

# WELLAND MINOR BASEBALL

## 7U DIVISION

### 10-WEEK COACHING PLAN

Baseball Canada · Rally Cap Program · Triple Level

2 teams share 1 field · Practice: 30 min · Game: 60 min · No score is kept  
Infield drill: 15 min | SWITCH | Outfield drill: 15 min  
**Pitching machine (manual) used for all hitting**  
Game: coaches actively teach positioning, base running, rules, and game play during play

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#### PROGRAM RESOURCES

- [!\[\]\(30a147af384f9f71632c2ff17bc706c8\_img.jpg\) Baseball Canada Rally Cap Coaches Manual \(PDF\)](#)
- [!\[\]\(9b33568d5c136f08ca688ce48be37574\_img.jpg\) Rally Cap Instructional Videos – YouTube Playlist](#)
- [!\[\]\(8c93063dab026f10e159986b27c41c64\_img.jpg\) Baseball Canada Rally Cap Program Page](#)

## PROGRAM OVERVIEW

The 7U Division at Welland Minor Baseball uses the Triple (Blue Cap) level of Baseball Canada's Rally Cap program. This plan accommodates both brand-new players and returning players. All hitting is done from a pitching machine (manual) from Week 1. No tee is used at any point. No catcher position is used — coaches operate the machine and cover home plate.

## HOW EACH SESSION WORKS

- 2 teams share 1 field simultaneously. Team A runs the infield drill while Team B runs the outfield drill.
- At the 15-minute mark, teams SWITCH. Both teams complete both the infield and outfield drill every session.
- Each drill block is a single focused drill covering hitting, throwing, OR fielding fundamentals — one drill per block, well executed, is better than two drills rushed.
- After the 30-minute practice, both teams play a 60-minute game. No score is kept at any level.
- During the game, coaches actively work with players on: defensive positioning (where to stand), base running (when to run, when to hold), rules (fair/foul, safe/out, force vs. tag), and general game play (backing up, cut-offs, calling the ball).
- Each week features a specific game coaching focus, so coaches know what to prioritize during the 60-minute game in addition to general play.

## ABOUT NEW PLAYERS

- Some 7U players will be playing baseball for the first time. The pitching machine at 20–25 mph is manageable for new players — do not reduce speed, but do allow first-timers to stand beside the machine and watch 2–3 balls before stepping in.
- Pair new players with returning players during throwing and fielding drills. Experienced players reinforce their own skills by demonstrating; new players learn by watching and mirroring.
- If a new player is genuinely struggling with the machine, allow 2 warm-up tee swings immediately before their machine turn in Weeks 1–3 only. From Week 4 onward, all players use the machine exclusively.

## BLUE CAP SKILL STANDARDS

SKILL	TRIPLE STANDARD
Throwing	Throw the ball 50 feet
Hitting	Hit 3/5 fair balls from the pitching machine (manual) - 20-25 mph at 44 ft start (increase to 30mph over the season as players become comfortable)
Receiving	Catch 3/5 fly balls to the right AND 3/5 fly balls to the left — 5–10 ft off centre, 15-ft height — must call 'Mine!'
Base Running	Run all bases correctly, touching each base, without stopping
General Knowledge	Know: hit vs. error · strike vs. ball · safe vs. out · single/double/triple/home run vs. fair vs. foul

# WEEK 1 · FIRST DAY — GRIP, STANCE & THE MACHINE

HITTING FOCUS	THROWING FOCUS	FIELDING FOCUS
4-seam grip; balanced batting stance (feet wide, hands high)	4-seam grip; arm-down, reach-back, shoulder-height sequence (The Wheel)	Ready position; two-handed catch (bare hands first)

SESSION	DESCRIPTION
<b>PRACTICE (30 min)</b>	30-minute practice — 15 min infield, 15 min outfield. Brand-new players and returning players mix. One focused drill on each side. The pitching machine (manual) is introduced from Day 1.
<b>GAME (60 min)</b>	60-minute game. Pitching machine (manual) used for all at-bats — set to 20-25 mph at 44 feet. No score is kept. During the game coaches actively work with players on: positioning (where to stand before each pitch), base running (when to run, when to hold, reading the play), rules (fair/foul, safe/out, force plays), and general game play (backing up, cut-offs, calling the ball). Coaches narrate every play to the whole team — 'Ball hit to short, where does it go? First base!' Focus this game on players knowing where to stand before every pitch.

