

McCabe Rally Caps T-Ball Program

What is the Rally Caps?

The Rally Cap Program is a starting point of Long Term Athletic Development (LTAD).

The Rally Cap Program is one of the outcomes of the LTAD Program developed by Sport Canada.

LTAD focuses on the general framework of athlete development with special reference to growth, maturation and development, trainability, and sport system alignment and integration. It incorporates information from a number of sources. It draws on the experiences of various athlete development projects that have been implemented by different sport organizations since the mid-1990s.

These sciences include pediatric exercise science, exercise physiology, sport psychology, psychomotor learning, sport sociology, and nutrition. An analysis of the literature on organizational development has also contributed significantly.

The health and well-being of the nation and the medals won at major Games are simple by-products of an effective sport system.

This document is fully based on and supported by the coaching and exercise science literature, but it is written particularly for coaches and technical and administrative sport leaders. Baseball Canada members have expressed their deep desire to have a comprehensive initiation program at the Baseball Canada Summit in 2003. It has been tested and implemented by The Cleveland Indians in the greater Cleveland area as well. Together, let's make sure this first baseball experience is a positive one for all young players in Our League.

Goals

GOAL #1

Create a fun environment in which children and adults are actively engaged together in the game of baseball.

- a. Use proposed fun games as a way to make baseball learning positive and fun.
- b. Encourage interaction between parents and players during all Rally Cap sessions.

GOAL #2

Develop fundamental motor skills, teach baseball skills, and basic rules to our players.

- a. Organize practices to maximize learning, minimize inactivity with the number of repetitions in the various skills being introduced.
- b. Introduce fundamental motor skills for the all-around athlete.

GOAL #3

Experience success with an emphasis on good sportsmanship.

- a. Recognize the ability of each player is an individual and progression will occur at their own rate through experiences and efforts.
- b. Recognize partial or total success through positive reinforcement.
- c. Organize activities adapted to every individual's ability proposing attainable challenges giving immediate feedback.

GOAL #4

Promote increased self-esteem among Rally Cap children and adults.

- a. Encourage players whenever possible.
- b. Spend comparable teaching time with all players regardless of ability
- c. Embrace challenges as a pathway to success

GOAL #5

Recruiting new coaches and volunteers

- a. Provides an entry point for not only players to the game but adults and volunteers
- b. Develop role models for the game and life.

Game Structure

In the Rally Cap baseball program, each team will divide into team A and team B (i.e. Bledsoe A and Bledsoe B; Ritter A and Ritter B). To the best of the coaches ability, they will place similar skill level players together. For example: my team of 12 children has 6 children with more advanced abilities and 6 with less advanced abilities. As a coach, I would separate them accordingly into these groups. This allows for teams to match up appropriately during the game portion and to be able to progress/regress the skill portion while players are in the outfield.

Each session will last 60 minutes. Team A Bledsoe will play Team A Ritter while Team B Bledsoe and Team B Ritter will be practicing drills in the outfield area. Team A Bledsoe will hit 1-6 which will constitute a half inning. Team A Ritter will then hit 1-6 which will complete inning 1. The teams will play for approximately 30 minutes or 2 innings whichever comes 1st. The teams in the outfield will rotate skills each half inning for a total of 2 innings while Team A Bledsoe is playing Team A Ritter. After 2 innings are completed, Teams A will go to the outfield and Teams B will come in for the game. The same format will then apply for Teams A and B.

Practice

While in the outfield area, each team will practice different drills with respect to the following FUNdamentals:

1. Fundamental movement skills
2. Throwing
3. Receiving
4. Hitting

The drills will be instituted for each game day. There will be 4 stations focused on the above FUNdamentals. Players will rotate stations each time the teams in the game switch. The game equipment and stations will be setup prior to each game day. The only equipment a player should will bring to the outfield session is their glove.