

# Carillon Minor Baseball

## 2016 11U Mosquito 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).

**Mosquito 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.

## 2016 Mosquito Season

1. The Carillon Mosquito 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) from the last week of April 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 on June 20<sup>th</sup> in Beausejour.
2. The league will also offer another option to teams wishing to play more baseball in June/early July. Teams may choose to participate in a Carillon Provincial Playdowns on June 17<sup>th</sup>-19<sup>th</sup>. 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.

### CMBA Mosquito Regular Season Game rules

(apply for Carillon Community and Carillon Provincial Playdowns unless specified)

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. **Teams may be fined if an unofficial umpire is used in a league game.**
4. All weeknight games start at 6:45. (Hometeam should be done their infield warmup by 6:30).
5. Line-up cards must be presented to the umpire at the start of the game.
6. 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 still be completed). Carillon Provincial Playdown games may be scheduled for 6 innings.
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. A player may only score on a batted ball or a walk. Rules on Page 9.
9. Ten run mercy rule will not come into play in community games due to time limit. In Provincial playdown games, the mercy rule is not optional and teams must complete 4 innings at a minimum, for pitch count purposes.
10. All players must be placed in the batting line-up. Defensive substitutions, other than pitching, are unlimited.
11. A team may play with less than 9 players in the line-up. **The empty spots in the batting order are not considered outs.** 9 players are mandatory in Carillon Provincial League playoffs.
12. 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.
13. **PITCH COUNT TOTALS ARE UPDATED YEARLY) Please check MBA handbook for official totals and new rules . Please read Q and A on page 7. 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>MOSQUITO</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>

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

### **Carillon Community League Mosquito Rules**

1. Once the batter has received 4 balls in the count he/she will attempt to hit the ball off a batting tee. (A coach can positively reinforcement this to players by explaining that they were able to show the skill necessary to get a walk, they now get the great chance of getting an easy ball to hit off 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.**
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. The Carillon Mosquito Jamboree will be held on June 18<sup>th</sup> in Beausejour. All teams are expected to attend, but if it is not possible the team must inform the league 2 weeks in advance of the tourney.

8. Carillon will be offering games on a couple Saturdays as well this year. League teams may enter this tournament or Association provincial playdown teams (see below). Teams lacking players can also team up with other associations to enter a team as the purpose of these games is development and not winning/losing. Associations teaming up should contact the league in advance. The dates are May 14<sup>th</sup> and June 4<sup>th</sup>. Locations to be announced. (2 games each team).

### **Baseball Manitoba Mosquito scoring rule**

(Applies to Carillon Community and Carillon Provincial leagues)

**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 past ball or wild pitch, may not score on an overthrow from the catcher to the pitcher or to any player on the field, and may not score because of an overthrow by a defensive player. 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 baserunners out.