

# WELLAND MINOR BASEBALL

## 5U DIVISION

### 10-WEEK COACHING PLAN

Baseball Canada Rally Cap Program  
**Single + Double**

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

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#### PROGRAM RESOURCES

- [!\[\]\(f15d3c54be60b4fd0ce1da9fb3f67256\_img.jpg\) Baseball Canada Rally Cap Coaches Manual \(PDF\)](#)
- [!\[\]\(7bf135d42c40a6430c927b2fd03d7659\_img.jpg\) Rally Cap YouTube Instructional Videos](#)

## PROGRAM OVERVIEW

### CAP SKILL STANDARDS

SKILL	SINGLE	DOUBLE
<b>Movement</b>	10 Jumping Jacks without stopping	10 Jumping Jacks without stopping
<b>Throwing</b>	Throw ball 25 feet in the air	Throw 3/5 balls to a coach from 20 feet
<b>Receiving</b>	Catch 3/5 fly balls from 15-foot height	Field 3/5 grounders to the right AND 3/5 to the left
<b>Hitting</b>	Hit 3/5 balls off tee	Hit 3/5 balls fair off tee
<b>Base Running</b>	Hit off a tee and run through 1st base	Run all bases on coach's instruction

### 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 TEE BALL

SESSION	DESCRIPTION
<b>PRACTICE (45 min)</b>	Both teams rotate through infield (grip, stance, tee hitting) and outfield (arm mechanics, outfield fly balls, base running).
<b>GAME (45 min)</b>	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.**

## 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
<b>Warm-Up: High Knees + Heel-to-Butt</b>	5 min	45-foot runs along the foul line: high knees out, heel-to-butt back, then jog out, shuffle-step back. Repeat the pair once. Arms pump with each exercise.	None
<b>Handcuffs – Standing Grip &amp; Throw</b>	6 min	Pairs standing at 15 feet in the infield throwing lane. Grip check (4-seam Handcuffs), then full The Wheel sequence: arm down → reach back → shoulder height → giant glove-side step → release. 10 throws each. Coaching cue: 'Elbow ABOVE your shoulder at the moment of release.' Check for pushers (elbow below shoulder).	Tee balls, Gloves
<b>Between the Two – Stance Refresh</b>	4 min	All players hold bats at home plate or tee area. Review: feet wider than shoulders, slight knee bend, hands together and high, weight balanced. 3 dry swings.	1 bat per player
<b>Tee Ball</b>	7 min	All players take 5-7 tee swings, repeat if time permits.	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
<b>Warm-Up: Lateral Shuffle</b>	3 min	Two lines on the outfield grass, 20 feet of shuffling cones. Teams race side shuffling from cone to cone (feet never cross). First team to have all players complete the course wins.	4 cones per team
<b>The Wheel – On Knees</b>	5 min	Pairs kneeling on outfield grass, 12–15 feet apart. Isolated upper-body arm action: arm down → reach back → shoulder height → throw. No leg drive on knees — isolates the arm. 12 throws each. Coaching focus: elbow above shoulder at release, wrist snap, ball should travel in the air (not bounce).	Tee balls, gloves
<b>Sky Ball – Left &amp; Right</b>	8 min	Coach throws fly balls on the outfield grass — alternating 3–5 feet to player's LEFT and RIGHT. Player moves in the direction of the ball, moves feet to get under it, catches with glove hand (other hand covers immediately). Call 'Mine!' Work on catching 3/5 fly balls from 15-foot height.	Gloves, tennis balls or foam balls
<b>Train + Gotcha on Outfield Mini-Diamond</b>	6 min	Mini-diamond on the outfield grass (25-foot bases). Jog around all bases calling base names (Train). Then: Gotcha race — 2–3 players at each base, on 'GO!' sprint around trying to catch the person ahead. 25 seconds, count passes. No pushing.	4 flat bases

COACH NOTES	WEEKLY SKILL GOAL
5U players may or may not have at least one season of Rally Cap experience. Quickly gauge their ability level in the first 5 minutes of throwing. Some may already be approaching the standard — challenge them with distance and accuracy immediately. Other may be new and need development.	Catch 2/5 fly balls from 15 ft, hit 2/5 balls off tee, run 2 bases and stop. Throw 3/5 from 25 ft, grounders left & right.

