Adjust to the situation

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

Move under a soft fly; fly-ball hold and return; 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
21-60 min	3 rounds x 13 min: 11 active + 2 transition
60-64 min	Water and regroup
64-84 min	Protected coach pitch
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: Move under a soft fly | Move first; call mine.

R - Assistant 2: Fly-ball hold and return | Caught? Return and touch.

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. Full-field block also needs: Full league field and bases; tee, bats, helmets, gloves, suitable balls, cones and buckets; inspected L-screen

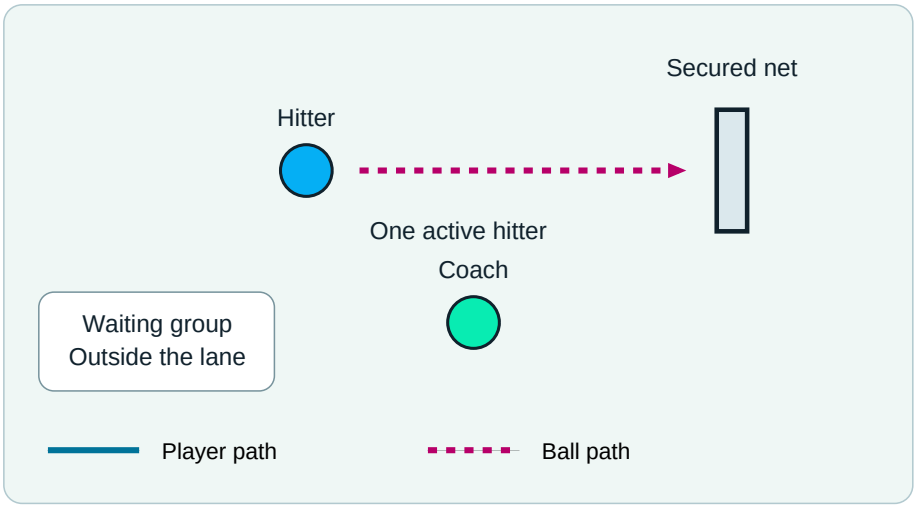
Plan FP1112-W09 | Full instructions: leefamilybaseball.com/coaching/ages-1112-week-9.html

Full-field block: ALL stations close. Head coach feeds behind protection; Assistant 1 manages hitter/queue; Assistant 2 manages defense. See the packet for setup, turn limits, stop/collection and tee fallback.

H - Head coach

Track, choose, swing

FP1112-W09 | 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.

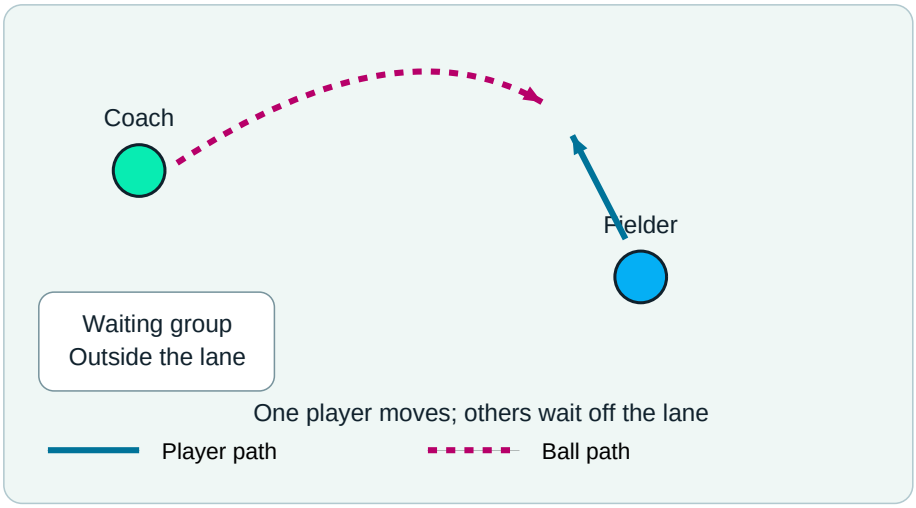
Ready when: Player can take a poor toss without chasing it.

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

Move under a soft fly

FP1112-W09 | Ages 11–12 | Coach stays; groups rotate



1. Coach faces one active player in an empty outfield lane. Use a soft ball and gentle short toss; waiting players stand behind a side cone.

2. Player watches the release, moves feet toward a reachable toss, calls mine and gathers or catches. Let an unreachable ball land; do not dive.

3. Two tosses then rotate. Never send two players toward the same ball.

Say: Move first; call mine.

Easier: Use a chest-height toss or bounce.

Progress: Vary one small direction without increasing height sharply.

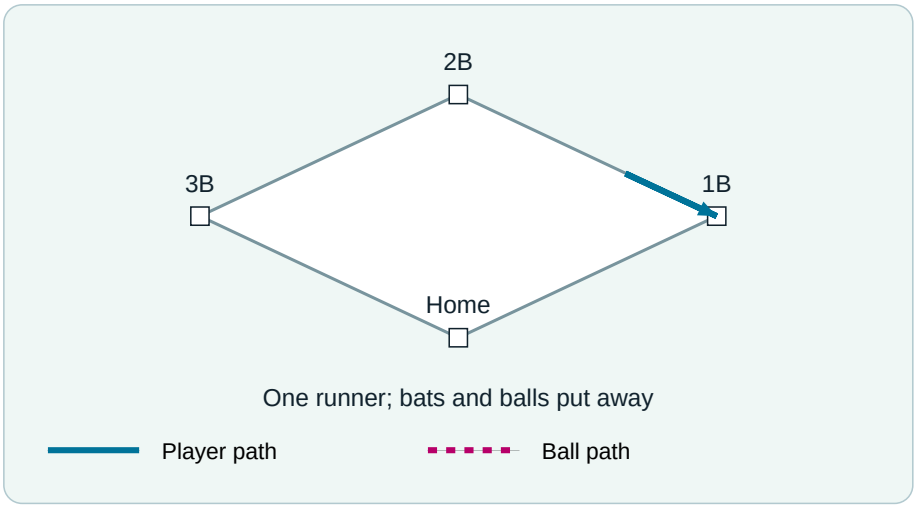
Ready when: Player tracks the ball and finishes under control.