## PRACTICE ROTATION (30 min total)

Minutes 1–15: Team A → Infield Drill | Team B → Outfield Drill  
 Minutes 16–30: SWITCH — Team A → Outfield Drill | Team B → Infield Drill  
**After practice: 60-minute game · No score is kept.**

## INFIELD DRILL (15 min — batting area & close-range throwing lane)

Run in the infield and the foul-line throwing lanes area beside the diamond. Focus: hitting fundamentals.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
<b>Stance + Machine Hitting</b>	15 min	<p><b>PART A</b> — Batting Stance (2 min): All players hold bats. Coach shows extremes — feet very close vs. very wide, hands low vs. high, legs straight vs. bent. Each time ask 'Where should you be?' Players answer 'Between the Two!' Feet wider than shoulders, slight knee bend, hands high and back.</p> <p><b>PART B</b> — Machine Hitting (10 min): Set pitching machine to 20-25 mph at 44 feet from home plate. Each player gets 3-5 pitches. Coaching cue: 'Watch the ball from the machine nozzle — the moment you see it, start your swing.' The machine is the standard from Day 1.</p>	Pitching machine (manual), bats, baseballs

## OUTFIELD DRILL (15 min — open outfield grass)

Run on the open outfield grass only. Focus: fielding fundamentals — fly balls, ground balls, and outfield throwing.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Ball Grip, Ready Position + Play Catch	15 min	<p><b>PART A</b> — Ball Grip (3 min): Players pair up. Coach demonstrates 4-seam grip: index and middle finger across the top seam, thumb underneath, ring and pinky curled below. Players pick up a ball, show the grip to their partner, put it down, re-grip. 5 reps. Coaching cue: 'Show me the grip before every swing — make it a habit from Day 1.'</p> <p><b>PART B</b> — Ready Position (3 min): Players stand on the outfield grass in a line. Coach demonstrates the ready position: feet slightly wider than shoulders, knees bent, weight on balls of feet, hands relaxed in front of knees, eyes on the pitcher (coach). Players hold the position for 5 seconds. Coach walks the line and checks each player. Coaching cue: 'You should feel like you could jump left or right instantly.'</p> <p><b>PART C</b> — Play Catch (9 min): Pair players up for the first week and have them play catch to evaluate the various levels of players on your team.</p>	Tennis balls or baseballs, gloves

COACH NOTES	WEEKLY SKILL GOAL
Week 1 sets the tone. The pitching machine may feel intimidating for new players — normalize it immediately by making it the only hitting option from the start. Pair experienced players with newcomers for the grip drill. Keep Part A and Part B of each drill tight so players get maximum machine and catching reps. During the game, focus your coaching conversation on one concept: 'Where do you stand before every pitch?'	<b>PRACTICE:</b> All players demonstrate a correct 4-seam grip and a balanced batting stance. All players attempt machine pitching and make at least 1 contact. All players demonstrate two-handed ready-position catching on the outfield grass. <b>GAME:</b> Every player knows their defensive position before each pitch and attempts to move toward every batted ball.

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

 [Rally Cap Instructional Videos – YouTube Playlist](#)

## WEEK 2 · SWING MECHANICS & ARM ACTION

HITTING FOCUS	THROWING FOCUS	FIELDING FOCUS
Load hands back before pitch; level swing through contact; follow-through finishes high	The Wheel arm sequence; giant glove-side step generates power	Crocodile ground ball position; move feet before reaching with the glove

SESSION	DESCRIPTION
<b>PRACTICE (30 min)</b>	15 min infield: swing mechanics with the machine. 15 min outfield: full throwing arm action and ground ball fielding on the outfield grass.
<b>GAME (60 min)</b>	60-minute game. Pitching machine (manual) used for all at-bats — set to 20-25 mph at 44 feet. No score is kept. During the game coaches actively work with players on: positioning (where to stand before each pitch), base running (when to run, when to hold, reading the play), rules (fair/foul, safe/out, force plays), and general game play (backing up, cut-offs, calling the ball). Coaches narrate every play to the whole team — 'Ball hit to short, where does it go? First base!' Focus this game on players knowing where to stand before every pitch.

