# Connect the defense

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

Slow roller under control; pitcher balance to finish; 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: Two-strike contact choice | Balanced contact; know the count.

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

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.

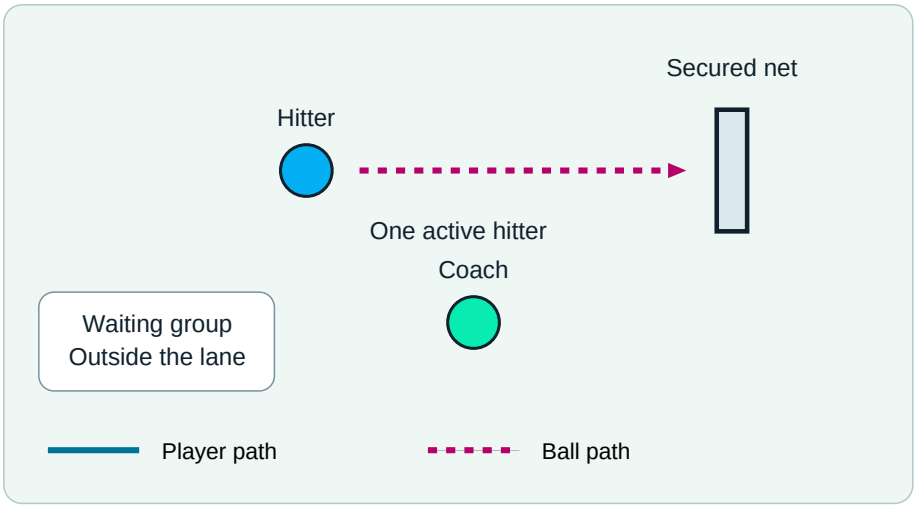
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP1112-W08 | Full instructions: leefamilybaseball.com/coaching/ages-1112-week-8.html

H - Head coach

# Two-strike contact choice

FP1112-W08 | 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.

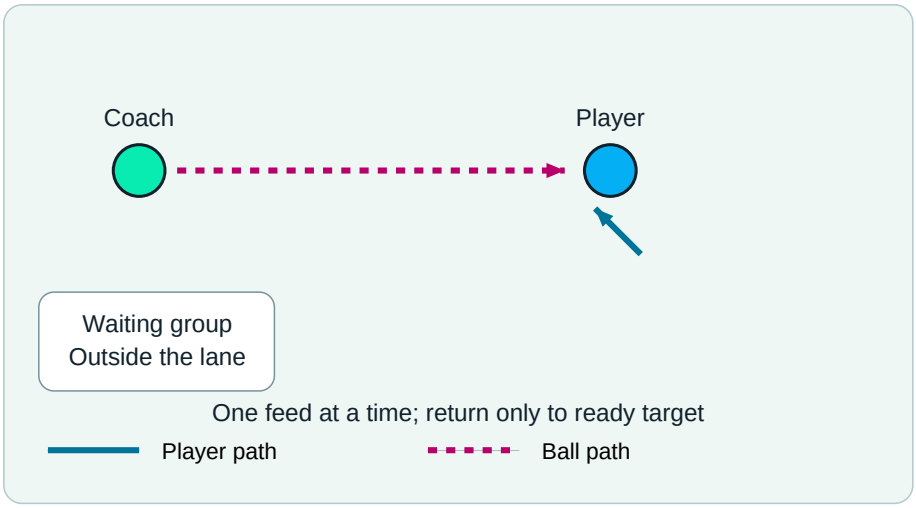
Ready when: Player explains the count without treating the tee as a moving pitch.

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

# Slow roller under control

FP1112-W08 | 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.

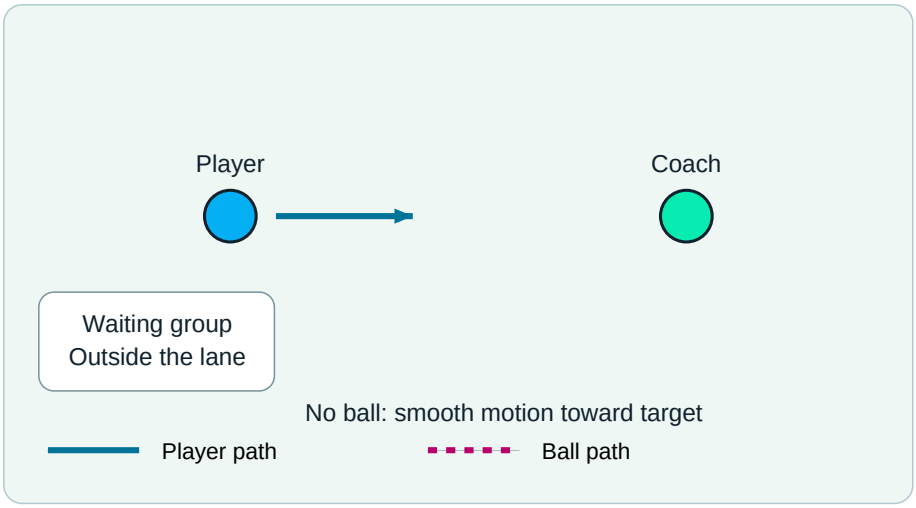
Ready when: Fielder gathers before attempting the return.

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

# Pitcher balance to finish

FP1112-W08 | 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.