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

Fly-ball hold and return

FP1112-W09 | Ages 11–12 | Coach stays; groups rotate



1. Use first base and a clear route; all bats and balls are put away. One runner works while others wait off the route.

2. Runner takes a short practice movement only as permitted by the division. Coach says caught; runner returns to touch the base before a pretend advance.

3. Walk the sequence and alternate caught versus down calls. No throws, tags, sliding or races. Local rules control when runners may leave.

Say: Caught? Return and touch.

Easier: Start with the runner on the base.

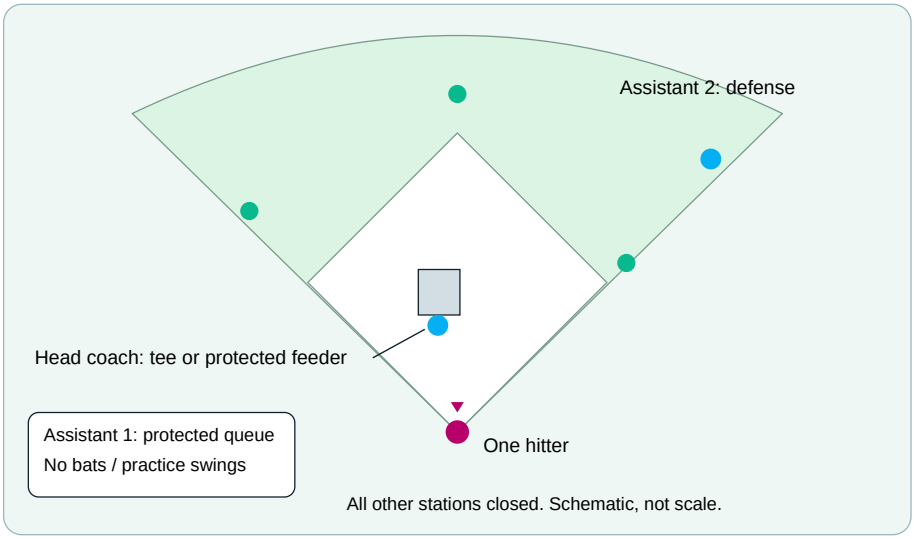
Progress: Ask runner to explain the return on a caught ball.

Ready when: Runner distinguishes a caught fly from a ball that lands.

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.

Protected coach pitch

Full-field roles | All side stations closed



Equipment: Full league field and bases; tee, bats, helmets, gloves, suitable balls, cones and buckets; inspected L-screen

Head coach: Feeds controlled hittable pitches from behind an inspected, correctly oriented L-screen. Returns to protection after release.

Assistant 1: Controls the protected waiting area, calls one helmeted hitter, and gives the stop/advance instruction. Only the active hitter holds a bat.

Assistant 2: Sets spaced defensive roles, watches the whole field and stops play if someone is unready or a ball leaves the area.

Turns: Three fair contacts or five suitable feeds, then change hitter

Run the full-field block

1. Stop every station. Put away idle bats and loose balls; establish a stop signal. Inspect the full fair/foul-ball area and protected waiting space. No parallel throwing, hitting or bullpen.

2. With the batter clear and bat down, check the screen and feeding lane. Coach uses repeatable, comfortable feeds; hitter may take any unsuitable pitch.

3. Start with no runners. Put defenders at appropriate depth for the actual hitter; begin farther back and move only on the coach’s stop. One fielder calls the ball, a teammate backs up, then return to one designated ready receiver away from the feeder/screen. No throws at the operator.

4. After each fair contact, stop feeding until the ball is controlled and everyone is reset. Start with the hitter staying at home. After readiness is established, use the final fair contact for one helmeted runner home to first; no tags, slides or throws to an occupied running lane. Stop before adding a new situation.

5. Use groups A/B/C. A supplies hitters, B starts infield, C starts outfield; rotate A/B/C roles every third of the block on a complete stop. Two to four hitters per small group; nobody takes practice swings while waiting.

6. Call stop before retrieval. Bats down; feeding stopped; machine isolated as its manual requires before anyone approaches. Coach releases collection only when all areas are quiet. Keep water and rest available.

Apply: Begin with no runners and an easy out at an unoccupied base. For ages 9–12, later rehearse a runner on first with one out: state the force and backup before the feed; walk it first, use controlled throws only when spacing and receiving are reliable. Local division rules govern leaving bases and game situations.

Catcher: No player catcher is required. Do not place an unprotected player behind the hitter. If a catcher is added, fit complete required gear, check readiness and throwing workload, and assign a coach to supervise the battery; reduce other active roles. Machine use must follow the manual’s catcher/backstop requirements.

Tee fallback: Use a tee at home and keep the same supervised field roles. If the full field or protected waiting space is unavailable, return to the separate station plan. Never substitute unprotected front toss.

Teaching basis: Little League Safety Code (littleleague.org/playing-rules/appendices/appendix-b/) and 2015 Coach-Pitch Program. Follow current local rules and the exact equipment manuals. Original LFB session; no endorsement implied.