

Carillon Minor Baseball

2019 13U 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

➔ 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 Regular Season Game rules

1. The defensive team supplies the baseball in all games(umpires do not touch baseballs). Therefore each team should have 3 new balls to start the game. Baseball should be sanitized if hit out of play and returned to the diamond by someone other than a player on the defensive team.
2. Base distance 70 feet. Pitching distance 48.
3. A level 1 umpire is preferred at this level. If an umpire is not available a rostered coach can umpire the game. **Umpires will stand behind the pitcher.**
4. Weeknight games start at 6:30. (Hometeam should be done their infield warmup by 6:15).
5. Line-up cards do not need to be given to the umpire. Scorekeepers may share lineups if they want. In the case of a doubleheader the games will be at 6:00 and 7:30.
6. Carillon Community league games are scheduled for 7 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. In doubleheaders the games are 5 innings and 1 hour and 20 minutes maximum to allow for the second game to start at 7:30.
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 already having a time limit.
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.**
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. PITCH COUNT TOTALS ARE UPDATED YEARLY) Please check MBA handbook for official totals and new rules. Please be smart with your pitchers as even though we are in July they are very early in their season and arms are not in top shape yet.**
13. **Carillon 13U Baserunning:**Baserunners are allowed a minimal lead at first base (5 feet) and are not allowed to extend that lead until the pitcher has started his motion.

The purpose of the rule is

#1- to promote the skill of baserunners going on the pitchers move. Players will have to watch the leg of the pitcher and will not be able to run when the pitcher comes to his set. 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 a short 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 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.** Please contact info@carillonbaseball.ca as soon as a game is postponed. All postponed games should be scheduled (ideally played) within 1 week of the postponement. Please contact league info@carillonbaseball.ca with new date.
- 17.** Coaches and safety coordinator should be aware of all Baseball Manitoba return to play guidelines