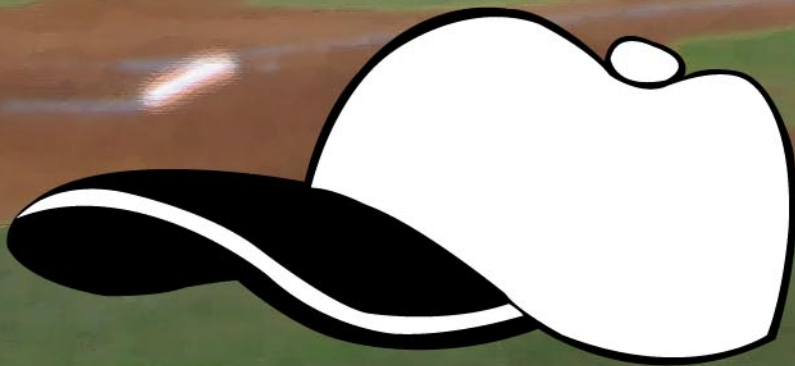
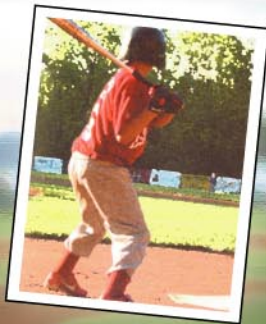




**PROGRAM**



**WHITE CAP**

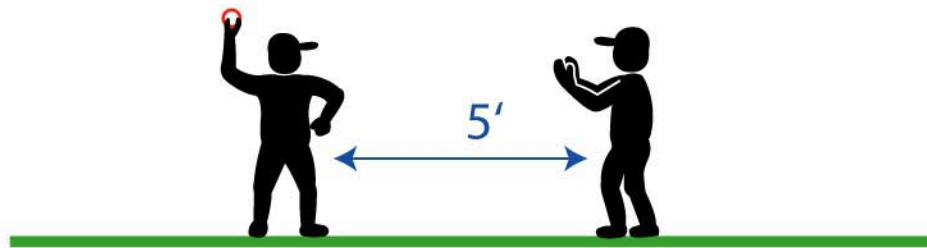
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# 1. White Cap - Throwing



With a partner or coach standing in front of the player at a distance of 5 feet, the player is asked to throw the ball. Accuracy is not important at this stage, only that the player be able to throw the distance.



*Below are drills that can be used to prepare players for this task:*

## »» Handcuffs

**Goal:** Teach players the proper way to hold a ball.

**Description:** Players pair up with each other or with a parent. At a signal, players take a proper grip on the ball.

**Equipment:** Incrediball for each player

### **Variation and Progression:**

**A** Players are seated, pick the ball off the ground and show it to a partner



**B** Players are seated, throw the ball (2 feet high) and show it to a partner





**C** Players are seated, pick the ball off the ground and throw it to a partner

**D** Players are seated, throw the ball (2 feet high) and throw it to partner



**E** On two knees, pick the ball off the ground and throw it to partner

**F** Players are seated, throw the ball to a partner

**G** On two knees, throw the ball to a partner



**H** Standing up, throw the ball to a partner



**I** On their back, throw the ball to a partner



### Key Points:

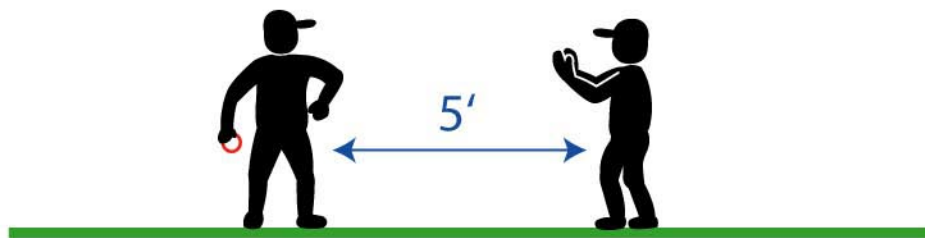
- Always put two or three fingers on the ball
- Hold the ball with the fingers and not in the palm of the hand



## 7. White cap - Receiving



With a partner or a coach standing in front of the player at five (5) feet, throw the ball underhand to the player. At this stage, look for players who can receive the ball using both hands.



*Below is a drill that can be used to prepare players for this task:*

### »» Catch the ball like an egg

**Goal:** Help players absorb the ball when catching it.

**Description:** With a partner or a coach located in front of the player at a distance of 6 feet, throw the ball underhand to the player. Look for players who will catch the ball with two hands.