### PRACTICE ROTATION (30 min total)

Minutes 1–15: Team A → Infield Drill | Team B → Outfield Drill

Minutes 16–30: SWITCH — Team A → Outfield Drill | Team B → Infield Drill

**After practice: 60-minute game · No score is kept at any level**

### INFIELD DRILL (15 min — batting area & close-range throwing lane)

Run in the infield and the foul-line throwing lanes area beside the diamond. Focus: hitting fundamentals.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
<b>Swing Mechanics — Machine Hitting</b>	15 min	<p><b>PART A</b> — Swing Sequence (3 min): All players hold bats, no ball. Coach walks through the 3-part swing: (1) <b>LOAD</b> — hands move back slightly as the pitch is released. (2) <b>STRIDE</b> — small step toward the machine with the front foot. (3) <b>SWING</b> — level path through the contact zone, follow-through finishes above the front shoulder. Players do 5 slow-motion dry swings, freezing at each step when coach calls it.</p> <p><b>PART B</b> — Machine Hitting (12 min): Machine at 20-25 mph, 44 ft. 5 pitches per player. Coach watches for the load-stride-swing sequence and gives ONE cue per player per turn only. Common corrections: (Swinging late) → 'Load your hands the moment the ball leaves the machine.' (Swinging under the ball) → 'Keep your chin down through contact.' (Swinging too hard) → 'Short, quick, and through — not big and around.' Rotate players through quickly.</p>	Pitching machine (manual), bats, baseballs

### OUTFIELD DRILL (15 min — open outfield grass)

Run on the open outfield grass only. No batting stations. Focus: fielding fundamentals — fly balls, ground balls, and outfield throwing.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
<b>The Wheel Throw + Crocodile Ground Ball</b>	15 min	<p><b>PART A</b> — The Wheel (6 min): Players pair up on the outfield grass, 20 feet apart. Coach calls 3 steps one at a time: (1) 'Arm DOWN' — arm hangs at side. (2) 'Reach BACK' — arm sweeps behind body. (3) 'Shoulder HEIGHT' — elbow lifts to shoulder level. Players freeze at each position. Then combine into one throw with a GIANT glove-side step before release. 10 throws each. Coaching cue: 'Elbow above your shoulder when you release — not below.' Push to 25–30 feet for confident throwers.</p> <p><b>PART B</b> — Crocodile Ground Ball (9 min): Coach rolls ground balls on the outfield grass from 15–18 feet. Player sets in Crocodile position: knees bent, glove hand out front with fingers pointing DOWN (thumb on the outer edge), bare hand beside the glove ready to cover. Field the ball with both hands, stand up, throw back to coach chest-high. 8 rollers per player. Coaching cue: 'Get LOW before the ball arrives Crocodile is a low position, not a standing one.'</p>	Baseballs, gloves

COACH NOTES	WEEKLY SKILL GOAL
<p>The load-stride-swing sequence is the core hitting foundation — reinforce it every week in machine hitting. The Wheel arm action and the Crocodile ground ball position are the two most important defensive fundamentals at this level. Running both in the outfield drill this week gives all players double exposure to mechanics before they appear in game situations. During the game, actively walk alongside base runners between pitches and explain base running rules in real time.</p>	<p><b>PRACTICE:</b> Players demonstrate the load-stride-swing sequence in machine hitting. Players execute the Wheel arm action with elbow above shoulder. Players field ground balls from the Crocodile position with both hands. <b>GAME:</b> Batters run through first base on every hit. Players respond to third-base coach GO/STAY signal.</p>

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

# WEEK 3 · THROWING DISTANCE & FLY BALL TRACKING

HITTING FOCUS	THROWING FOCUS	FIELDING FOCUS
Track the ball from machine nozzle to contact; consistent contact before power	Giant stride drives the throw; target the receiver's chest, not their feet	Drop-step to read fly ball direction; catch above the forehead with glove hand leading

SESSION	DESCRIPTION
<b>PRACTICE (30 min)</b>	15 min infield: machine hitting with distance tracking. 15 min outfield: throw-to-target drill and lateral fly ball catching.
<b>GAME (60 min)</b>	60-minute game. Pitching machine (manual) used for all at-bats — set to 20-25 mph at 44 feet. No score is kept. During the game coaches actively work with players on: positioning (where to stand before each pitch), base running (when to run, when to hold, reading the play), rules (fair/foul, safe/out, force plays), and general game play (backing up, cut-offs, calling the ball). Coaches narrate every play to the whole team — 'Ball hit to short, where does it go? First base!' Focus this game on players knowing where to stand before every pitch.

