Target and base responsibilities

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

Find the bag, then receive; pitcher balance to finish; apply it with pitcher covers first—walk-through.

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	Pitcher covers first—walk-through
84-90 min	One useful cue, praise effort, equipment collection

Station assignments

H - Head coach: Choose a tee contact target | See the target; stay balanced.

F - Assistant 1: Find the bag, then receive | Find the bag; read the throw.

R - Assistant 2: Pitcher balance to finish | Move smoothly; finish balanced.

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.

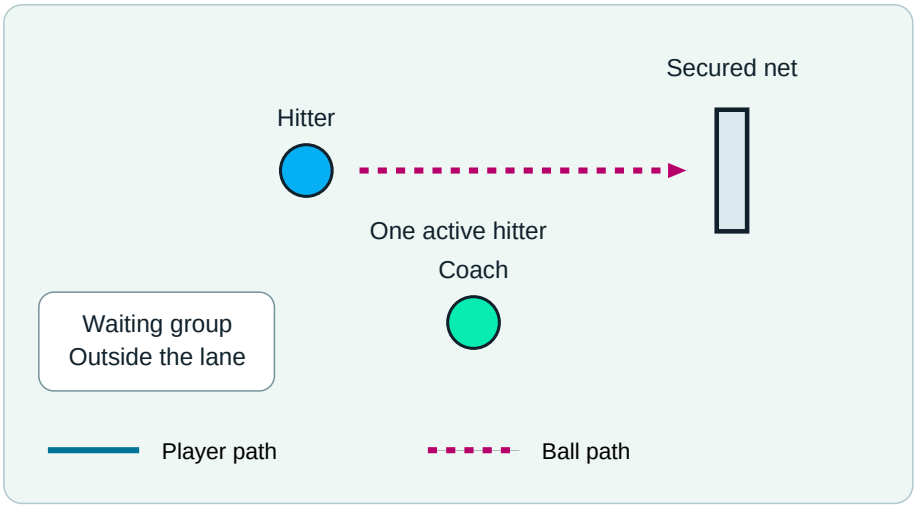
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP1112-W02 | Full instructions: leefamilybaseball.com/coaching/ages-1112-week-2.html

H - Head coach

Choose a tee contact target

FP1112-W02 | Ages 11–12 | Coach stays; groups rotate



1. Use one tee, helmeted hitter and secured net with a broad left and right target area. Coach stands clear; waiting players are outside all ball paths.

2. Coach names a broad area. Adjust tee position to comfortable contact, with bat down during adjustments; make a controlled swing toward that area.

3. Three attempts then rotate. Judge balance and direction, not power or a forced swing shape.

Say: See the target; stay balanced.

Easier: Use the middle of the net.

Progress: Let the hitter name a target before the turn.

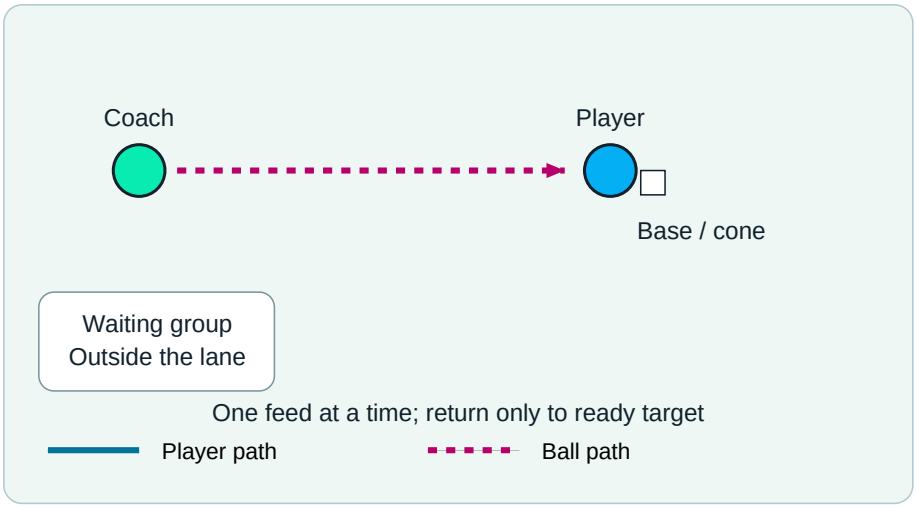
Ready when: Target choice does not cause lunging or loss of balance.

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

Find the bag, then receive

FP1112-W02 | Ages 11–12 | Coach stays; groups rotate



1. Coach and a receiver face each other near first or a cone base. There is no live runner. Keep other players outside the throw path.

2. Receiver locates the bag with a foot and presents ready hands; coach makes a comfortable toss. Adjust feet to catch rather than stretching before the ball is read.

3. Two feeds then rotate. Step off the bag for an off-target feed; securing the ball comes first.

Say: Find the bag; read the throw.

Easier: Remove the bag and play easy catch.

Progress: Vary one reachable feed without adding a runner.

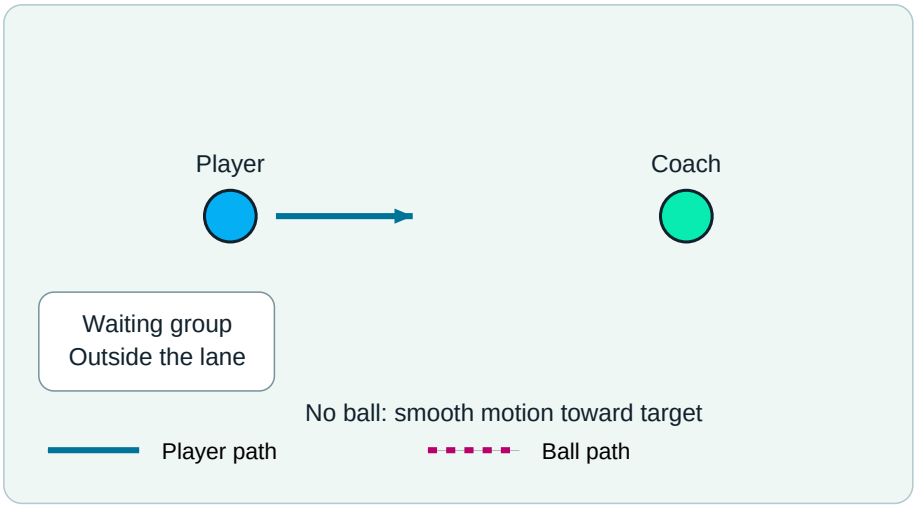
Ready when: Receiver adjusts to the ball without blocking a runner’s future path.

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

Pitcher balance to finish

FP1112-W02 | Ages 11–12 | Coach stays; groups rotate



1. Use a clear flat lane; no ball, mound, batter or catcher is needed. Players space out, supervised by the station coach.

2. From a comfortable set, make a small leg lift, move toward the imaginary target and finish balanced. Let the arm move naturally; do not force an arm slot.

3. Use two slow repetitions then rest and observe. Mirror footwork for left-handed pitchers; simplify any uncomfortable movement.

Say: Move smoothly; finish balanced.

Easier: Step toward the target without a leg lift.

Progress: Complete the comfortable sequence without a coach prompt.

Ready when: Player repeats a balanced motion without strain.

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.