Start with the complete play

Ages 11–12 | 90 minutes | 3 coaches | 9–12 players

Slow roller under control; two-out runner decision; apply it with cooperative defensive choices.

TIME	ACTIVITY
0-8 min	Warm-up: walk, jog, side-shuffle; stop signal
8-18 min	Ready partner catch; comfortable feeds and pauses
18-21 min	Water and groups
21-69 min	3 rounds x 16 min: 14 active + 2 transition
69-73 min	Water and regroup
73-84 min	Cooperative defensive choices
84-90 min	One useful cue, praise effort, equipment collection

Station assignments

H - Head coach: Track, choose, swing | See it before deciding.

F - Assistant 1: Slow roller under control | Move in; control the pickup.

R - Assistant 2: Two-out runner decision | Know the outs before contact.

Rotate: A/B/C -> H/F/R; then C/A/B; then B/C/A.

Groups: A _____ B _____ C _____

Setup and safety

One isolated hitting/net zone; separate fielding and movement zones. Coaches stay; groups walk outside active lanes. Only the active helmeted hitter holds a bat. Stop all stations before rotations. Keep water available. Use pauses and simpler feeds; stop for pain or fatigue.

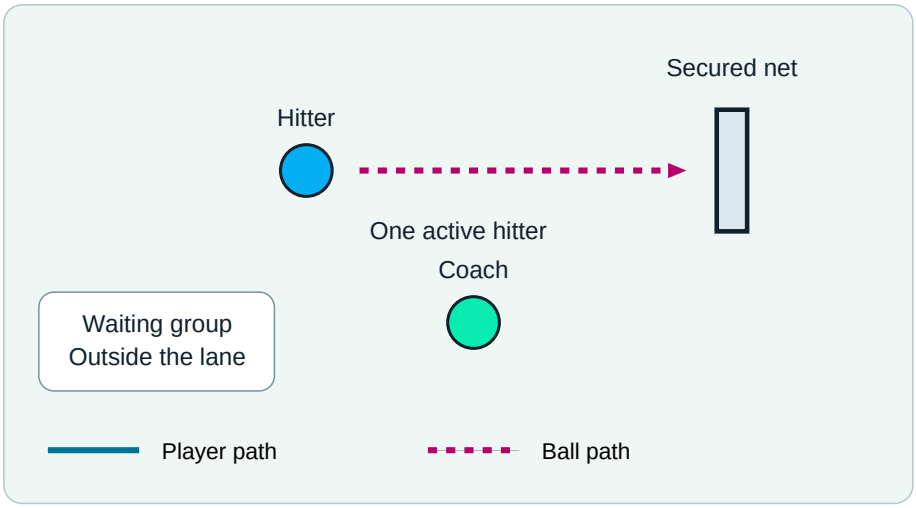
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP1112-W01 | Full instructions: leefamilybaseball.com/coaching/ages-1112-week-1.html

H - Head coach

Track, choose, swing

FP1112-W01 | Ages 11–12 | Coach stays; groups rotate



1. Use soft side toss into the net with one helmeted hitter, the coach clear of bat and ball paths, and everyone else in the waiting zone.

2. First show a hittable toss with no bat so the player sees its path. Then alternate comfortable tosses and clearly unsuitable ones. Player swings only at comfortable balls; take the rest.

3. Three tosses per turn. This trains a decision, not an umpire’s exact strike-zone call. Stop if feeds become unpredictable.

Say: See it before deciding.

Easier: Use balanced tee contact instead if tracking or safe, consistent toss feeds are not ready.

Progress: Let the hitter decide without a verbal prompt.

