



# BeeBall

## THE BEEBALL RALLY CAP PROGRAM

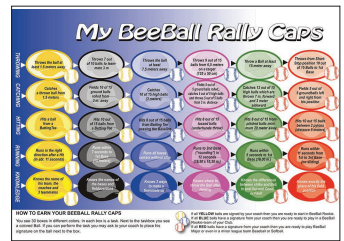


INFORMATION  
FOR SCHOOL TEACHERS  
YOUTH LEADERS  
AND COACHES

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# INTRODUCTION

## BeeBall is hot!

BeeBall was invented since 2009. It intends to simplify the game of baseball and softball and spread the fun of playing it already to the youngest kids.

Many clubs in Europe already have BeeBall teams, and this funny, flashy and cool game is crossing the borders of Europe now, too.

We hope that BeeBall will be picked up in many European countries and that the children and parents will have much fun by playing it.

All of the rules and regulations of the game are now available in English.

The ESF/CEB BeeBall Development Committee would like to thank everyone who submitted comments following the conclusion of the pilot years of this program.

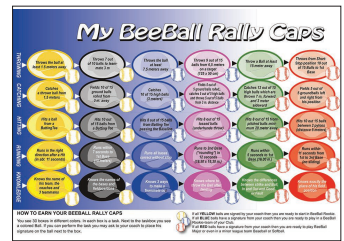
Your comments were very useful in assisting the development of this program to successfully reflect the needs of our youngest players across the continent..



### COLOFON

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## BEEBALL... THE FASTEST WAY TO BASEBALL AND SOFTBALL



## FOR COACHES, TEACHERS, LEADERS and PARENTS

### Welcome to the Rally Cap Program.

This booklet provides the information necessary to run the FUNdamentals of Baseball and Softball by playing BeeBall.

The Canadian Government has proposed the development of a long term athlete development (LATD) model for each sport in 2003.

This program was developed with the purpose of making the sport of baseball and softball more attractive to young children from 6 years till 10 years.

The ESF/CEB BeeBall Development Committee is confident that this program will satisfy young players and their parents and that it will be a useful tool for these involved in teaching baseball and softball at the community level.

### HAVE FUN AND ENJOY THE BEEBALL RALLY CAP PROGRAM

The Rally Cap Program is one of the outcomes of the Long Term Athlete Development Program developed by Sport Canada.

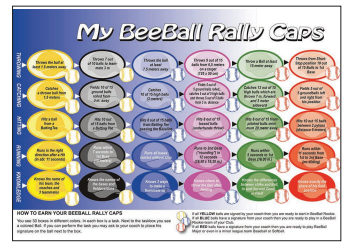
LTAD focuses on the general framework of athlete development with special reference to growth, maturation and development, trainability, and sport system alignment and integration.

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.

This document is fully based on and supported by, the coaching and exercise science literature, but it is written particularly for coaches and sportleaders. Federations of ESF and CEB have expressed their deep desire to have a comprehensive initiation program.

ESF/CEB is proud to offer this simple and detailed program to the European Baseball and Softball community.

**Together, let's make sure this first baseball and softball experience is a positive one for all young players in Europe.**



# THE GOALS

The Goals of the BeeBall Rally Cap Program are to:

- 1 Create an environment in which children and adults can have fun with the game and during practicing.
- 2 Teach skills, rules and strategy step by step to your players. Remember that FUN is more important than winning
- 3 Model and teach competitiveness with an emphasis on good sportsmanship. Make upfront agreements with your fellow coaches
- 4 Promote increased self-esteem among BeeBall Rally Cap children and adults

## The Crucial Role of Coaches

The most important individual in the Rally Cap Program is the coach. The coach is the person the players look at for instructions, encouragement and inspiration. The assistant coaches as well as the parents take their cues from the coach. Therefore success of the program is dependant on the coaches embracing our goals and working to achieve them.



