

Carillon Minor Baseball

2018 13U (Pee wee) Coaches Handbook

Long-Term Athlete Development

Baseball Canada has been engaged in a major review of programs to develop an athlete-centered system. This will ensure we provide the optimal training, competition and recovery programs for athletes at each stage of their development. This program is sport-science based, developmentally appropriate, driven by our coaches and strongly supported by our administrators. The plan is also supported by many of Canada's High-Performance baseball players, including Colorado Rockies pitcher **Jeff Francis** and former Anaheim Angel **Jason Dickson**. The initial report to Baseball Canada by the project team can be found at <http://www.baseball.ca/files/ltad.pdf>. General sport science information is available at www.ltad.ca.

LTAD plan for 13U (Pee wee)

➔ MAIN GOAL

To continue developing fundamental movement and general baseball skills

Technical aspects covered:

- Hitting sequence
- Throwing and receiving basics
- Laterality (switch hit introduction)
- Basic position play
- Basic pitching

SUMMARY Stage 3

The Learning to Train Stage coincides with peak motor coordination development. The emphasis, therefore, should be on skill development through training. Coaches should use a single periodization format. While **the focus is on training**, competition should be utilized to test and refine skills. If athletes miss the Learning to Train stage of development or if coaches focus mainly on competition, athletes will fail to reach their full potential.

CMBA 13U (Peewee) Regular Season Game rules

(apply for Carillon Community and Carillon Provincial Playdowns unless specified)

1. Two good baseballs and one new ball are to be used to start the game.
2. Base distance 70 feet. Pitching distance 48.
3. A level 1 umpire is mandatory. **Teams may be fined if an unofficial umpire is used in a league game.**
4. All weeknight games start at 6:45. (Hometeam should be done their infield warmup by 6:30).
5. Line-up cards must be presented to the umpire at the start of the game.
6. Carillon Community league games are scheduled for 5 innings or 2 hours and 15 minutes (approximate) an inning will not be started after 2:00 hours of play. If an inning is started it should still be completed. Carillon Provincial Playdown games may be scheduled for more innings.
7. All innings consist of 3 outs or 5 runs whichever comes first. The last inning(bottom) time permitting should be played, for development purposes, even if the losing team needs more than 5 runs to tie or win the game.
8. Ten run mercy rule will not come into play in community games due to time limit. In Provincial playdown games, the mercy rule is not optional and teams must complete 4 innings at a minimum, for pitch count purposes.
9. All players must be placed in the batting line-up. Defensive substitutions, other than pitching, are unlimited.
10. A team may play with less than 9 players in the line-up. **The empty spots in the batting order are not considered outs.** 9 players are mandatory in Carillon Provincial League playoffs.
11. A player can not play pitcher and then play catcher in the same game. The first pitch thrown by a pitcher makes him ineligible to play catcher. A player may go from catcher to pitcher.
12. **PITCH COUNT TOTALS ARE UPDATED YEARLY) Please check MBA handbook for official totals and new rules . The maximum pitch count does not mean that is a suggested pitch cout. The baseball LTAD plan and the CMBA encourages coaches to limit pitchers to 45 pitches (or less) until June 1st or a later date to ensure arm strength has been built to an appropriate level to reduce chances of arm injuries. The more pitchers you use each week the stronger your team and program will become.**
13. **Carillon Peewee Baserunning rule:** Baserunners are not allowed to leave their base until the pitcher has started his motion to home plate (lifts front leg). A baserunner leaving early will be called out.

The purpose of the rule is

#1- to promote the skill of baserunners going on the pitchers move. Coaches should not yell "GO" as we want the players to learn to watch the leg of the pitcher. Coaches also please do not become fixated on whether or not the player left early as it will be a tough call for a single umpire to make.

#2- to allow pitchers to become comfortable with runners on base. Pitchers must pitch from the stretch with runners on first and or second (and should look at the runners as part of their motion) to allow for the pitchers to get comfortable from this position. The rule does not serve a purpose if pitchers throw from the full wind up and/or do not look towards the base. (Pitchers can still throw to a base even though there is no lead. This will prevent baserunners from leaving on first movement and force them to watch the pitchers leg.)

#3- for the opportunity for more defensive attempts at baserunners by catchers.