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## WEEK 2 · THROWING TO 25 FEET

SESSION	DESCRIPTION
<b>PRACTICE (45 min)</b>	Infield: full throw sequence to 25 feet, accuracy target. Outfield: relay chain, fly ball tracking, base running.
<b>GAME (45 min)</b>	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**

DRILL / ACTIVITY	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
<b>Warm-Up: Squat Jumps</b>	4 min	Stand feet shoulder-width apart, squat like a catcher (hips below parallel). Squat-jump to the RIGHT, land and hold 2 seconds. Squat-jump to LEFT, hold 2 seconds. 5 times each direction. This is movement skill — introduce it as an athletic challenge.	None
<b>2-Knee Drill – Arm Isolation</b>	6 min	Both players on 2 knees, 15–20 feet apart on the infield grass beside the throwing lane. Throw only from the upper body — no leg push. This isolates the arm and forces correct elbow-above-shoulder mechanics. 15 throws each. Identify players who push the ball (elbow drops) and correct gently.	Tee balls, gloves
<b>Full Throw – 25-Foot Distance</b>	6 min	Mark a cone at 25 feet from the throwing line. Standing pairs. Full throwing sequence + giant step. Count throws that travel the full 25 feet in the air (Black Cap standard — no bouncing). Coach gives one cue: 'Step big, throw big — use your whole body, not just your arm.'	Baseballs, cone at 25 feet
<b>Tee Ball – Standard &amp; Through Hoop</b>	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
<b>Warm-Up: Arm Circle Sprint</b>	3 min	Players do 10 large arm circles (forward) while jogging 30 feet on the outfield grass, then sprint back. Repeat 3 times. Warms up the throwing shoulder.	None
<b>The Relay – Team Throwing Game</b>	9 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
<b>Sky Ball – Moving Catches</b>	9 min	Coach throws fly balls on outfield grass requiring the player to MOVE 5–10 feet left or right. Player drop-steps, runs under ball, positions glove above forehead. Catching ball while moving (not static) is the real outfield skill. 8 fly balls per player. Call 'Mine!' every time.	Gloves, tennis balls or tee balls

COACH NOTES	WEEKLY SKILL GOAL
The 25-foot throw is the Black Cap milestone. Mark the distance clearly with a brightly coloured cone. Use the visual to motivate players: 'Can your throw reach that cone without bouncing?' Celebrate every player who does it.	Black Cap: Throw ball 25 feet in the air. Begin catching fly balls to the left and right with movement.

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## WEEK 3 · FLY BALLS LEFT & RIGHT

SESSION	DESCRIPTION
<b>PRACTICE (45 min)</b>	Infield: throwing accuracy, light toss, stance for underhand pitch. Outfield: lateral fly ball tracking, partner grounders on grass, base running.
<b>GAME (45 min)</b>	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
<b>Warm-Up: Jumping Jacks + Arm Circles</b>	5 min	10 jumping jacks (Black Cap: without stopping!). Then 10 forward arm circles, 10 backward. Coaches count aloud with the group.	None
<b>Full Throw – 25 ft, Partner Count</b>	7 min	Partners at 25 feet. 20 total throws (10 each). Count catches. Which pair gets the most consecutive catches? Black Cap standard: throw in the air (not bounce) at 25 feet.	Tee balls, cones at 25 feet
<b>Tee Ball + Fielders Make Plays</b>	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

## 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
<b>Sky Ball – Left AND Right, With Glove</b>	10 min	Coach throws fly balls 5–10 feet to left and right alternately on the outfield grass. Player: (1) read direction, (2) drop-step, (3) run to ball's landing zone, (4) catch with glove above forehead, two hands. 10 fly balls per player (5 each side). Black Cap standard: 3/5 to each side from 15-foot height. Call 'Mine!' before each catch.	Gloves, tennis balls or tee ball
<b>Partner Grounders – Outfield Grass</b>	8 min	Players in pairs, 20–25 feet apart on outfield grass. Partner kneels and rolls moderate-speed ground ball. Receiver fields in Crocodiile position and throws overhand back. 8 rollers each per player and repeat if time permits. Green Cap standard: field 3/5 grounders	Gloves, tee balls or tennis balls
<b>The Challenge – Base Running Circuit</b>	4 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

COACH NOTES	WEEKLY SKILL GOAL
The drop-step warm-up is essential — without it players will always be late to fly balls hit to their side. Do it at the start of every outfield session for the rest of the season. The catching key is feet moving BEFORE hands go up.	Black Cap: Catch 3/5 fly balls from 15-foot height to LEFT and RIGHT. Green Cap: Begin grounders to both sides on outfield grass.