**BEEBALL... THE FASTEST WAY TO BASEBALL AND SOFTBALL**



**How Coaches Can Help Achieve Rally Cap Goals. The following are **ways** in which coaches can help achieve the Rally Cap goals:**

## GOAL 1

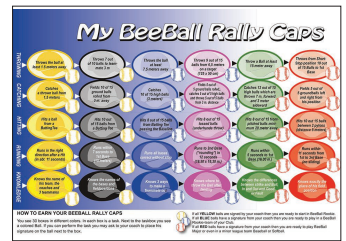
**Create an environment in which children and adults can have fun with the game and during practicing.**

- A** Encourage players often. Demonstrate by behavior and words that each child is an important member of the team regardless of their level of performance. Recognize and encourage effort as well as results.
- B** Allow each player equal playing time.
- C** Demonstrate your own enthusiasm and enjoyment of the game to your players

## GOAL 2

**Teach skills, rules and strategy step by step to your players. Remember that FUN is more important than technics or winning**

- A** Rely on positive reinforcement for things done correctly. Minimize negative emphasis on mistakes. This is required in order for learning to take place. Players can handle only so much negative feedback without becoming discouraged. Players will learn more, try harder and be more open to accepting criticism if they are praised often. Praise players in public and correct them in private.
- B** Provide adequate repetition when teaching. Baseball and Softball are complicated and lessons often need repeating before they are understood. The BeeBall Rules are very simple and quick to learn. Once players understand them, they can perform the expected behavior well.
- C** Encourage players to set individual and team goals corresponding to their ability levels and then work to master the skills needed to achieve them.
- D** Organize practices to maximize learning and minimize inactivity.



## GOAL 3

***Model and teach competitiveness with an emphasis on good sportsmanship. Make upfront agreements with your fellow coaches***

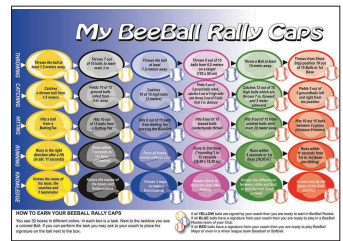
- A** Teach players aggressiveness and good sportsmanship at the same time.
- B** Obey the rules and show respect for the opponents officials even when you disagree. Make agreements about the rules before you start the game.
- C** Acknowledge good plays by the opposing team in front of your players
- D** Treat players on opposing teams as members of the community first and as opponents second. Always refrain from displaying actions or words that undercut the self-esteem of players on either team.

## GOAL 4

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

- A** Encourage players whenever possible. Demonstrate by words and actions that you like and accept them regardless of how they perform. Adults often assume children can read their minds, but children determine whether they are liked and accepted by adults based on what the adults say and do.
- B** Spend comparable instructional time with all players regardless of ability.
- C** Encourage parents to become involved with the team.





# THE STRUCTURE

The BeeBall Rally Cap program was developed using existing baseball or softball initiation programs, as well as adding new ideas in order to create increased interest for children from 6 years and older.

In the BeeBall Rally Cap program, each team will consist of 5 or 6 players only. This allows for the formation of more teams, meaning more repetitions, which will allow the children to improve their individual skills.

**Each session will last 75 minutes.**

Two (2) teams will play an actual game while one (1) team will be practicing drills in the outfield area. After each inning played (both teams have batted), teams will rotate. The rotation will be as follows: Team on 1st base dugout side moves to 3rd base dugout - Team on 3rd base dugout moves to the outfield - the outfield group moves to the 1st base dugout.