Place players opposite each other at a distance of 6 feet. With players on 2 knees, and bare handed, have the players play catch throwing the ball under hand. For younger players, it would be a good idea to match a player with a parent.



### ***Variations and Progression:***

- A** On both knees, use foam balls.
- B** On both knees, no glove, use a bigger ball.
- C** On both knees, no glove, use tennis balls.
- D** Standing up, no glove, use tennis balls or bigger ball, throw with one bounce.
- E** On both knees, use foam balls.
- F** On both knees, no glove, use a bigger ball.
- G** On both knees, no glove, use tennis balls.

- Equipment:**
- Several types of balls (minimum 1 per player)
  - 2-3 buckets



### **Key Points:**

- Reach out for the ball.



- Bring hands towards the body when catching the ball.



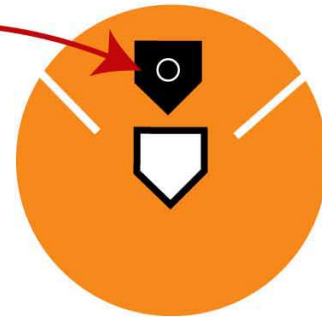
## 13. White cap - Hitting



With a partner or a coach standing beside the player, simply ask the player to hit the ball off the tee. Contact with the ball, not distance is important here. Ensure the tee is placed in front of home plate and NOT directly on home plate.



T-ball



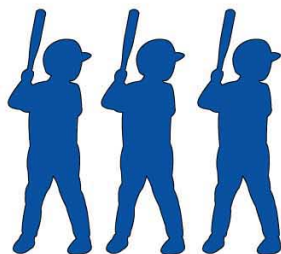
*Below is a drill that can be used to prepare players for this task:*

### >> Between the Two

**Goal:** Introduce players to the perfect batting stance.

**Description:** Each player has a bat in their hands. Copy every different position the coach takes.

Every time the coach asks the players how to position themselves, they answer: "Between the two". In all cases, you want "Between the two" extremes as a better method for your hitters to start from.



## Variations and Progression:

**A** Close feet  
(Compact stance)



vs



Wide feet  
(Wide stance)

**VS**

**B** Straight legs



vs



Bent legs

**VS**

**C** High hands



vs



Low hands

**VS**

**D** Bat pointing straight up



vs



Lying on shoulder

**VS**

**E** Complete swings without ball



### Key Points:

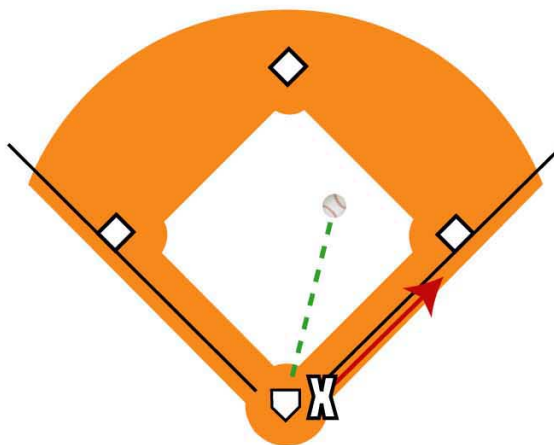
- Feet must be wider than shoulders.
- Hands high and back.
- Hands together on bat



## 19. White cap - Base running



To complete this task, player must know what direction to run after hitting the ball. Coach can consider various bases to check players' knowledge.

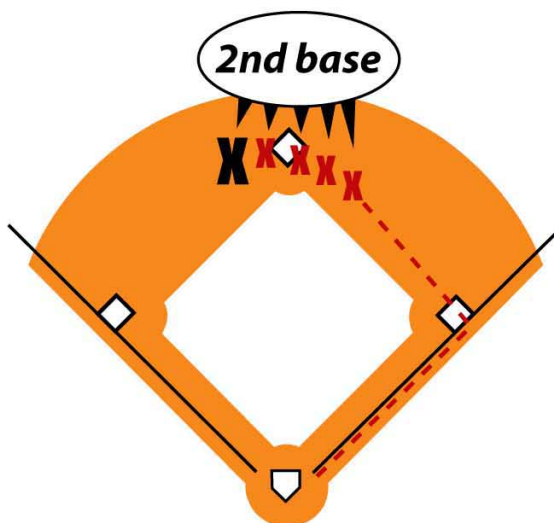


*Below is a drill that can be used to prepare players for this task:*

### >> The Train

**Goal:** Help players to know the bases and to touch them properly.

**Description:** Starting from home plate, players form a line and walk around the bases, saying the name of the base as they touch it. Parents can join in this activity.





