Make a useful decision

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

Catcher quiet receiving; base coach stop or advance; apply it with force or tag?.

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	Force or tag?
84-90 min	One useful cue, praise effort, equipment collection

Station assignments

H - Head coach: Two-strike contact choice | Balanced contact; know the count.

F - Assistant 1: Catcher quiet receiving | See the ball; secure it quietly.

R - Assistant 2: Base coach stop or advance | See the signal; choose the route.

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.

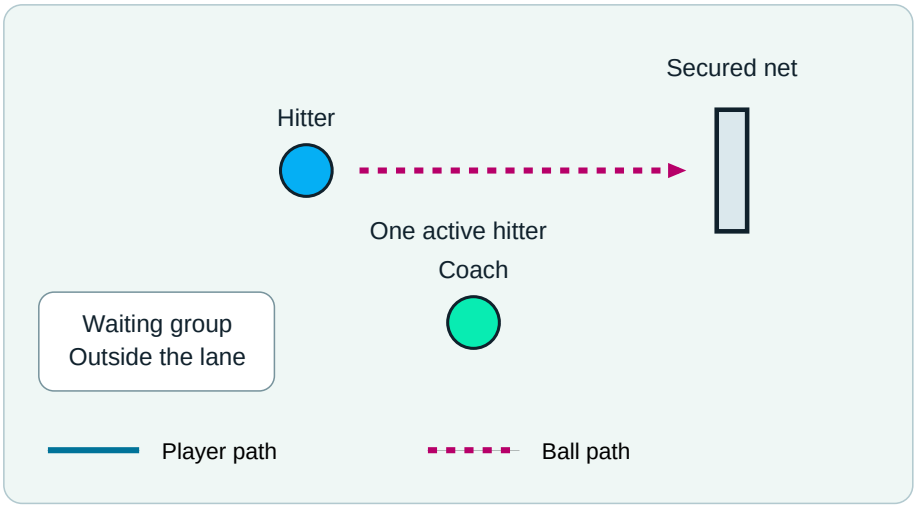
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP1112-W04 | Full instructions: leefamilybaseball.com/coaching/ages-1112-week-4.html

H - Head coach

Two-strike contact choice

FP1112-W04 | Ages 11–12 | Coach stays; groups rotate



1. Use one tee, secured net and helmeted hitter. Coach sets a comfortable location while the bat is down.

2. State a two-strike practice count. Hitter chooses a balanced contact intention and says it before two controlled tee swings.

3. Discuss which real pitches could be taken or fouled off; the tee does not test live pitch recognition. Rotate without chasing power.

Say: Balanced contact; know the count.

Easier: Remove the count and use a middle target.

Progress: Compare the intention at a different count.

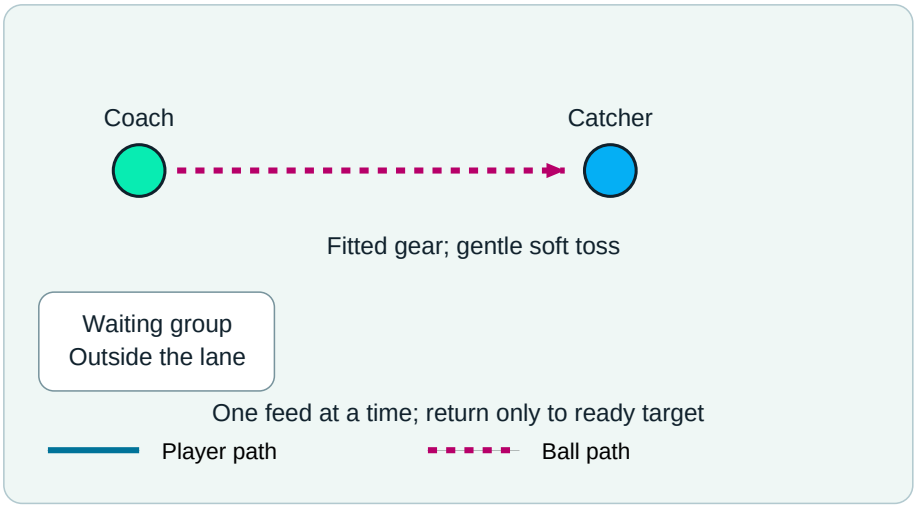
Ready when: Player explains the count without treating the tee as a moving pitch.

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

Catcher quiet receiving

FP1112-W04 | Ages 11–12 | Coach stays; groups rotate



1. One catcher wears properly fitted complete catcher’s gear, including mask and required protection. Coach faces the catcher with soft practice balls; no batters or full-speed pitches.

2. From a comfortable receiving stance, show a target and receive the coach’s gentle short toss in front. Secure the ball without pulling it around.

3. Two feeds, then stand and rest. Rotate with time for gear fitting; only one catcher is active and others wait outside the feed lane.

Say: See the ball; secure it quietly.

Easier: Stand comfortably for the soft toss.

Progress: Change one reachable toss location.

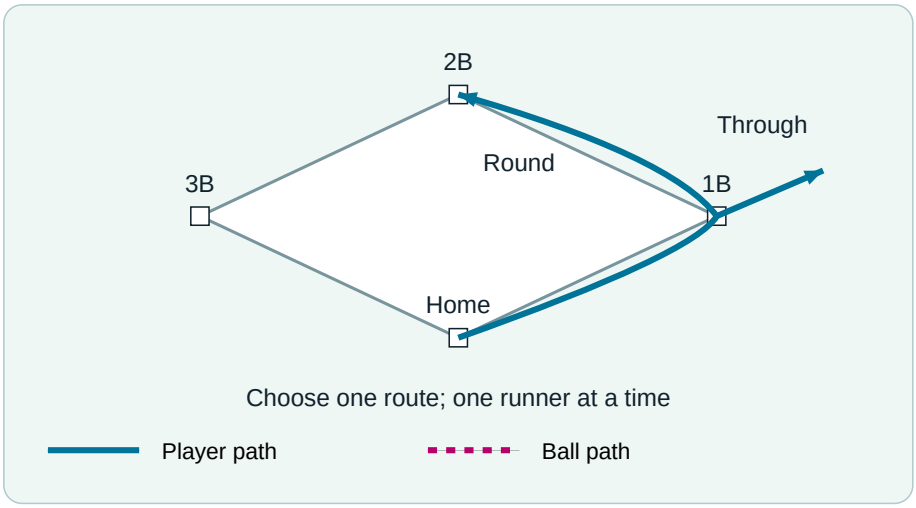
Ready when: Catcher tracks and secures without discomfort or exaggerated glove movement.

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

Base coach stop or advance

FP1112-W04 | Ages 11–12 | Coach stays; groups rotate



1. Use home to first and toward second, with a coach beyond the runner’s route. No bats or thrown balls are active.

2. Coach shows stop or advance before the runner reaches first. Runner either runs through and returns promptly without trying second, or rounds toward second as a planned advance.

3. One runner at a time; start with a walk and return outside the route. Never cut across the infield to rejoin.

Say: See the signal; choose the route.

Easier: Practice each route separately.

Progress: Give the signal a little later while keeping a clear slowdown area.

Ready when: Runner follows the sign and touches first.

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.