75 Minutes

**WARM UP**

**15 MINUTES**

**STATION 1**

**20 MINUTES**

**GAME**

**STATION 2**

**20 MINUTES**

**GAME**

**STATION 3**

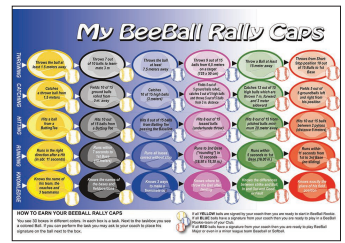
**20 MINUTES**

**PRACTICE**



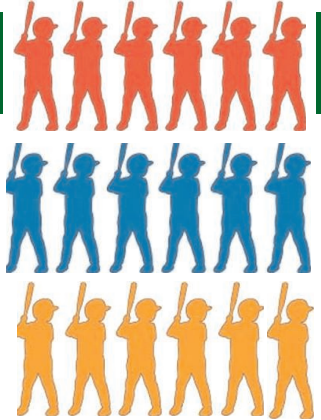


# BEEBALL RALLY CAP

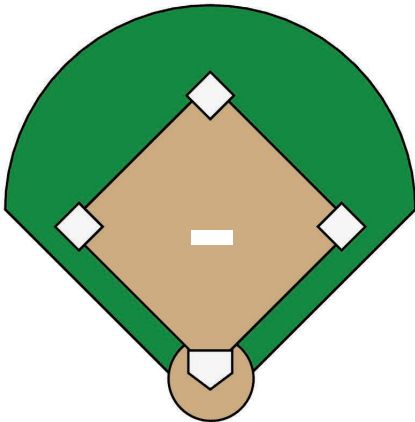


## THE GAME

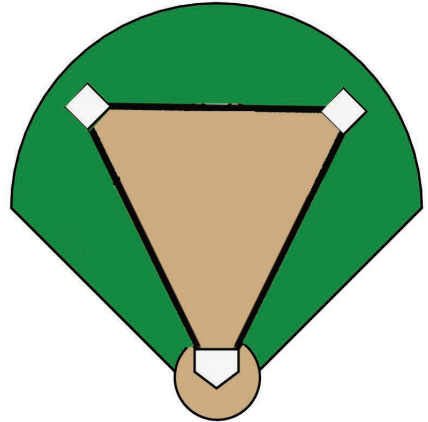
In BeeBall Rally Cap, 3 teams will meet at the park at the same time. At the start of the season, the emphasis will be on specific ballgame skills development and modified ball games will be added to the program as these skills are better mastered. Two (2) teams will then be playing a game while one (1) team will be practicing in the outfield.



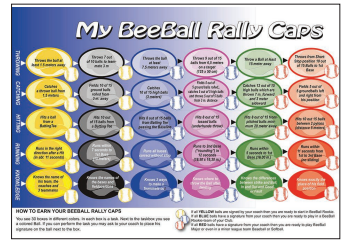
## THE PLAYGROUND



**BEEBALL MAJOR LEAGUE**  
for skilled players  
Distance between bases  
18.30 meter  
4 bases



**BEEBALL ROOKIE LEAGUE**  
for beginners  
Distance between bases  
15 meter  
3 bases (triangle 60°)



# THE GAME

All players will come to bat during their tea m's  $\frac{1}{2}$  inning. The  $\frac{1}{2}$  inning will end when all players have completed their turn. In case a runner is left on a base the first batter has one extra possibility on bat.

Teams will score runs the same way they score runs during a regular game (i.e. touching home plate). Teams will also have the opportunity to earn points or runs on defense. A point can be earned by catching a fly ball, or by throwing a runner out at a base.

## VARIATIONS:

**You can develop a different point system to reward different defensive plays.**  
(i.e. You can allow more points for fielding a ball followed by an accurate throw.)

To throw a runner out, the ball can be thrown to any base before the runner reaches 1st base. An out at 1st base can only be made by running to and touching 1st base before the hitter.

***There are no walks, no strikeouts, no base stealing and runners can advance only on batted balls. Slidings are prohibited. Bunting is not allowed.***

With hitting being the most fun part of the game, the program has been designed to help players hit the ball no matter what the skill level. Three different formats can be used:

Each player can choose the format they wish to use, depending on their development stage. All 3 formats can be used during a game:

**BATTING TEE / SHORT PITCH COACH / LONG PITCH COACH**

## BALL IN PLAY

**ROOKIE LEAGUE:** Tee (Unlimited attempts) or Coach Pitch short distance (3 attempts, 1 back-up Tee attempt)

**MAJOR LEAGUE** Coach Pitch Long Distance (3 attempts, excluding foulballs, 1 back-up attempt short pitch)

Each hitter will have a maximum of 5 baseballs. If the Sth ball is not hit, a coach will roll the ball to allow the hitter to run the base paths and to allow the defense to field the ball and make plays.