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# WEEK 4 · THROW TO FIRST/GROUNDERS

SESSION	DESCRIPTION
<b>PRACTICE (45 min)</b>	Infield: full throw to first base. Outfield: directional grounders both sides, and fly balls
<b>GAME (45 min)</b>	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
<b>Warm-Up: Military Walk + High Knees</b>	5 min	45-foot runs along foul line: military walk out, high knees back, then jog out and shuffle-step back. Coach models each.	None
<b>Crocodile → Step → Throw to 1B</b>	8 min	Players at SS or 2B position on the infield dirt/grass. Coach rolls grounders from the mound area. Player: (1) Crocodile receive, (2) Stand, (3) Step toward first base, (4) Throw to coach (or player) at 1B (aim for chest). 5 grounders each. Coach (or player) at 1B returns ball. Coaching cue: 'Field, stand, step, throw — in that order. Never rush the field to make the throw faster.'	Gloves, baseballs, parent at 1B, all bases
<b>Tee Ball – Hit Through Hoop &amp; Pick Up Fielders</b>	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, 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
<b>Warm-Up: Heel-to-Butt + High Knees</b>	3 min	Two 45-foot runs on the outfield grass: heel-to-butt kicks out, high knees back. Arms pump in rhythm with legs.	None
<b>Directional Grounders – Both Sides</b>	10 min	Coach on outfield grass rolls grounders 4–6 feet to player's LEFT and RIGHT alternately. Player must: (1) read which way, (2) cross-step to glove side or crossover step to throwing side, (3) Crocodile field, (4) stand and throw back to coach. 10 grounders (5 each side) per player.	Gloves, tee balls or tennis balls
<b>Sky Ball – Combination</b>	7 min	Coach alternates: fly ball to the left, then fly ball to the right, no set pattern. Player must read the direction in the first split-second. Drop-step, run under, call 'Mine!', catch. 8 balls per player. The unpredictability is the challenge — players cannot pre-lean left or right.	Gloves, tee balls or tennis balls

COACH NOTES	WEEKLY SKILL GOAL
Directional grounders are the Green Cap fielding skill. Emphasize the footwork — it is the difference between a ball fielded cleanly and one that sails past. A common error is reaching with the glove instead of moving the feet. Correct with a fun cue: 'Feet first, glove second!'	Green Cap: Field 3/5 grounders to the right AND 3/5 to the left. Hit 3/5 ball of the tee.

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# WEEK 5 · HITTING AND FIELDING

SESSION	DESCRIPTION
<b>PRACTICE (45 min)</b>	Infield: hitting, throwing accuracy games. Outfield: fly balls + grounder combo, base running circuits
<b>GAME (45 min)</b>	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
<b>Warm-Up: Military Walk + High Knees</b>	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
<b>Head Shot – Extended Distance</b>	8 min	Pairs at 20–25 feet in the infield throwing lane. Head Shot game: 1 pt for catch in chest-to-head zone. First pair to 12 pts wins. Then: switch to 30 feet. Can anyone still hit the zone? This pushes toward the Green Cap 25-foot accurate throw standard.	Baseballs, gloves
<b>Tee Ball with Live Infield Fielders</b>	10 min	Hitter at tee (5 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. Repeat, if time permits.	Tee, bats, tee 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
<b>Warm-Up: Sprint</b>	4 min	Sprint 20 feet, stop, sprint back to start. Rest. Sprint 20 feet, sprint back. Repeat.	Cones
<b>Fly Ball + Grounder Combo</b>	10 min	Coach alternates: fly ball (3–6 feet to left or right) then a grounder (to the left or right). Player fields both with correct technique. 5 fly balls + 5 grounders per player on outfield grass. Teaches the outfielder to stay ready and react to either ball type. Call the fly ball, Crocodile the grounder.	Gloves, baseballs or tennis balls
<b>Base running</b>	8 min	Players run from a start cone 20 feet from a flat base on the outfield grass. On 'GO!' player sprints to the base and runs through the base mimicking running to first base. Repeat.	Flat bases on outfield grass, cones