### PRACTICE ROTATION (30 min total)

Minutes 1–15: Team A → Infield Drill | Team B → Outfield Drill  
 Minutes 16–30: SWITCH — Team A → Outfield Drill | Team B → Infield Drill  
**After practice: 60-minute game · No score is kept at any level**

### INFIELD DRILL (15 min — batting area & close-range throwing lane)

Run in the infield and the foul-line throwing lanes area beside the diamond. Focus: hitting fundamentals.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
<b>Machine Hitting — Track &amp; Contact</b>	15 min	Machine Hitting (15 min): Machine at 20-25 mph, 44 ft. 5 pitches per player. Season goal: 3/5 hits reaching in fair territory.	Pitching machine (manual), bats, baseballs

## OUTFIELD DRILL (15 min — open outfield grass)

Run on the open outfield grass only. Focus: fielding fundamentals — fly balls and outfield throwing.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Throw to Target + Lateral Fly Ball	15 min	<p><b>PART A</b> — Throw to Target (6 min): Set a large target cone at 30 feet on the outfield grass. Players line up in 2 columns. Each player executes the full The Wheel sequence — grip, arm down, reach back, shoulder height, giant glove-side step — and throws at the cone. Coach behind the cone returns balls. 3 throws per player per round, 2 rounds. This builds the chest-high accuracy that outfield relay throws require. Coaching cue: 'Aim for the top of the cone — that is chest height on a fielder.'</p> <p><b>PART B</b> — Lateral Fly Ball (9 min): Coach demonstrates the drop-step: pivot the foot on the side the ball is going, open the hips, sprint under the ball. Coach throws fly balls on the outfield grass, 8-10 feet height. Player: drop-step, move feet, call 'Mine!', catch with glove hand leading above the forehead, cover immediately with bare hand. 5 balls per player. Coaching cue: 'First step is your feet — your hands go up second.' Repeat, if time permits.</p>	Baseballs, gloves

COACH NOTES	WEEKLY SKILL GOAL
Combine the throw-to-target and fly ball into one outfield session so players practice both throwing AND receiving in a single 15-minute block. The target cone throwing drill is the outfield equivalent of the infield machine session — building accuracy under a clear scoring system. During the game, pause play briefly after each fair/foul call to explain the rule to all players within earshot — rules knowledge is a Blue Cap cap skill.	<p><b>PRACTICE:</b> Players track the ball from the machine nozzle and improve contact. Players throw with accuracy to a target cone at 30 feet. Players perform the drop-step and catch at least 2/5 lateral fly balls.</p> <p><b>GAME:</b> All players understand fair vs. foul.</p>

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 [Rally Cap Instructional Videos – YouTube Playlist](#)

# WEEK 4 · THROWING TO FIRST BASE & OUTFIELD RELAY

HITTING FOCUS	THROWING FOCUS	FIELDING FOCUS
Opposite-field awareness; make contact to all parts of fair territory	Season Goal: 50-foot throw target; step toward the base before releasing	Field a grounder then step and throw to a base in one connected sequence

SESSION	DESCRIPTION
<b>PRACTICE (30 min)</b>	15 min infield: field a grounder and throw to first base. 15 min outfield: full outfield relay chain.
<b>GAME (60 min)</b>	60-minute game. Pitching machine (manual) used for all at-bats — set to 20-25 mph at 44 feet. No score is kept. During the game coaches actively work with players on: positioning (where to stand before each pitch), base running (when to run, when to hold, reading the play), rules (fair/foul, safe/out, force plays), and general game play (backing up, cut-offs, calling the ball). Coaches narrate every play to the whole team — 'Ball hit to short, where does it go? First base!' Focus this game on players knowing where to stand before every pitch.

## PRACTICE ROTATION (30 min total)

Minutes 1–15: Team A → Infield Drill | Team B → Outfield Drill  
 Minutes 16–30: SWITCH — Team A → Outfield Drill | Team B → Infield Drill  
**After practice: 60-minute game · No score is kept at any level**

## INFIELD DRILL (15 min — batting area & close-range throwing lane)

Run in the infield and the foul-line throwing lanes area beside the diamond. Focus: fielding and throwing fundamentals.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
<b>Crocodile → Step → Throw to First</b>	15 min	<p><b>PART A</b> — Mechanics Walk-Through (3 min): Coach demonstrates the full sequence slowly: (1) Crocodile receive — glove down, triangle stance, field with both hands. (2) Stand up — do not throw from the field position. (3) Pivot and step toward first base with the glove-side foot. (4) Full Wheel arm action and release. Coaching cue: 'Field, stand, step, throw — always in that order. Never rush the field to speed up the throw.'</p> <p><b>PART B</b> — Live Reps (12 min): Players take SS or 2B position on the infield. Coach rolls or hits a ground ball from the mound area. Player executes the full 4-step sequence and throws to the coach at first base (coach holds glove at chest height as the target). One ground ball per player and repeat. Coaching cue: 'Aim for my chest — not my feet, not over my head.'</p>	Baseballs, gloves

