

Carillon Minor Baseball

Community League

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. 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.

11U Season

The Carillon 11U league will use Carillon Community League rules for the entire regular season. The Carillon Community League will have one scheduled game a week (usually Monday/Tuesday) from the first week of May until late June. Teams are encouraged to practice at least once a week. The season ends with a one day jamboree with each team playing 2 games against teams of their competition level.

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. Home teams are responsible for booking and paying umpires.
4. All weeknight games start at 6:30. (The Home team should be done their infield warm-up by 6:15).
5. Home team coaches are asked to communicate with the visiting team in advance to inform them of the diamond number they are playing on and if there are any concerns about the weather. Ideally, rain out decisions are made early enough, but that can be based on distance needing to be travelled as well. ie. Steinbach playing la broquerie can roll the dice and try to play even if the weather isn't looking good where as Lac Du Bonnet travelling to Steinbach may not be worth the risk. Teams should discuss and make a decision together that works best for both sides. Ie. opponent can decide they would rather not travel due to forecast, it does not have to be the home team deciding to cancel.
6. All postponed games should be scheduled (ideally played) within 1 week of the postponement.
7. Line-up cards must be presented to the umpire at the start of the game.
8. 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).
9. 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.
10. **Each inning will start with a runner on 2nd and 3rd. The players in the 2 spots in the order before the first hitter will take the spots on the bases. Ex. The player that is 4th in the lineup is leading off the second inning, therefore the 3rd player in the lineup will start the inning as a runner at second base and the 2nd player in the lineup will start the inning at 3rd 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.**
11. Carillon Community league games use a modified rule to allow for more hitting instead of walking at this level. (See info below game rules).
12. A player may only score on a batted ball. (See info below game rules).
13. **Coaches (2 maximum) are allowed in the field defensively, similar to grand slam. They should be behind the infield and are in obtrusive as possible. 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.

14. 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).
15. 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.
16. Ten run mercy rule will not come into play in community games due to time limit.
17. 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 3rd batter in the order, the line-up in the next game would start with the 4th 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.)**
18. A team may play with less than 9 players in the line-up. **The empty spots in the batting order are not considered outs.**
19. 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.*
20. 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.
21. **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 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.**

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
<i>Total pitches allowed in a day</i>	75

22. It is important to use multiple pitchers in a game since they only play 1 game a week. (If a pitcher throws 3 innings in a game and you only play 4 innings due to time constraints that means only 2 players had a chance to pitch that week, A good rule of thumb is to change pitchers each innings and if they need more work you have them throw an inning on the side between innings to another coach.
23. The modified walk (see the next page) allows flexibility to use pitchers that may struggle with control and that skill should improve with more opportunity.

24. Coaches should be aware of other CMBA, Baseball Manitoba, and Baseball Canada rules and bylaws.
25. At the completion of the game it is the responsibility of the home team to email the scores to stats@carillonbaseball.ca
26. 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).

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 and made the game much more fun to play. Many other regions in Manitoba and across the country have seen the benefits and have implemented into their Association rules.

Purpose: The rule was developed due to the fact that it is very difficult to throw strikes in baseball, especially when you are an 11U player. This rule allows for offensive and defensive opportunities to occur instead of players just walking around the bases. It also alleviates the frustration for the pitcher when they can not throw a strike and makes it a more positive experience for them.

Rule:

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 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 home 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.

A common complaint from parents is "my son/daughter is too advanced to hit off a tee." That may be the case, but the rule is based on the inability of the pitcher to throw strikes, not the ability of the

batter to hit. Hitting off a tee is better developmentally and much more fun than walking to first base.

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.