

# WBMB – Rally Cap Format

## Rally Cap Philosophy

- Instill a love and enjoyment for the game of baseball at a very young age
- Foster a positive coaching and learning environment for all players and coaches alike
- Create a community of coaches through learning opportunities, collaboration, and continued support
- Provide opportunities for all coaching volunteers to increase their knowledge base, and provide the best possible baseball experience for our young ball players
- Create teams of smaller numbers in order to foster greater participation, and encourage greater skill development with a lower ratio of players to coaches
- Encourage a positive environment which allows every player of all skill levels to learn and progress at their own pace from the beginning to the end of the ball season
- Incorporate gameplay within each practice session to encourage work ethic during practice time, and sheer joy during gameplay

## Breakdown of Rally Cap Structure

	<b>Junior Rally</b>	<b>Senior Rally</b>
<b>Team Size</b>	<ul style="list-style-type: none"> <li>• 9-11 players</li> </ul>	<ul style="list-style-type: none"> <li>• 9-11 players</li> </ul>
<b>Practice Lengths</b>	<ul style="list-style-type: none"> <li>• 60 minutes</li> </ul>	<ul style="list-style-type: none"> <li>• 60-75 minutes</li> </ul>
<b>Practice Breakdown</b>	<ul style="list-style-type: none"> <li>• 2 teams on field space each practice</li> <li>• Skills &amp; Drills                             <ul style="list-style-type: none"> <li>○ Own team</li> <li>○ Own space</li> </ul> </li> <li>• Gameplay with other team</li> </ul>	<ul style="list-style-type: none"> <li>• 2 teams on field space each practice</li> <li>• Skills &amp; Drills                             <ul style="list-style-type: none"> <li>○ Own team</li> <li>○ Own space</li> </ul> </li> <li>• Gameplay with other team</li> </ul>
<b>Possible Gameplay Progression Ideas</b>	<ul style="list-style-type: none"> <li>• Drills/Gameplay Time                             <ul style="list-style-type: none"> <li>○ 40 min / 20 min</li> <li>○ 30 min / 30 min</li> </ul> </li> <li>• Game Positioning                             <ul style="list-style-type: none"> <li>○ General positioning throughout infield/outfield</li> <li>○ Basic positioning of infield, using terminology</li> </ul> </li> <li>• Batting                             <ul style="list-style-type: none"> <li>○ Everyone Bats</li> <li>○ Start with Tee (if needed)</li> <li>○ 3 swings then move to tee if needed</li> </ul> </li> <li>• Pitching                             <ul style="list-style-type: none"> <li>○ Batting off a tee</li> <li>○ Coach/Parent Underhand toss</li> <li>○ Coach/Parent Overhand toss from kneeling</li> </ul> </li> </ul> <p><b>***Every batter to get a “hit” each at bat whether from a pitch or off a tee***</b></p>	<ul style="list-style-type: none"> <li>• Drills/Gameplay Time                             <ul style="list-style-type: none"> <li>○ 50 min / 25 min</li> <li>○ 30 min / 45 min</li> </ul> </li> <li>• Game Positioning                             <ul style="list-style-type: none"> <li>○ Basic Infield Positioning</li> <li>○ Specific placement of athletes to positions (not on top of bag...)</li> </ul> </li> <li>• Batting                             <ul style="list-style-type: none"> <li>○ Everyone Bats</li> <li>○ 3 swings each then move to a tee if needed</li> </ul> </li> <li>• Pitching                             <ul style="list-style-type: none"> <li>○ Underhand toss</li> <li>○ Coach/Parent Overhand toss from kneeling</li> <li>○ Pitching Machine</li> </ul> </li> </ul> <p><b>***Every batter to get a “hit” each at bat whether from a pitch or off a tee***</b></p>

**\*\*\*As the season progresses, coaches are encouraged to use their discretion when it comes to gameplay progression, keeping in mind to not only challenge the young athletes, but to also allow all athletes to experience success at all stages of the season\*\*\***