

11/12U League

Fundamentals & Confidence-Games 1-2

Main Goals:

- Introduce basic rules and positions.
- Build comfort with throwing, catching, hitting, and base running.
- Keep it simple and positive – low pressure.

Offense

- Everyone bats (1x through batting order)
- No walks
- No steals, even on pass balls

Defense

- Pitches: 30-40
- Strikeouts are possible
- No walks. Use coach-pitch if necessary to keep the game moving
- Rotate to new position after each inning
- Coaches may be on the field to assist positioning and decision-making

Game Awareness & Safe Play-Games 3-4

Main Goals:

- Learn basic situational plays (e.g. force out vs. tag out).
- Practice base running rules (e.g. tagging up).
- Emphasize sportsmanship and hustle.

Offense

- Continuous batting order
- No advancing on pass balls
- Stealing allowed, but not home
 - limit steals – coach discretion to keep game moving and not create frustration

Defense

- Pitches: 40-45
- No walks. Use coach-pitch if necessary to keep the game moving
- Coaches may be on the field to assist with positioning and decision-making

Competition & Strategy-Games 4-5

Main Goals:

- Encourage players to think about when and where to make a play.
- Teach cutoffs and relays, and communication.
- Focus on pitcher-catcher teamwork.

Offense

- Real hitting lineups (3 outs **OR** 3 Runs scored)
- Advancing on pass balls, but not home
- Stealing allowed, but not home
 - limit steals – coach discretion to keep game moving and not create frustration

Defense

- Pitcher can throw 2 innings (coach discretion)
- Strikeouts are possible
- Walks are possible, but can use coach-pitch if necessary to keep the game moving
- Coaches must coach from dugout

Full Play & Game Readiness Games 5-10

Main Goals:

- **Play a game using realistic rules.**
- **Give players experience in all positions (as ability allows).**
- **Focus on confidence and effort over outcomes.**