

Carillon Minor Baseball

2021 11U 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.

11U level- The LTAD plan identifies 7 stages in respect to the athletes physical, mental, and emotional development. 11U Aged baseball players fall into stage 3 of the LTAD plan which is the **“Learning to Train”** level. Coaches are reminded that athletes at this level should be encouraged to have fun, learn sportsmanship, and develop sport specific skills (Throwing, Catching, Hitting). Learning to win and focusing on a specific position should not occur at this level, but in future years as the child has had the chance to further develop as an athlete .

➔ 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.

2021 11u Season

The season will consist of 6 weeks of games on Monday nights. There will not be a jamboree or playoffs this season.

CMBA 11U Regular Season Game rules

(apply for Carillon Community League games)

- 1. Each team will supply two new baseballs to be used only when their team is on defense. Foul balls should be returned by bench players or team staff.**
2. Base distance 70 feet. Pitching distance 40 feet in May, 44 feet in June. (for this season we suggest 40 feet, but if the home team chooses to set the mound at 44 that is their choice.)
3. A certified level 1 umpire is the preferred choice, but if an umpire is not available the game can be done by a rostered coach. **Umpires will stand behind the pitcher.**
4. All weeknight games start at 6:30. (Hometeam should be done their infield warm-up by 6:15).
5. Line-up cards will not be presented to the umpire at the start of the game. Scorekeepers may exchange lineups if they want.
6. Carillon Community league games are scheduled for 6 innings or 2 hours (approximate) an inning will not be started after 1:45 minutes of play. If an inning is started it should still be completed).
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. *****NEW*** Each inning will start with loaded bases. The players in the 3 spots in the order before the first hitter will take the spots on the bases. Ex. The player that is 4th in the order is leading off the second inning, so the 3rd hitter will be at first, 2nd hitter at 2nd and 1st hitter at 3rd. The purpose of this rule is to allow for baserunning skills to be learned and to add more activity to the game at this level, in particular by players that may not reach base on a regular basis.**
9. Carillon Community league games use a modified rule to allow for more hitting instead of walking at this level. (See below).
10. A player may only score on a batted ball. (See below).
11. Coaches (2 maximum) are allowed in the field defensively, similar to grand slam. They should be behind the infield and are inobtrusive as possible and should be following social distancing guidelines. The purpose is to help keep the players focussed, ready and informed in advance of the pitch being thrown. There should be limited instruction after the hit and coaches should be cognizant of game flow when giving instructions.
12. Players can not advance on an overthrow at first. (This promotes players to make plays and not just throw the ball back to the pitcher on a hit).
13. Stealing is allowed, but baserunners can not leave the base until the ball crosses homeplate. Stealing is not suggested in league play as players learn more about baserunning by going on a passed ball or on a hit, compared to leaving after a ball crosses home plate.
14. Ten run mercy rule will not come into play in community games due to a time limit already being in play.
15. All players must be placed in the batting line-up. Defensive substitutions, other than pitching, are unlimited.
16. A team may play with less than 9 players in the line-up. **The empty spots in the batting order are not considered outs.**

17. A player cannot 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.
18. **PITCH COUNT TOTALS ARE UPDATED YEARLY) Please check MBA handbook for official totals and new rules and to gain understanding. Although 75 pitches is the maximum, the baseball LTAD plan and the CMBA encourages coaches to limit pitchers to 45 pitches this season as we are still in the pre-season stage in regards to arm strength and this will reduce chances of arm injuries as well as develop more pitchers.**

| 11U | |
|---------------------------------------|------------------|
| Number of Pitches | Rest Period |
| 1 – 25 | No rest required |
| 26 – 40 | 1 day rest |
| 41 – 55 | 2 days rest |
| 56 – 65 | 3 days rest |
| 66 – 75 | 4 days rest |
| Total pitches allowed in a day | 75 |

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

Carillon Community League Modified Walk Rules

1. Once the batter has received 4 balls in the count he/she will attempt to hit the ball off a batting tee. (Many players/parents will think they are too advanced to hit off a tee. That may be the case, but unfortunately there are not many strikes thrown at the 11U level. The tee rule adds swings for the batter, defensive plays to be made, and overall excitement to the game) **It is important for coaches to reinforce swinging to their players, so they do not get in the habit of waiting for the tee.**
2. The batting tee will be placed in front of home plate by the coach of the pitching team. Once the ball is hit, the coach (of the pitching team) as unobtrusive as possible, will remove the tee and place it by the fence near the on-deck circle.

TEE PLACEMENT- Most Tees are made incorrectly, with the ball in the middle of the plate. The ball should be placed on the front of homeplate, so the batters are hitting the ball out in front of the plate.

It is highly recommended that each team brings a tee to be used when their team is on defense. This will help keep sharing and contact to just those team members. This is not mandated just a recommendation.

3. The batter will be provided with three attempts to hit a fair ball off the tee. A fair ball will consist of the following expectations:
 - a. The ball travels at least 10 feet. (umpires discretion. If he/she feels it is not 10 feet they will yell foul ball).
 - b. The hit is what would be considered a fair ball in a regular hitting situation (stays between the foul lines).

4. If not one of the batters three attempts is considered fair, as explained in rule 3, he/she will be called out after the third attempt. An attempt is considered any swing at the ball on the tee. Ex. Swing and a miss is an attempt, swing and hit the tee only is an attempt.
5. The pitcher is allowed to stand behind the mound (10 feet should suffice) during the Tee hitting, but can not come closer to home plate. This rule is to provide safety for the pitcher in the event that it is a powerful hitter at the plate.
6. The home team provides a batting tee, although it is a good idea for both teams to have one in the case of the original tee breaking.
7. **This rule was developed and implemented in the Carillon Region in 2008 and has shown many developmental benefits for our players. Many other regions in Manitoba and across the country have seen the benefits and implemented into their Association rules.**

Baseball Manitoba 11U scoring rule

Players may only score from third on a batted ball or forced on a walk. Baserunners may not steal home, may not score on a pastball or wild pitch, and may not score on an overthrow from the catcher to the pitcher or to any player on the field. This is a MBA rule and is in effect for all games. 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 base runners out.

If the play is a continuation of an 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.