

## GAME RESPONSIBILITIES



Keep your substitute players active during the course of the game by incorporating these ideas.

## RALLY CAP COLOURED HATS



This video covers the main differences between the coloured hats of the Rally Cap program and the importance of progression.

## MULTI-SPORTS PARTICIPATION



Playing multi-sports before the age of 14 has proven to be an important path to excellence. This video will explain the reasons behind this theory.

## TYPE OF GLOVES



Using the right glove for the right position is very important in baseball. Find out how the right glove depending on the player's hand size.

## FINDING THE RIGHT BAT



Choosing the right bat based on the weight, height and abilities of a player is the subject of this video. Find out about the quick and easy test to verify if a bat is adequate.

## COMPLEMENTARY SPORTS



Learn more on the importance of participating in multi-sports and which sports can be a good fit for young athletes.

## PRE GAME PREPARATION



A proper warm-up is essential before hitting the field for the 1st pitch. Learn how to prepare your players on game day.

## COACHING THE FEMALE ATHLETE



Although your leadership style won't change, there are some small differences between male and female athletes that can affect how you treat your players. Find out how to adjust accordingly.

## DOMINANT EYE



Understanding the dominant eye will help you guide a young player when choosing which side of the plate he/she should be positioned as a batter.

## BATTING PRACTICE ROUNDS



Develop a quality batting practice by incorporating different aspects of the game while keeping your players active at all times.

## GIVING SIGNS



Giving signs can be important when your team is up to bat, but it is not always needed. This video will help you understand for which situations giving signs is not necessary.

## MULTI POSITIONS



While some coaches will have their athletes play the same position, others prefer to have them try as many as possible. Learn why certain strategies can be effective for different age groups.

## LEARNING STYLES



Learning styles can vary from one player to another. This video will help you understand the differences between visual, auditory and kinesthetic learners.

## RALLY CAP EVALUATION CRITERIA



This video will help give you a better understanding of the five Rally Cap Evaluation criteria: Fundamental movement skills, throwing receiving, hitting and baserunning.

## PITCH COUNT



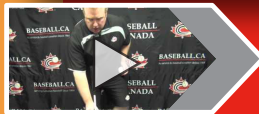
Explore the pitch count rule elements while learning the importance of proper recovery between each appearance on the mound.

## SAFETY



An athlete's safety is your responsibility as a coach. Learn which elements to consider to make sure the playing field is safe.

## BATTING TEE HEIGHT



The positioning of the batting tee will have a direct impact on your athlete's point of contact and ability to hit the ball. Learn how to properly adjust the height and where to set the tee up.

## SUN PROTECTION



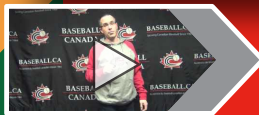
Learn about the importance of protecting your skin and the different products you will find on the market.

## CONTENT OF AN EQUIPMENT BAG



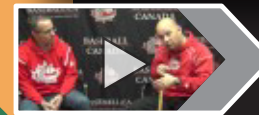
As a coach, it is important to provide the necessary tools to help your players perform well. This video will come in handy when putting together an equipment bag.

## MEASURING ATHLETES



For ages 12-17, it is important to consider an athlete's physical growth to allow enough time to recover. Learn how to measure your athletes to give them the best chance to succeed.

## ON DECK CIRCLE



This video will help you maximize your players' on deck preparation by incorporating an efficient preparation routine.

## TOOLS FOR HITTING



This video will describe the different tools available for the development of hitting. The batting tee, toss drills and pitching machines will be discussed.

## PRODUCTIVE PRACTICE



Keeping your players engaged is essential to running a productive practice. Learn some of the do's and don'ts of planning a practice.

## FEEDBACK



See how to offer specific and constructive comments to your athletes following their performance.

## DYNAMIC vs STATIC STRETCHING



Stretching is an integral part of the baseball athlete's training and contributes to success. Certain types of stretching are a better fit before rather than after the effort. Find out the differences.

## CHALLENGE ZONE



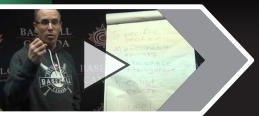
To avoid creating any anxiety or boredom for players, a coach must balance task difficulty and skill level. Find out more about the Challenge zone and how it can keep your players engaged.

## PLAYER'S EQUIPMENT BAG



For optimum performance, players require the correct equipment. This video will allow you to properly guide your young players.

## GOAL SETTING



Having a goal will go a long way in helping your players reach the next level. This video discusses what to consider when setting goals and defines the 5 key elements of a SMART goal.