## OUTFIELD DRILL (15 min — open outfield grass)

Run on the open outfield grass only. Focus: fielding fundamentals — fly balls, ground balls, and outfield throwing.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Outfield Relay Chain	15 min	<p><b>PART A</b> — Walk-Through (3 min): Coach explains the relay chain concept on the outfield grass using 3 players: (1) Outfielder catches the hit. (2) Cut-off (infielder at the outfield edge) receives the outfielder's throw. (3) Home plate (cone) receives the cut-off's throw. Key rules: every throw is chest-high; cut-off holds hands above the head so the outfielder can see them</p> <p><b>PART B</b> — Live Reps (12 min): 3-player groups on the outfield grass: outfielder at 20 feet from coach, cut-off at 20 feet from home cone, home cone. Coach throws or rolls ball to outfielder. Outfielder fields and throws to cut-off. Cut-off catches and fires to home cone. Time each chain with a stopwatch: goal is under 8 seconds from coach throw to ball reaching home cone. Rotate all three positions after every 3 cycles. Coaching cue for cut-off: 'Receive the ball and QUICKLY look where you are throwing — then release chest-high.'</p>	Baseballs, gloves, cones as cut-off marker and home plate

COACH NOTES	WEEKLY SKILL GOAL
The Crocodile-to-throw sequence connects fielding and throwing as one fluid action — this is the infield fundamental that matters most in games. The relay chain is the outfield equivalent — it connects receiving, cut-offs, and accuracy into a team skill. During the game, let player know where the ball should go, when it's hit.	<b>PRACTICE:</b> Players field a grounder and deliver a throw to first base (cone) in a connected sequence. Players complete the relay chain (outfield → cut-off → home) in under 8 seconds. <b>GAME:</b> Every infielder states their throw destination before each pitch.

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# WEEK 5 · DEFENSIVE POSITIONING & 30-FOOT THROW

HITTING FOCUS	THROWING FOCUS	FIELDING FOCUS
Consistent load-stride-swing and contact	Season goal: 50-foot throw baseline reached; throw in the air without bouncing	Know your defensive position; know where to throw before the pitch

SESSION	DESCRIPTION
<b>PRACTICE (30 min)</b>	15 min infield: machine hitting. 15 min outfield: 30-50 foot throw and fly ball + grounder combo.
<b>GAME (60 min)</b>	60-minute game. Pitching machine (manual) used for all at-bats — set to 20-25 mph at 44 feet. No score is kept. During the game coaches actively work with players on: positioning (where to stand before each pitch), base running (when to run, when to hold, reading the play), rules (fair/foul, safe/out, force plays), and general game play (backing up, cut-offs, calling the ball). Coaches narrate every play to the whole team — 'Ball hit to short, where does it go? First base!' Focus this game on players knowing where to stand before every pitch.

## PRACTICE ROTATION (30 min total)

Minutes 1–15: Team A → Infield Drill | Team B → Outfield Drill

Minutes 16–30: SWITCH — Team A → Outfield Drill | Team B → Infield Drill

**After practice: 60-minute game · No score is kept at any level**

## INFIELD DRILL (15 min — batting area & close-range throwing lane)

Run in the infield and the foul-line throwing lanes area beside the diamond. Focus: hitting and throwing fundamentals.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
<b>Machine Hitting</b>	15 min	<p><b>PART A</b> — Defensive Positions (3 min): Players take defensive positions on the infield. Before each pitch, coach points to a player: 'Ball comes to YOU — where does it go?' For new players: simple answer only — 'Throw to first base.' For experienced players: 'What if there's a runner on second — where does it go?' Introduce one rule per week. This week: ball to any infielder with no runners = throw to first.</p> <p><b>PART B</b> — Machine Hitting (12 min): Machine at 20-25 mph, 44 ft. 4-5 pitches per player. After each batter, the rest of the team is in defensive positions and reacts to the batted ball. Rotate players around the diamond as they are waiting for their turn to hit. Just hitting, no running to bases. This connects hitting and fielding in one combined drill — not just hitting in isolation.</p>	Pitching machine (manual), bats, baseballs, gloves

