Put the pieces together

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

Find the bag, then receive; line up a cutoff; 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: Choose a tee contact target | See the target; stay balanced.

F - Assistant 1: Find the bag, then receive | Find the bag; read the throw.

R - Assistant 2: Line up a cutoff | Line up; ready target; then throw.

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-W10 | Full instructions: leefamilybaseball.com/coaching/ages-1112-week-10.html