

Carillon Minor Baseball

2016 13U (Pee wee) 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 (Pee wee)

➔ 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 (Pee wee) 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 48.
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 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).Carillon Provincial Playdown games may be scheduled for more 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. 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.
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.** 9 players are mandatory in Carillon Provincial League playoffs.
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 . The maximum pitch count does not mean that is a suggested pitch cout. 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. The more pitchers you use each week the stronger your team and program will become.**
13. **NEW RULE:** Baserunners are not allowed to leave their base until the pitcher has started his motion to home plate (lifts front leg). A baserunner leaving early will be called out. This will be for the month of may only. **The purpose of the rule is to promote the skill of baserunners going on the pitchers move, pitchers to become comfortable with runners on base and for the opportunity for more defensive attempts at baserunners. Coaches please do not become fixated on whether or not the player left early as it will be a tough call for a single umpire.** Pitchers must pitch from the stretch with runners on first and or second.
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.

The league will also offer another option to teams wishing to play more baseball in June/early July. The format for the AA provincial playdowns will be sent out soon.