### OUTFIELD DRILL (15 min — open outfield grass)

Run on the open outfield grass only. Focus: fielding fundamentals — fly balls, ground balls, and outfield throwing.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
<b>Fly Ball &amp; Grounder Combo</b>	15 min	Fly Ball & Grounder Combo: Coach alternates a lateral fly ball and a ground ball with no fixed pattern. Player stays in ready position, reads the ball type and direction instantly, and responds: drop-step + catch for fly balls; Crocodile + field for grounders. 5 fly balls + 5 grounders per player. This is the most game-realistic fielding drill in the plan. Coaching cue: 'Ready position between every ball — weight forward, hands ready, eyes on me.' If multiple coaches are available breakout into two groups. Repeat as time permits.	Baseballs, gloves,

COACH NOTES	WEEKLY SKILL GOAL
Connecting machine hitting with live fielders creates a real game feel during practice. Players in the field are active on every pitch, not just watching. The fly ball and grounder combo are the outfield fundamental that most closely mirrors game play — ensure ready position is reset between every ball. During the game, make the pre-pitch positioning routine: every player, every pitch, every inning.	<b>PRACTICE:</b> Players state their defensive throw destination before each pitch. Machine hitting: players tracking toward 3/5 fair balls. 30-50 foot throw baseline for each player. Players field both fly balls and grounders from the ready position in the combo drill. <b>GAME:</b> Pre-pitch routine (position + throw destination) established for all fielders.

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 [Rally Cap Instructional Videos – YouTube Playlist](#)

# WEEK 6 · MACHINE HITTING CONFIDENCE

HITTING FOCUS	THROWING FOCUS	FIELDING FOCUS
Relaxed grip until contact; short controlled swing; consistent fair-ball contact	Throw to the cut-off at chest height; accuracy over power	Call the ball on fly balls; CF has priority over LF and RF in shared zones

SESSION	DESCRIPTION
<b>PRACTICE (30 min)</b>	15 min infield: machine hitting. 15 min outfield: outfield communication and fly ball priority.
<b>GAME (60 min)</b>	60-minute game. Pitching machine (manual) used for all at-bats — set to 20-25 mph (speed can be increased to 30mph if coaches agree) at 44 feet. No score is kept. During the game coaches actively work with players on: positioning (where to stand before each pitch), base running (when to run, when to hold, reading the play), rules (fair/foul, safe/out, force plays), and general game play (backing up, cut-offs, calling the ball). Coaches narrate every play to the whole team — 'Ball hit to short, where does it go? First base!' Focus this game on players knowing where to stand before every pitch.

## PRACTICE ROTATION (30 min total)

Minutes 1–15: Team A → Infield Drill | Team B → Outfield Drill  
 Minutes 16–30: SWITCH — Team A → Outfield Drill | Team B → Infield Drill  
**After practice: 60-minute game · No score is kept at any level**

## INFIELD DRILL (15 min — batting area & close-range throwing lane)

Run in the infield and the foul-line throwing lanes area beside the diamond. Focus: hitting fundamentals.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
<b>Machine Hitting — Confidence</b>	15 min	Machine at 20-25 mph, 44 ft. 5-7 pitches per player. Note: machine speed can be increased to 30mph if players are comfortable. Coach gives a maximum of ONE cue per player per turn, chosen from the player's biggest current weakness only. Common Week 6 corrections: (Still swinging late) → 'Load the moment the ball leaves the machine.' (Pulling off the ball) → 'Stay on the ball, keep your front shoulder closed.' (Lack of power) → 'Hold the bat like you're holding a bird — firm but not crushing. Squeeze happens AT contact.' After all players have their 5-7 pitches, repeat if time permits.	Pitching machine (manual), bats, baseballs


## OUTFIELD DRILL (15 min — open outfield grass)

Run on the open outfield grass only. Focus: fielding fundamentals — fly balls, ground balls, and outfield throwing.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
<b>Outfield Communication — Call the Ball</b>	15 min	<b>PART A</b> — Priority Rule (3 min): Coach explains on the outfield grass: 'CF has priority over everyone. If CF calls Mine — LF and RF back off. If CF does not call it, LF or RF can call it and take it.' Run a verbal dry-run: 3 players stand in their outfield zones, coach points to a spot between them, players call or don't call. Debrief: who should have called it?	Baseballs, gloves