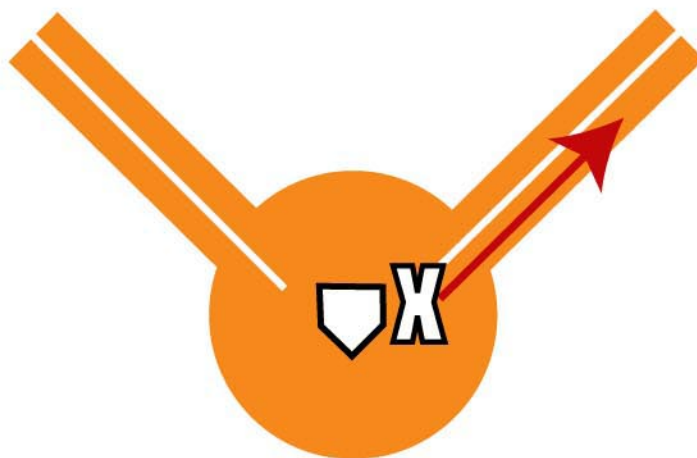
**Variations and Progression:**

- A** Coach leads the line.
- B** Individually, done while jogging.
- C** Individually done while backpedaling.
- D** Have players start at different bases.
- E** Individually done by running, player goes around the bases  
(same as Hit Run and Throw)



**Key Points:**

- Player must learn to run on the right side...



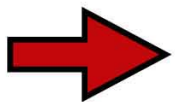
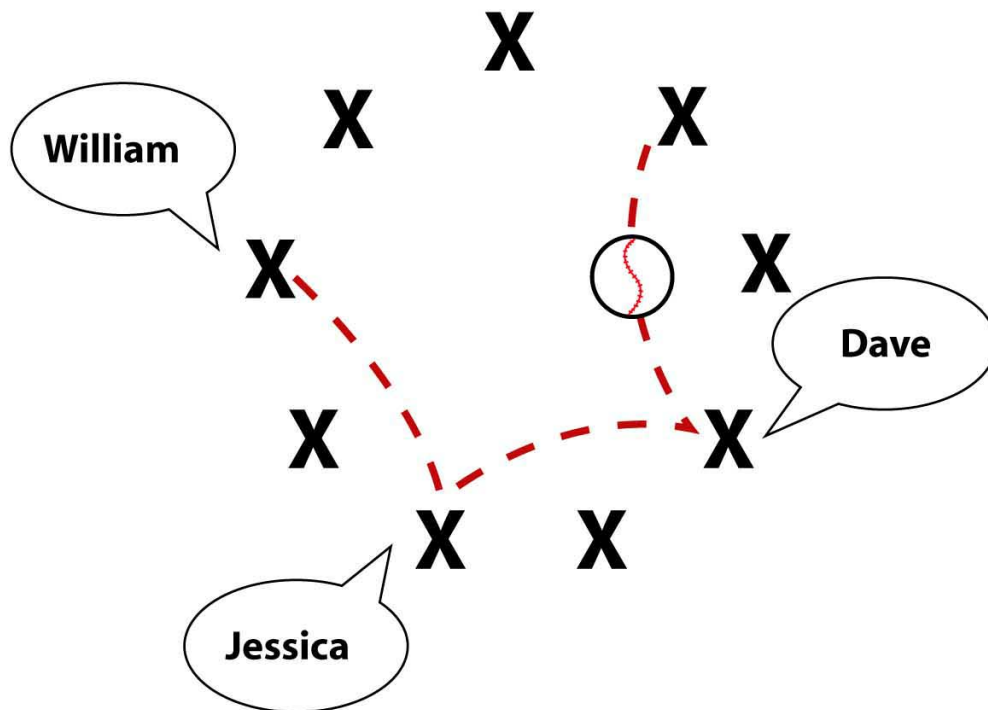
## 25. White cap - General knowledge



By using the report card attached with this document, ask the player to fill out the portion relating to this item. Below is a drill that can be used to prepare players for this task:

### >> Around the Horn

Have the players stand in a circle. Use an odd number of players if necessary. The coach gives a ball to one player. At the start signal, the player throws the ball underhand to the second player to his right. While throwing the ball, he must say the name of the player catching the ball.



Once the players become comfortable with 1 ball, the coach can add a second, third and fourth ball. See how many balls the players can handle at the same time.