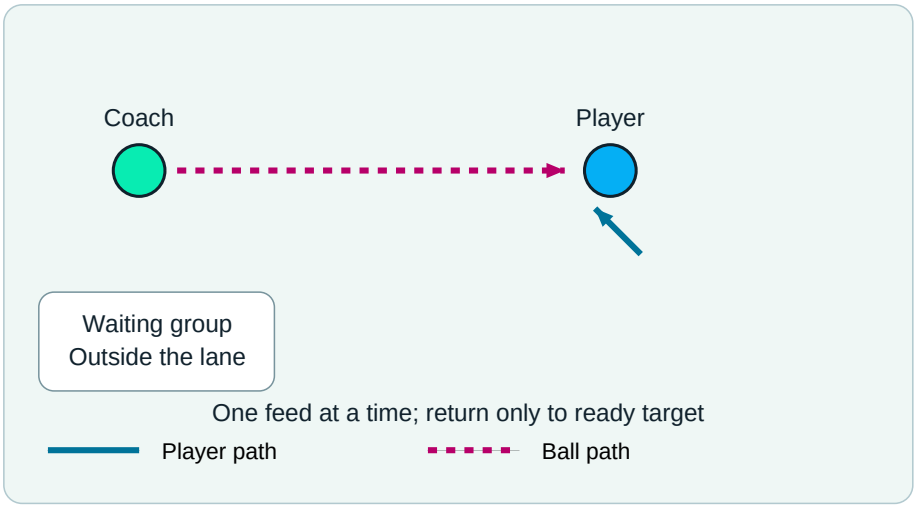
Ready when: Player can take a poor toss without chasing it.

Two or three attempts, then rotate. Stop before collection. Keep waiting players outside swing, feed and rebound paths. Position work: check throwing/rest eligibility; no live batter. The diagram is a setup schematic, not a scale drawing or mechanics demonstration.

F - Assistant 1

Slow roller under control

FP1112-W01 | Ages 11–12 | Coach stays; groups rotate



1. Coach rolls one slow ball in a clear lane toward the active fielder. Coach is also the return target; no runner or batter is active.

2. Player moves toward the ball, lowers into a controlled pickup, gathers and makes an easy accurate return to the ready coach.

3. Alternate two feeds with a teammate. Keep the glove available; a barehand pickup is not required.

Say: Move in; control the pickup.

Easier: Use a stationary ball and walk.

Progress: Vary speed slightly while preserving balance.

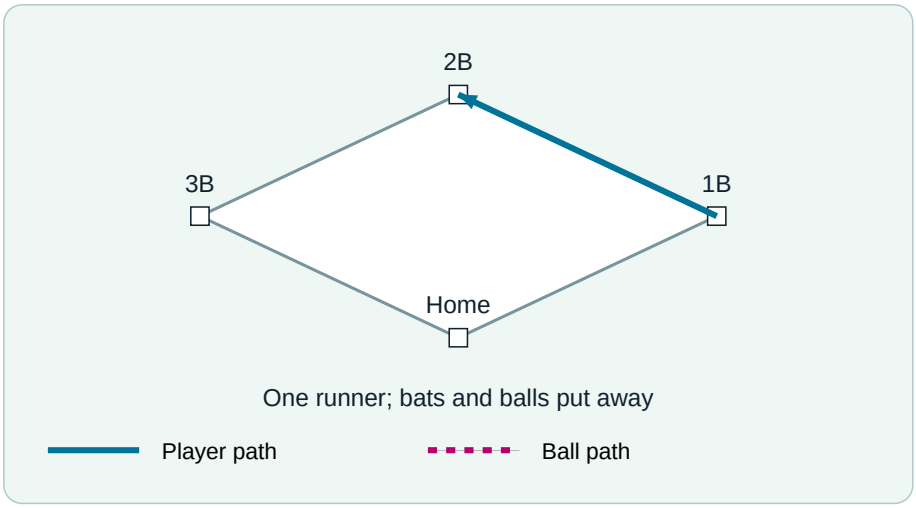
Ready when: Fielder gathers before attempting the return.

Two or three attempts, then rotate. Stop before collection. Keep waiting players outside swing, feed and rebound paths. Position work: check throwing/rest eligibility; no live batter. The diagram is a setup schematic, not a scale drawing or mechanics demonstration.

R - Assistant 2

Two-out runner decision

FP1112-W01 | Ages 11–12 | Coach stays; groups rotate



1. Use first and second with one runner, no bats, no ball and no defenders. Explain two outs and the division’s rule for leaving the base.

2. On a coach’s contact signal the runner advances on a fair ball, knowing a third out ends the inning. On foul, return.

3. Change only fair versus foul first. Discuss a force third out versus a tag third out without pretending every crossing of home scores.

Say: Know the outs before contact.

Easier: Walk only the fair-ball example.

Progress: Add a caught-fly example: the catch is the third out.

Ready when: Runner states the outs and responds to the ball context.

Two or three attempts, then rotate. Stop before collection. Keep waiting players outside swing, feed and rebound paths. Position work: check throwing/rest eligibility; no live batter. The diagram is a setup schematic, not a scale drawing or mechanics demonstration.