	<p><b>PART B</b> — Live Fly Ball Communication (12 min): Groups of 3 on the outfield grass — LF, CF, RF. Coach throws fly balls and grounders to gaps and to specific players. One player <b>MUST</b> call 'Mine!' before the ball lands. The other two back up the player catching. Rule: if no one calls it, the ball drops and the team gets a coaching moment — not a punishment, just the lesson repeated. After each ball: 'Who called it? Was that right? Who backed up?' 4-5 fly balls per group. Repeat.</p>	
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<b>COACH NOTES</b>	<b>WEEKLY SKILL GOAL</b>
<p>Week 6 is the confidence-building week for machine hitting and positive reps matter. Limit yourself to one cue per player per turn; overcorrecting kills confidence. The call-the-ball drill in the outfield is one of the most important team-skill drills in the plan — reward communication as much as the successful catch. During the game, make calling fly balls a team standard: any uncalled fly ball is a coachable moment, even if caught.</p>	<p><b>PRACTICE:</b> Players averaging 3/5 fair balls hit. Every outfield fly ball is called by one player without coach prompting. CF priority rule applied correctly in live practice. <b>GAME:</b> Outfield fly balls are called before caught. Outfielders back up each other on every ball.</p>

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

# WEEK 7 · PRESSURE THROWING & OUTFIELD GROUNDERS

HITTING FOCUS	THROWING FOCUS	FIELDING FOCUS
Controlled swing under pressure; maintain mechanics when the game matters	Throw under time pressure with full mechanics; step toward the target every time	Field outfield ground balls to both sides; throw to the cut-off after fielding

SESSION	DESCRIPTION
<b>PRACTICE (30 min)</b>	15 min infield: throwing under pressure, machine hitting. 15 min outfield: directional outfield ground balls with throw to cut-off.
<b>GAME (60 min)</b>	60-minute game. Pitching machine (manual) used for all at-bats — set to 20-25 mph (speed can be increased to 30mph if coaches agree) at 44 feet. No score is kept. During the game coaches actively work with players on: positioning (where to stand before each pitch), base running (when to run, when to hold, reading the play), rules (fair/foul, safe/out, force plays), and general game play (backing up, cut-offs, calling the ball). Coaches narrate every play to the whole team — 'Ball hit to short, where does it go? First base!' Focus this game on players knowing where to stand before every pitch.

## PRACTICE ROTATION (30 min total)

Minutes 1–15: Team A → Infield Drill | Team B → Outfield Drill  
 Minutes 16–30: SWITCH — Team A → Outfield Drill | Team B → Infield Drill  
**After practice: 60-minute game · No score is kept at any level**

## INFIELD DRILL (15 min — batting area & close-range throwing lane)

Run in the infield and the foul-line throwing lanes area beside the diamond. Focus: hitting and throwing fundamentals.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
<b>Machine Hitting</b>	15 min	Machine Hitting (15 min): Machine at 20-25 mph, 44 ft. 5-7 pitches per player. Note: machine speed can be increased to 30mph if players are comfortable. This week: after each hit, batter sprints to first base, on last pitch player sprints to first even if the ball wasn't hit. Fielders react to the hit and make their throw. Integrates hitting, base running, and fielding into one real-game sequence.	Pitching machine, bats, baseballs

## OUTFIELD DRILL (15 min — open outfield grass)

Run on the open outfield grass only. Focus: fielding fundamentals — fly balls, ground balls, and outfield throwing.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
<b>Directional Outfield Grounders → Throw to Cut-Off</b>	15 min	<p><b>PART A</b> — Footwork (3 min): Players on outfield grass. Coach points LEFT or RIGHT. For balls to the glove side: stride step in that direction. For balls to the throwing side: crossover step (lead foot crosses in front) to cover ground faster. 5 reps each side — footwork only, no ball. Coaching cue: 'First step is your feet. The glove goes where your feet take it.'</p> <p><b>PART B</b> — Field + Throw to Cut-Off (12 min): Coach rolls or hits ground balls on the outfield grass 5–8 feet to the player's left and right alternately. Player: read direction, correct footwork, Crocodile field, stand, throw to cut-off coach at 20 feet (chest-high). 10 grounders per player. Coaching cue: 'Field, stand, throw — same sequence as the infield, just on grass and farther away.' Count clean fields (both hands, no bobble) and note them.</p>	Baseballs, gloves, cone as cut-off marker

COACH NOTES	WEEKLY SKILL GOAL
The countdown throw creates healthy urgency without panic — it mirrors the real infield time pressure of getting a runner at first. The directional outfield grounder drill is one of the most underused fundamentals at this level — outfielders who can move left and right efficiently transform a team's defense. During the game, explain force vs. tag plays every time they occur — this is one of the most commonly misunderstood rules at 7U.	<b>PRACTICE:</b> Players maintain throwing mechanics under countdown pressure. Machine hitting batters sprint to first base. Players field outfield grounders to both sides and throw to the cut-off. <b>GAME:</b> Players understand force plays vs. tag plays and apply the correct mechanic.