COACH NOTES	WEEKLY SKILL GOAL
This is the week to nail down hitting. If a player consistently hits 3/5 fair balls this week, they are at Black Cap standard. Track results and share progress with each player — kids love knowing where they stand.	Black Cap: Hit 3/5 fair balls. Green Cap: Hit 3/5 past base paths. Both: demonstrate good base running by running through first base.

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# WEEK 6 · TEAM DEFENCE & COMMUNICATION

SESSION	DESCRIPTION
<b>PRACTICE (45 min)</b>	Infield: live fielding with throws to base, communication drills. Outfield: call the ball, outfield relay chain, base running.
<b>GAME (45 min)</b>	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
<b>Warm-Up: Red Light Green Light</b>	3 min	Players jog in foul-line area. 'Green light!' = run. 'Red light!' = freeze. Anyone moving gets 5 jumping jacks. Quick reactions are a defensive skill. Keep it fun.	None
<b>Where to Throw – Pre-Hit Decision</b>	4 min	Players take defensive positions on the infield (SS, 2B, 1B, 3B, LF edge). Before each batter, coach points to a player and asks: 'Ball hit to you — where do you throw?' Player answers. Simple rule introduced: 'Ball to any infielder = throw to first base. Ball to outfield = throw to the cut-off (closest infielder).'	All bases
<b>Full Infield Sequence</b>	5 min	Coach rolls or tosses ball off tee to infield. Fielder: (1) read ball, (2) call 'MINE!' for any shared zone, (3) Crocodile field, (4) step and throw to first base. Coach at 1B. 8 repetitions rotating positions each rep. Coaches narrate: 'Ball to short — where does it go? First! Good!'	Gloves, baseballs, all bases, coach at 1B
<b>Tee Ball with Live Infield Fielders</b>	10 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
<b>Warm-Up: Lateral Shuffle Relay</b>	5 min	Teams race side shuffling with cones 20 feet apart on outfield grass (feet never cross). Start at the first cone, one player shuffles to the second, next player then starts. First team with all players to the second cone wins.	2 cones per team
<b>Call the Ball – Communication</b>	8 min	Groups of 3 on the outfield grass: 2 fielders stand 10 feet apart, coach tosses a fly ball between them. One player MUST call 'Mine!' — the caller catches, the other backs up. If no one calls it, ball drops and the lesson is repeated. Rotate thrower every 5 balls. Teaches priority and courage.	Gloves, foam or tennis balls or tee balls
<b>Crocodile – Roll &amp; Field</b>	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

COACH NOTES	WEEKLY SKILL GOAL
Calling for the ball is a skill that even older players struggle with. Create a culture of communication from Week 6 onward. Reward communication AS MUCH as you reward the catch. Say: 'I don't care if you drop it — I care that you CALLED it!'	Players communicate on every fly ball in the outfield. Players demonstrate where to throw after fielding based on pre-pitch decision-making.

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# WEEK 7 · FULL SKILL INTEGRATION

SESSION	DESCRIPTION
<b>PRACTICE (45 min)</b>	Infield: hitting + immediate base run, infield fielding scenarios. Outfield: outfield scenarios with multiple fielders, fly ball + relay.
<b>GAME (45 min)</b>	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
<b>Warm-Up: Jumping Jacks + Arm Circles</b>	4 min	10 jumping jacks (White Cap skill!), then 10 large forward arm circles, 10 backward. Coach counts aloud with players.	None
<b>Hit + Run to First Base</b>	9 min	Hitter at tee. After EVERY hit (fair or not), hitter sprints through first base. This integrates hitting and base running into one drill. Defense at full infield positions reacts to the batted ball: field and throw to first base to try and beat the runner. Coaches facilitate the defense rotation.	Tee, bats, baseballs, all bases, gloves
<b>The Target – Throwing at a Cone</b>	9 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.	Tee balls, cones or bucket

