Revisit and improve

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

Outfield ground ball to target; easy pitcher-to-coach target; 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: Track, choose, swing | See it before deciding.

F - Assistant 1: Outfield ground ball to target | Approach, gather, find the target.

R - Assistant 2: Easy pitcher-to-coach target | Ready target; smooth delivery.

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.

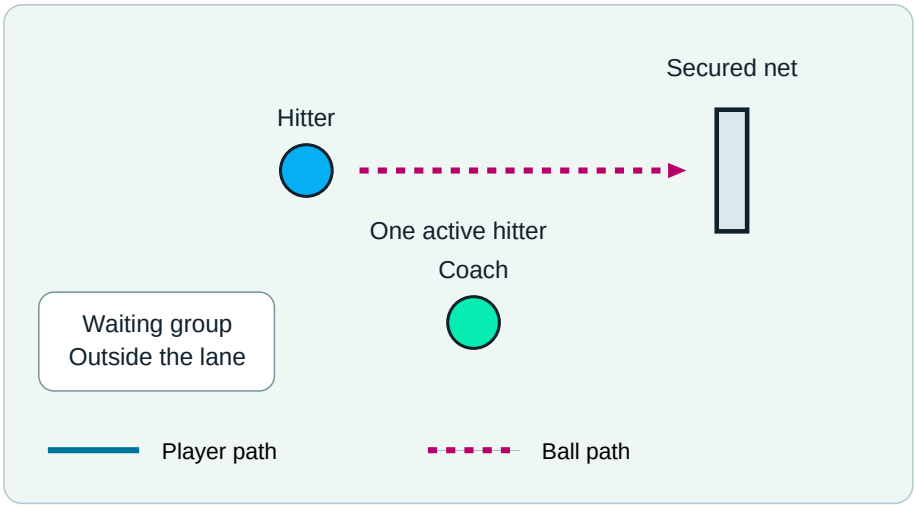
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP1112-W05 | Full instructions: leefamilybaseball.com/coaching/ages-1112-week-5.html

H - Head coach

Track, choose, swing

FP1112-W05 | 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.

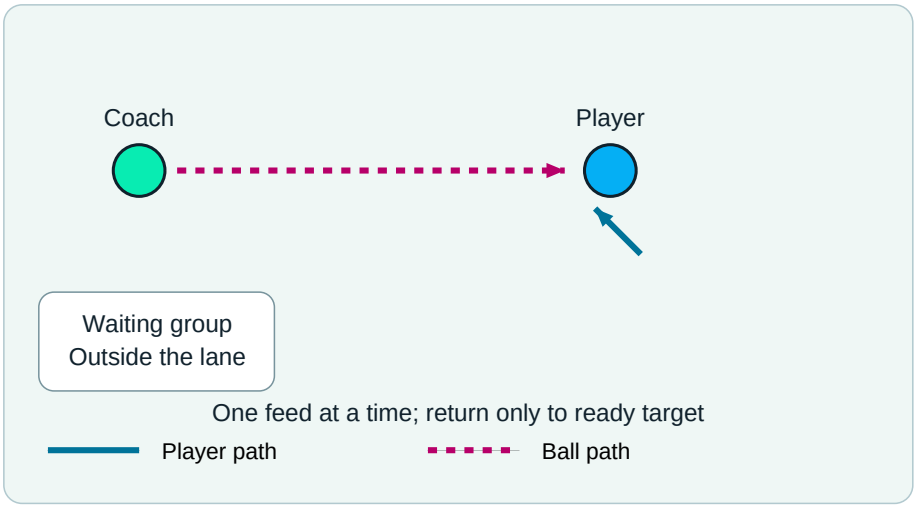
Ready when: Player can take a poor toss without chasing it.

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

Outfield ground ball to target

FP1112-W05 | Ages 11–12 | Coach stays; groups rotate



1. Coach rolls from the target end of a clear outfield lane. One fielder starts deeper; waiting players stay outside the return path.

2. Fielder approaches the roll, slows to gather it in front, establishes balance and returns an easy throw to the ready coach.

3. Two feeds then rotate. Do not charge through the catch or throw across another group.

Say: Approach, gather, find the target.

Easier: Shorten the approach and roll the return.

Progress: Change the roll slightly left or right.

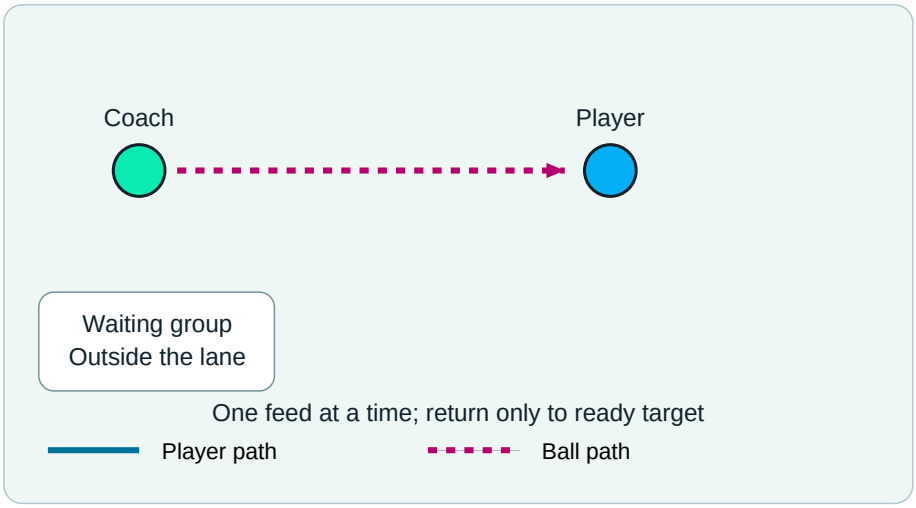
Ready when: Approach speed allows a secure gather and controlled return.

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

Easy pitcher-to-coach target

FP1112-W05 | Ages 11–12 | Coach stays; groups rotate



1. One player faces the ready coach in a separate clear lane. Coach receives with a glove at a comfortable distance; no batter, catcher or net is used.

2. Start with an easy set-position delivery toward the coach’s broad target. Use a fastball-style comfortable grip; do not chase speed, spin or maximum distance.

3. Short turns with pauses. Coach adjusts volume to recent throwing and current division rest rules; a player due rest uses the dry-motion activity instead. Stop for pain or fatigue.

Say: Ready target; smooth delivery.

Easier: Use the dry delivery with no ball.

Progress: Name a broad target area before the easy delivery.

Ready when: Player remains comfortable and controlled; workload allows throwing today.

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.