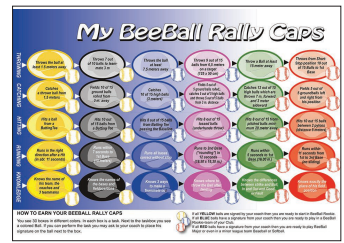
When the last hitter (#6) hits the ball, the ball must be thrown to home plate in order to get the hitter out.

The batting order will change each time a team comes to bat (first hitter becomes last, etc.)

Defensive positioning will also change each time a team comes to bat.

## VARIATIONS:

**You can actually use the volleyball-rotation style and proceed with defensive rotation with each opposite better.**



# THE PRACTICE

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

- + THROWING
- + BASE RUNNING
- + RECEIVING
- + HITTING
- + GENERAL KNOWLEDGE

## TIP FOR COACHES (1)

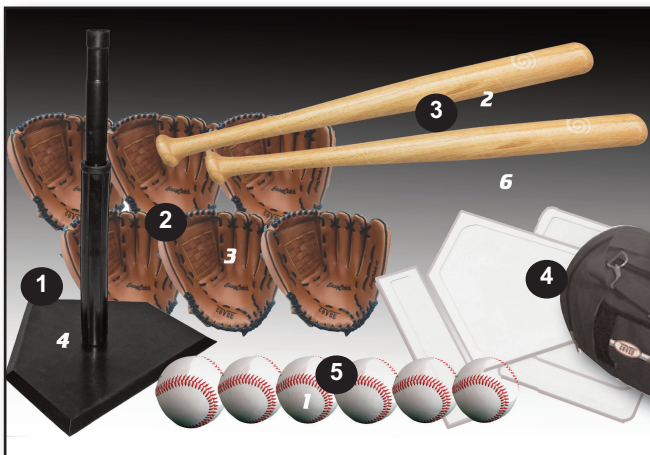
We strongly recommend you to play games and practices against the backstop or fence. This saves time for getting passed balls.

## TIP FOR COACHES (2)

We strongly recommend that you set up your equipment before the start of the session. The only equipment a player should be bringing to the session is their glove. Bringing their own bats and balls is discouraged

A coach's guide including drills is included to help coaches prepare the practice sessions. Three (3) stations with 2 players at each station will be developed. Players will rotate stations each time they return to the outfield practice area.

# THE EQUIPMENT



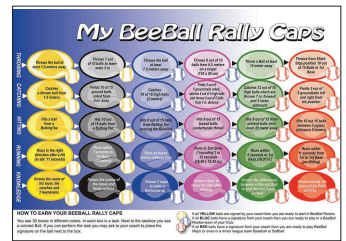
## FOR A TEAM OF 6 PLAYERS

The Development Committee realized this Starterskit with:

1. Batting Tee
2. 6 Gloves (leather)
3. Two Wooden Bats
4. Set of bases
5. Six Balls
6. Bag.

See our BeeBall Webshop.

**Four Starterskits will be FREE if you enrol for a 2 days BeeBall Clinic on your location.**



# THE RALLY CAP SYSTEM

During the season, the teams will be working on the 5 FUNDamentals of BeeBall.

At least 3 Official Rally Cap Days will occur during the season.

During these events, the players will have an opportunity to perform different tasks they have learned in order to earn a paraph of the coach. We recommend three of these events during the summer because we feel that having an "Official" Rally Cap Day will create more interest.

# THE OFFICIAL RALLY CAP DAY

:You can have more or less of these events, but please avoid awarding caps on a daily basis as we would like to players to be prepared to perform on a "special" day.

During the Rally Cap event, all players will go through stations where they will perform different tasks. When a player succeeds at each task at a particular level, he/she will be awarded an appropriate paraph or signature of the coach..



The Dutch Federation organizes regularly National BeeBall Days where hundreds of children play BeeBall full Fun and enthusiasm.

(foto HSV Zwijndrecht)





Federations of ESF and CEB have expressed their deep desire to have a comprehensive initiation program.

## A SPECIAL SERVICE FOR AFFILIATED FEDERATION ESF/CEB

Therefor we offer you for FREE a digital version in your own language, ready for printing or publishing on websites.

## Monique Schmidt

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