## 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
<b>Warm-Up: Lateral Shuffle to Cone</b>	4 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
<b>Outfield Scenarios – 2 Players</b>	10 min	2 outfielders set up on the outfield grass. Coach hits or throws ball between them or to either side. They must: (1) communicate immediately (one calls 'Mine!'), (2) non-catcher backs up the player catching the ball, (3) after the catch, outfielder throws back to the coach.	Gloves, tee balls
<b>The Challenge (Round 2)</b>	8 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
Integration week — players should start seeing the whole picture. The scenario drills give them a reason for every skill they've practised.	Players connect hitting → base running.

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# WEEK 8 · CAP SKILLS SHARPENING

SESSION	DESCRIPTION
<b>PRACTICE (45 min)</b>	Infield: cap skill-focused reps, light toss accurate count. Outfield: cap skill-focused reps, outfield scenarios.
<b>GAME (45 min)</b>	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
<b>Warm-Up: Jumping Jacks + Sprint</b>	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
<b>Crocodile → Step → Throw to First</b>	8 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
<b>Tee Work</b>	10 min	Tee work (5 swings). Coaches provide 1 positive cue per at-bat. After their turn, hitter sprints to first base (simulating a real at-bat). Repeat.	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
<b>Warm-Up: Drop-Step + Sprint (Full Reps)</b>	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
<b>Fly Ball Personal Best – 5 Attempts</b>	8 min	Each player gets exactly 5 fly balls on the outfield grass (coach throws, some to left, some to right). Count how many are caught cleanly (called + two-handed). Black Cap standard: 3/5 balls caught.	Gloves, tee balls or tennis balls
<b>Directional Grounders – Best of 10</b>	10 min	5 grounders on outfield grass. Player pair up and roll ground balls, then throw back to partner. Coach counts clean fields. Green Cap standard: 3/5. If a player fields cleanly but bobbles the throw, that still counts as a clean field for the cap skill. Focus on the field — not the throw.	Gloves, tee balls or 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. Catch 3/5 flyball.

[!\[\]\(8bbc1f1299a246c196d33c27b686a2d7\_img.jpg\) Baseball Canada Rally Cap Coaches Manual \(PDF\)](#)

[!\[\]\(0d12326490dcf2fb15b925ccac8d3f27\_img.jpg\) Rally Cap YouTube Instructional Videos](#)

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# WEEK 9 · CAP SKILLS TESTING

SESSION	DESCRIPTION
<b>PRACTICE (45 min)</b>	Formal cap skill assessment. Both teams rotate through testing stations during their respective infield and outfield blocks. Positive, celebratory atmosphere.
<b>GAME (45 min)</b>	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
<b>Single/Double Testing – Infield Skills</b>	22 min	Test at infield stations: (1) Movement: 10 Jumping Jacks without stopping. (2) Throwing: Throw 3/5 balls for 25 feet— use marked cone. (3) Hitting: Hit 3/5 fair balls off the tee.	Baseballs, tee, bat, cones at 25 ft, 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
<b>Single/Double Testing – Outfield Skills</b>	22 min	Test at outfield stations: (1) Receiving: Catch 3/5 fly balls from 15-foot height (coach throws, some left, some right). (2) Receiving: Field 3/5 grounders to the right AND 3/5 to the left (coach rolls on outfield grass). (3) Run through first base. Set up start cone with second cone 25 feet away to simulate running through first base.	Gloves, baseballs, flat base, open outfield grass

COACH NOTES	WEEKLY SKILL GOAL
Testing is split between infield and outfield stations intentionally — throwing/hitting on the infield, fielding/base running on the outfield grass. This mirrors the actual skill locations and keeps testing organized.	On Deck: All skills demonstrated. Home Plate: All 5 skills at standard. Award certificates at the game with ceremony!

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# WEEK 10 · SEASON CELEBRATION & PARENT PLAYER GAME

SESSION	DESCRIPTION
<b>PIZZA PARTY GAME (90 mins)</b>	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!

