

# Oakridge Rally Cap Practice Plan: Phase 1

Phase 1 is designed as a template that can be used for ~ the first 3 weeks (6 practices of the season).

The focus for the first few weeks is on:

1. *Baseball knowledge/baserunning: Learn the names of each base and running direction*
2. *Defense: How to position yourself to field a ground ball*
3. *Hitting: The basics of holding a bat, making a baseball swing; safely dropping the bat*
4. *Throwing: How to grip and throw a baseball*

## Practice Flow

In Rally Cap, you typically have 3 teams on a diamond. Ideally, coaches should meet 5-10 minutes before the start of practice to review who will be responsible for what, as well as which teams will start playing the game vs. working on drills.

For the running warm-up, divide the group in half. When working on ground balls, create 4 or 5 groups (more groups if you have enough coaches)

Duration	Activity	Notes
5-7 minutes (warm-up)	Baserunning	½ of group
5-7 minutes (warm-up)	Movement skills	Other half of group
5-7 minutes	Infield ground ball drills	Entire group (4 or 5 stations)
Game 1: 15-20 minutes	Team A vs Team B	Team C doing hitting/throwing drills in outfield
Game 2: 15-20 minutes	Team B vs Team C	Team A doing hitting/throwing drills in outfield
Game 3: 15-20 minutes	Team C vs Team A	Team B doing hitting/throwing drills in outfield
5 minutes	debrief	Give out high fives, stickers, freezies

## Warm up (~15 minutes)

- **Running & movement drills: 10 minutes total**
  - **Split group into 2 smaller groups, one on infield, one group in OF**
- **Infield: 5 minutes**

### Station 1 (~5 minutes): on diamond

1. Train: [https://www.youtube.com/watch?v=Cip\\_NYbcC58](https://www.youtube.com/watch?v=Cip_NYbcC58)
  - a. 1 coach will lead baserunners around the bases, encouraging players to call out names of bases each time a base is touched
  - b. Other coaches are positioned near bases to remind players to call out the names of the bases as they go
2. Baserunning Relay
  - a. Half group starts at 2B, other half at home. Runners must run from their starting position, then run the next two bases and tag the next runner.
  - b. At least 1 coach must be stationed at 2B/home to control traffic, extra coaches should function as 1B/3B coaches to help guide runners

### Station 2: in outfield grass (~5 minutes)

For each of the drills, start by having entire team do 1 lap (out and back, ~15 yards) of your chosen drill. Then break group into 2 and have them compete relay-style on that movement skill.

1. Choose at least 2 of the following each practice
  - a. Frog race: <https://www.youtube.com/watch?v=Rel8pHXi5GE>
  - b. Shuffle shuffle: <https://www.youtube.com/watch?v=kG59Tvxta9c>
  - c. Sprint with backpedal: <https://www.youtube.com/watch?v=7XLiflQs2cM>
  - d. High knees: <https://www.youtube.com/watch?v=zVfRpD2cLWo>
  - e. Jack of all Trades: <https://www.youtube.com/watch?v=5yOIJ3eejaw>

### Infield skill: Groundball fielding (~5 minutes)

Separate kids into 4 or 5 groups (depending on how many coaches you have). Players will line up in front of a coach and be asked to demonstrate proper ground ball mechanics in the following (see Crocodile drill: <https://www.youtube.com/watch?v=6pBrErW7xgk>)

:

1. Standing: No glove, no ball (shadow reps); 2 reps each
2. Standing: No glove, coach rolls the ball to each player; 2 reps each
3. Standing: Glove, coach rolls the ball to each player, 2 reps each

### Water break

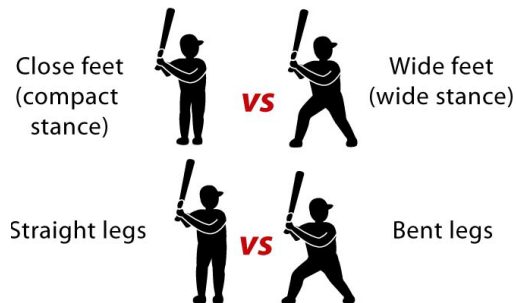
With 3 teams, 2 teams will play a game, while the 3rd team runs practice drills in the outfield.

## Drills to run in the Outfield (for team not currently playing the game)

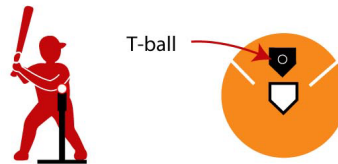
During the skill portion, separate kids into 2 groups: hitting vs. throwing/receiving.

