# 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