throw a ball at 5 feet to a coach (3) Receiving: Catch a ball thrown from 5 feet (4) Hitting: Hit a ball off a (5) Base Running: Run around the bases in correct order without stopping. Record results. Coaches Celebrate aloud.	Tee balls, tee, bat, cones, bases, gloves

OUTFIELD DRILLS (open outfield grass area)

Performed by whichever team is in the outfield half of the practice. All drills use open grass — no tee, no batting stations.

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Free Skill Choice – Outfield	12 min	While testing runs on the infield, the outfield team chooses stations they enjoyed most during the season: Sky Ball, Crocodile partner grounders, Gotcha base running, or The Challenge circuit. Coaches circulate to give final encouragement and help borderline players practice cap skills.	Gloves, foam or tee balls
Cap Celebration Circle	10 min	Gather all players on the outfield grass. Coach announces each skill passed by name: '[Player] passed the catching test!' Peers clap and cheer. Players who have earned a full cap receive it. Players who are close hear what they need to work on with specific praise for their progress. Team photo time!	Certificates, camera

COACH NOTES	WEEKLY SKILL GOAL
Testing should FEEL like a celebration, not a test. Cheer every attempt. If a player doesn't pass a skill today, let them know that if they keep practicing they will get it. All growth is worth celebrating.	On Deck: All 5 skills demonstrated. Home Plate: All 5 skills at standard. Award certificates at the game with ceremony!

[!\[\]\(76a3e8b971e3f4e3e7bf4f40612c8a29_img.jpg\) Baseball Canada Rally Cap Coaches Manual \(PDF\)](#)

[!\[\]\(5f2ad55541d1c76614ad618336f6fa7b_img.jpg\) Rally Cap YouTube Instructional Videos](#)

WEEK 10 · SEASON CELEBRATION & PARENT PLAYER GAME

SESSION	DESCRIPTION
PIZZA PARTY GAME (90 mins)	Pizza and Parents vs Player's game! Most fun game of the season. No score kept.

COACH NOTES

This is the day to make every player feel like a champion. Prepare one specific, genuine compliment for each player about their improvement over the 10 weeks. Share Baseball Canada resources for summer practice. Encourage all families to return next season!