### Group 1: hitting

1. Between the Two: <https://www.youtube.com/watch?v=YNeaTebkrqE>
  - a. Every player should hold a bat for this drill. The coach should demonstrate two extremes for how to position hands/feet. Coach should then ask players how they should position themselves: players will answer “**Between the Two**” and demonstrate what the correct positioning is



- b. Practice 5-10 rounds of swings (no balls), focus on 3 fundamentals:
  - i. **Stance:** feet should be slightly wider than shoulder width, knees slightly bent
  - ii. **Grip:** Hands correctly gripping the bat (side of body closer to pitcher should have that hand placed lower on bat; knuckles correctly aligned on bat)
  - iii. **Starting position:** Hands ~ at shoulder height when starting the swing
- c. After each swing, coaches should remind players to gently place the bat on the ground (i.e. no throwing the bat)



#### Key points:

- Feet must be wider than shoulders
- Hands high and back
- Hands together on bat

2. Hitting off a tee (rotate kids every 5 swings)
  - a. With a coach/parent helper located to the side of the athlete, ask the athlete to hit the ball off a tee (suggestion: use whiffle balls instead of Incrediballs). Ensure the tee is placed in front of home plate and NOT on it. Teammates collect baseballs.

## Group 2: Throwing/Receiving

### 1. Handcuff:

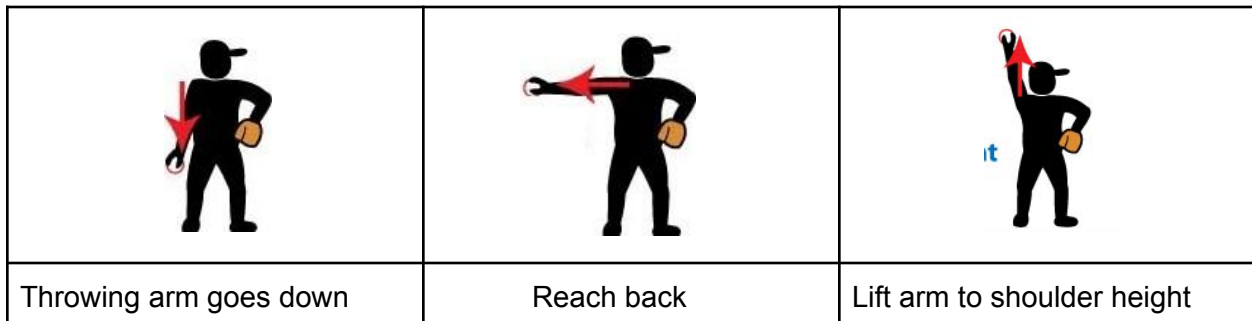
<https://www.youtube.com/watch?v=gYBHnRyWyVY>

- a. Every player should have a ball with them. asks players to drop ball onto the ground, it up and get ball into correct grip (aim for repetitions)
  - i. Grip fingers across the seems
  - ii. Fingers should be on top of the ball the side)



### 2. The Wheel: <https://www.youtube.com/watch?v=NZqEgR2Liqs>

- a. Position the kids in a semi circle, with the goal of throwing the ball to the same cone/hula hoop positioned ~10-15 feet away
  - i. This way all kids can throw at the same time
- b. Start with kids in a half-kneeling position (throwing knee down, glove knee at 90 degrees): encourage players to make a large circle (aka wheel) with their arms before throwing the ball
  - i. Players should make 5-10 throws from the kneeling position
- c. Move kids into a standing position, have them complete another 5-10 throws to a hula hoop/cone from this position



### 3. Catching the ball like an egg (time & player skill permitting):

<https://youtu.be/aOLLOFJFg4c>

- a. Have coaches toss ball to players at this age
- b. Start either with playground bouncy ball or whiffle ball



\*\* All images sourced from Rally Cap Practice Plans:

[https://www.baseball.ca/files/Rally\\_Cap\\_practice\\_plans\\_white\\_grey\\_caps\\_revised\\_January\\_09\\_2011%5B1%5D.pdf](https://www.baseball.ca/files/Rally_Cap_practice_plans_white_grey_caps_revised_January_09_2011%5B1%5D.pdf)

# Setting up the Diamond for Rally Cap Games

1. No outfielders
2. Defense rotates every new batter
  - a. Extra defenders will line up in foul territory and rotate onto the field when it's their turn
3. Offense starts with runners on every base (each child still gets a turn to hit)
  - a. Last batter of the inning should be announced loudly, batter will run all the bases (i.e. hit a HR). Defense has to return the ball to the C to end the play.
4. Coaches/parents should be positioned as indicated in the diagram below