Coaches should encourage catchers to attempt to throw out the runner even if the probability of it occurring is low. This will help develop catchers and infielders and is developing skills that will be used in the future.

14. Carillon will incorporate the mosquito rule of players only scoring on a batted ball or a walk. The rule is as followed:

Baserunners may not steal home, may not score on a pastball or wild pitch, may not score on an overthrow from the catcher to the pitcher or to any player on the field. If the play is a continuation of a ongoing play in the field the player can continue to run. Ex. A player attempts to get a triple on a batted ball and the ball is thrown away he/she can keep running home

The purpose of the rule is to speed up the game and build the players skill and enjoyment levels as there are:

- a. no worries about the runner at third scoring on a throw back to the pitcher.
- b. no worries about a run scoring because of a past ball or pitcher's wild pitch.
- c. no worries about the runner at third trying to steal home
- d. no risks and therefore more attempts for catchers to throw baserunners out.

15. Coaches should be aware of other CMBA, Baseball Manitoba, and Baseball Canada rules and bylaws.
16. All postponed games should be scheduled (ideally played) within 1 week of the postponement.

CMBA Provincial Playdown Guidelines

These are team guidelines for associations interested in participating in provincial playdowns at the different levels. The 1st place team will go to "A" provincials. This is optional for Associations, as they do not have to enter if the interest or skill level is not there for that group.

-Associations can choose to make their teams how they see fit. It is suggested that large associations make major and minor teams. This will help develop players as well as lessen the amount of players not chosen to play in playdowns.

-The league has affiliated associations in the past for playdown purposes, but that practice was not continued last season, as we have seen an increase in interest of players wanting to play playdowns and the league has options such as the 13U prospects program that allows more baseball for players if the possibility of playdowns is not there.

-11U players are allowed to participate in the provincial playdowns to fill roster spots. These players should not be used to replace 13U players.

-The 2017 provincial playdowns will be held on June 1st-3rd.

-The Carillon AA team will represent the region at the Baseball Manitoba AA Provincials. Players chosen for this team will be allowed to participate in the Carillon playdowns, but will not be able to play in the "A" provincials should their team advance.

-The league has the right to adapt these guidelines if it is in the best interest of baseball or the league and follows Baseball Manitoba guidelines.

Carillon 13U (Peewee) High Performance Program

Carillon Regional AAA Provincial Team- The Carillon AAA team has a fairly intense schedule with weekly practices from April till early August, plays 6 doubleheaders in the Winnipeg AAA league in May and June (Sundays), and play a tournament in June in Winnipeg (and possibly another tourney in May). The team participates in the Provincial playdowns on July 20th -22nd in Brandon and the provincials on Aug. 4-6th in St. James. All AAA players are expected to play with their local association league teams as well. Carillon is one of the largest minor baseball organizations in the province and typically have over 50 players trying out for the team. Minor aged players/parents should remember the transition from last season (mosquito) to 13U AAA is an extremely big step and the regional prospects team is typically a better fit for these players. Parents/Players may also choose to only be considered for the prospects program and not AAA or AA, if they feel it is a better fit for them.

Carillon Regional AA Provincial Team- The Carillon AA team has a fairly intense schedule with weekly practices from April till end of August, will play exhibition games and tournaments throughout the summer. The team participates in the AA Provincial Championship on July 13th-15th in St. James and the AA Western Canadian Championships in La Broquerie on August 17th -19th . All AA players are expected to play with their local association team as well. Carillon is one of the largest minor baseball organizations in the province and typically have over 50 players trying out for the team. Minor aged players/parents should remember the transition from last season (mosquito) to 13U AA is a big step and the regional prospects team may be a better fit for these players. Players interested in playing AA must participate in the AAA tryouts as they are held in conjunction with each other. Consideration may be given to a player/parent that would prefer AA over AAA, but the expectation from Baseball Manitoba is our top players are on the AAA team.

Carillon Regional 13U Prospects Showcase Team (s)- Carillon is planning to offer two regional showcase teams this season (dependant on player totals). The purpose of the program is to develop the players that are not on the current AAA and AA team. The team(s) will have weekly practices from April – mid-July, participate in 1-2 tournaments in May and June, and exhibition games. The team(s) will represent Carillon in the Baseball Manitoba 13U Showcase (hosted by Carillon) on July 20th -22nd. All 13U Showcase Team players are expected to play with their local association team as well.