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# WEEK 8 · FULL INTEGRATION

HITTING FOCUS	THROWING FOCUS	FIELDING FOCUS
Hit 3/5 fair balls	Goal - 50-foot throw confirmed for each player; personal best recorded	Full sequence: field a grounder or fly ball → correct throw to the right base

SESSION	DESCRIPTION
<b>PRACTICE (30 min)</b>	15 min infield: machine hitting. 15 min outfield: fly ball + outfield grounder.
<b>GAME (60 min)</b>	60-minute game. Pitching machine (manual) used for all at-bats — set to 20-25 mph (speed can be increased to 30mph if coaches agree) at 44 feet. No score is kept. During the game coaches actively work with players on: positioning (where to stand before each pitch), base running (when to run, when to hold, reading the play), rules (fair/foul, safe/out, force plays), and general game play (backing up, cut-offs, calling the ball). Coaches narrate every play to the whole team — 'Ball hit to short, where does it go? First base!' Focus this game on players knowing where to stand before every pitch.

## PRACTICE ROTATION (30 min total)

Minutes 1–15: Team A → Infield Drill | Team B → Outfield Drill

Minutes 16–30: SWITCH — Team A → Outfield Drill | Team B → Infield Drill

**After practice: 60-minute game · No score is kept at any level**

## INFIELD DRILL (15 min — batting area & close-range throwing lane)

Run in the infield and the foul-line throwing lanes area beside the diamond. Focus: hitting and throwing fundamentals.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
<b>Machine Hitting</b>	15 min	Machine Hitting (15 min): Machine at 20-25 mph, 44 ft. 5-7 pitches per player. Note: machine speed can be increased to 30mph if players are comfortable. This week: after each hit, batter sprints to first base, on last pitch player sprints to first even if the ball wasn't hit. Fielders react to the hit and make their throw. Integrates hitting, base running, and fielding into one real-game sequence.	Pitching machine (manual), bats, baseballs

### OUTFIELD DRILL (15 min — open outfield grass)

Run on the open outfield grass only. No batting stations. Focus: fielding fundamentals — fly balls, ground balls, and outfield throwing.

DRILL	TIME	STEP-BY-STEP INSTRUCTIONS	EQUIPMENT
Fly Ball + Grounders	15 min	<b>PART A</b> — Fly Ball Personal Best (7 min): Each player gets 5 fly balls on the outfield grass (15-foot height). Coaching cue — 1 specific cue per player based on their current miss pattern: (Missing to the left) → 'Bigger drop-step to the left — your first step is too small.' (Reaching instead of moving) → 'Feet before hands — every time.' <b>PART B</b> — Grounder Personal Best (8 min): 5 directional ground balls per player on the outfield grass (5 left, 5 right). Count clean fields (Crocodile position, two hands, no bobble). Coach gives one targeted cue per player only.	Baseballs, gloves, cones

COACH NOTES	WEEKLY SKILL GOAL
Week 8 is the measurement week. During the game, deliberately step back and observe — your players have learned a lot over 8 weeks and may surprise you.	<b>PRACTICE:</b> Machine hitting 3/5 balls hit fair. Fly ball and outfield grounder personal bests recorded and compared to Week 5 baseline. <b>GAME:</b> Players make independent defensive decisions. Coaches observe and provide help if necessary for development

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## WEEK 9 · GAME DAY - 1.5 HOUR GAME

SESSION	DESCRIPTION
GAME (90 min)	90-minute game. Pitching machine (manual) used for all at-bats — set to 20-25 mph (speed can be increased to 30mph if coaches agree) at 44 feet. No score is kept. During the game coaches actively work with players on: positioning (where to stand before each pitch), base running (when to run, when to hold, reading the play), rules (fair/foul, safe/out, force plays), and general game play (backing up, cut-offs, calling the ball). Coaches narrate every play to the whole team — 'Ball hit to short, where does it go? First base!' Focus this game on players knowing where to stand before every pitch. <b>PLAY AS MANY INNINGS AS YOU CAN – HAVE FUN</b>

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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!

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  -  [Rally Cap Instructional Videos – YouTube Playlist](#)
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