

# Carillon Minor Baseball

## 2023 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](http://www.ltad.ca).

**11U Level** - The LTAD plan identifies 7 stages in respect to the athletes physical, mental, and emotional development. Mosquito 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.

## 2023 11U Season

1. The Carillon 11U league will use Carillon Community League rules for the entire regular season. The Carillon Community League will usually have one scheduled game a week (usually Monday/Tuesday) from the early to mid May until late June. Teams are encouraged to practice at least once a week. Exhibition games are also encouraged. The season ends with a one-day jamboree with each team playing 2 games against teams of their competition level. The 2023 Jamboree will be held on June 24<sup>th</sup> in Beausejour.
2. The league will offer a 11U Monster Mania weekend this year which will have teams play games and receive clinics from local ballplayers. It will also benefit coaches as they will be involved in the clinics as well. The tentative date is May 27 in IDC.
2. The league will also offer another option to teams/association wishing to play more baseball in June/early July. Associations may choose to participate in a Carillon Provincial Playdowns on June 14-16. This tournament will use Baseball Manitoba rules, not the Carillon Rules. The winner(s) of the playdown(s) will advance to the "A" or "AA" provincials. (More info towards end of document).

### CMBA 11U Regular Season Game rules

(apply for all Carillon Community League games)

1. Two good baseballs and one new ball are to be used to start the game.
2. Base distance 70 feet. Pitching distance 40 feet in May, 44 feet in June.
3. A Level 1 umpire is mandatory.
4. All weeknight games start at 6:45. (Home team should be done their infield warm-up by 6:30).
5. Line-up cards must be presented to the umpire at the start of the game. Carillon Community league games are scheduled for 5 innings or 2 hours (approximate) an inning will not be started after 1:45 minutes of play. If an inning is started it should be completed.
6. All innings consist of 3 outs or 5 runs whichever comes first. The bottom of the last inning should be played, for development purposes, even if the losing team needs more than 5 runs to tie or win the game (time permitting).
7. **\*\*\*NEW\*\*\* Each inning will start with a runner on 2<sup>nd</sup> and 3<sup>rd</sup>. The players in the two spots in the order before the first hitter will take the spots on the bases. Ex. The player that is 4<sup>th</sup> in the lineup is leading off the second inning, therefore the 3<sup>rd</sup> player in the lineup will start the inning as a runner at second base and the 2<sup>nd</sup> player in the lineup will start the inning at 3<sup>rd</sup> base. 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 allowing players to run the bases that may not reach base on a regular basis.**
8. Carillon Community league games use a modified rule to allow for more hitting instead of walking at this level. (See below).
9. A player may only score on a batted ball. (See below).
10. **Coaches (2 maximum) are allowed in the field defensively, similar to grand slam. They should be behind the infield and as inobtrusive as possible. The purpose is to help keep the players focused, 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.**

11. Players cannot 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).
12. Stealing is allowed, but baserunners cannot leave the base until the ball crosses home plate. 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.
13. Ten run mercy rule will not come into play in community games due to time limit.
14. All players must be placed in the batting line-up. Defensive substitutions, other than pitching, are unlimited. **(A good strategy to allow for equivalent at-bats through the season and improve team organization is to maintain a consistent line-up through the season. For example, if game 1 on the season finishes with the 3<sup>rd</sup> batter in the order, the line-up in the next game would start with the 4<sup>th</sup> batter in the lineup. This allows for batters to have similar amount of at-bats on the season, improves self-esteem (they aren't always batting last in the order), and allows players to consistently follow the same batter in the order which creates routine instead of the coach needing to constantly repeat the order. )**
15. A team may play with less than 9 players in the line-up. **The empty spots in the batting order are not considered outs.**
16. Teams are encouraged to play exhibition games and enter tournaments (listing on Baseball MB website). Please remember that Carillon had adopted many rules to improve the development of our players. Other regions and tournaments may follow different rules than Carillon Community League games.
17. A player cannot pitch and then play in the catcher position 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 until June 1<sup>st</sup> or a later date to ensure arm strength has been built to an appropriate level to reduce chances of arm injuries.**

<b>11U</b>	
<b>Number of Pitches</b>	<b>Rest Period</b>
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
<b>Total pitches allowed in a day</b>	<b>75</b>

19. Coaches should be aware of CMBA, Baseball Manitoba, and Baseball Canada rules.
20. At the completion of the game it is the responsibility of the home team to email the scores to stats@carillonbaseball.ca
21. The Baseball Manitoba pitch count app can be used, but pen and paper system is allowed. It is the responsibility of each team to keep their pitch count (typically in 11U players are not getting too close to the threshold listed above).
22. All postponed games should be scheduled (ideally played) within 1 week of the postponement.

## **Carillon Community League Modified Walk Rules**

*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 have implemented into their Association rules.*

1. Once the batter has received four 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 mosquito 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 inobtrusive 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 the plate, so the batters are hitting the ball out in front.**

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. (umpire's discretion and will call foul ball if it is felt it didn't go far enough).
  - 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.

## **Baseball Manitoba 11U scoring rule**

(Applies to all Carillon and Baseball Manitoba games)

**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 passed ball or wild pitch, and may not score on an overthrow from the catcher to the pitcher or to any player on the field.

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

- a. no risks of the runner at third scoring on a throw back to the pitcher.
- b. no risks of a run scoring because of a passed ball or pitcher's wild pitch.
- c. no risks of a runner at third trying to steal home
- d. 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.

## CMBA Provincial Playdown Guidelines

The CMBA will host a provincial playdown to decide on the regional Provincial Reps. The 1<sup>st</sup> place team will go to the “AA” provincials and 2<sup>nd</sup> place to “A” provincials (some years our 3<sup>rd</sup> place team is allowed to attend “A” provincials as well. This is optional for Associations, as they do not have to enter if the interest or skill level is not there for that group.

### **Should I enter a team in the Provincial Playdowns?**

The provincial playdowns can be a very positive experience for players, but may not be for a team/player not capable of playing at that level.

Here are some guidelines to follow if you are considering entering a team in the 11U Carillon Provincial Playdowns.

1. **My team has 3-4 quality pitchers that can throw 50 pitches or more in a game.** The team will play 3-4 six inning games on the weekend and will need a lot of pitching because of the pitch count rules.
2. **These pitchers have averaged less than 2 walks per inning or less than 25 pitches/inning through the season (the modified walk rule is not in effect for provincial playdowns and provincials).** If the pitchers average more than this it will cause long innings which leads to boredom and lack of focus for the players on both teams.
3. **The majority of my team consists of second year and advanced first year players.** The pitchers in the tournament will be among the better pitchers (harder throwers) in the league. If a player is not physically or emotionally ready for this, it may have a negative effect on their passion for baseball.
4. **Can my team represent Carillon in the provincials?** The 1<sup>st</sup> and 2<sup>nd</sup> place teams will be advancing to the baseball Manitoba provincials. If you do not have enough players/parents interested in attending the provincials on July 8-10 in Winkler or July 15-17 in Morden then you should not participate.
5. **Are the coaches fully certified?** The head coach and assistant coaches need to have the appropriate certification to be on the field for a provincial playdown and Baseball Manitoba province. See this page for details <https://www.carillonbaseball.ca/main.php?p=35>
6. **How do I know if my team will have a good experience in the playdowns?** There are tournaments in around the province that your team can enter and/or you can make exhibition games with other Carillon teams to gauge the fun your players are having and the dedication level of your parents.