First practice

Ages 3–4 | 60 minutes | 3 coaches | 6–9 players

Learn the stop signal, make comfortable tee contact and find first base.

TIME	ACTIVITY
0-5 min	Warm-up: walk, jog, side-shuffle; stop signal
5-10 min	Step toward a target; comfortable feeds and pauses
10-13 min	Water and groups
13-49 min	3 rounds x 12 min: 10 active + 2 transition
49-52 min	Water and regroup
52-57 min	Know the base order
57-60 min	One useful cue, praise effort, equipment collection

Station assignments

H - Head coach: Contact then bat down | Swing, balance, bat down.

F - Assistant 1: Stop and roll through a gate | Low hands; stop it in front.

R - Assistant 2: Find the color gate | Look, move, freeze.

Rotate: A/B/C -> H/F/R; then C/A/B; then B/C/A.

Groups: A _____ B _____ C _____

Setup and safety

One isolated hitting/net zone; separate fielding and movement zones. Coaches stay; groups walk outside active lanes. Only the active helmeted hitter holds a bat. Stop all stations before rotations. Keep water available. Use pauses and simpler feeds; stop for pain or fatigue.

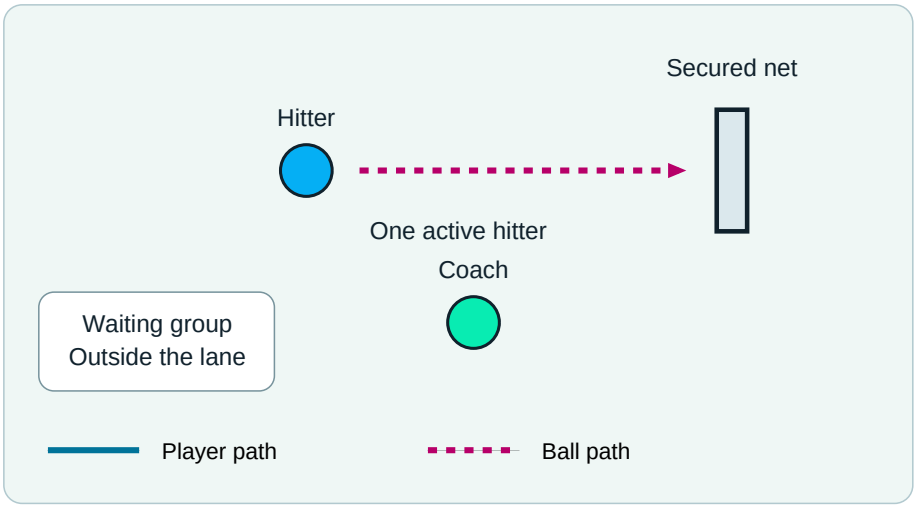
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP34-W01 | Full instructions: leefamilybaseball.com/coaching/ages-34-week-1.html

H - Head coach

Contact then bat down

FP34-W01 | Ages 3–4 | Coach stays; groups rotate



1. Use one tee and secured net. One helmeted hitter holds the bat; coach and waiting players remain outside swing, ball and rebound paths.

2. Take one comfortable tee swing, stop balanced and place the bat in the marked safe spot.

3. Coach calls the next hitter only after the bat is down. No running from this hitting lane.

Say: Swing, balance, bat down.

Easier: Rehearse placing the bat down without swinging.

Progress: Repeat independently with one extra tee location.

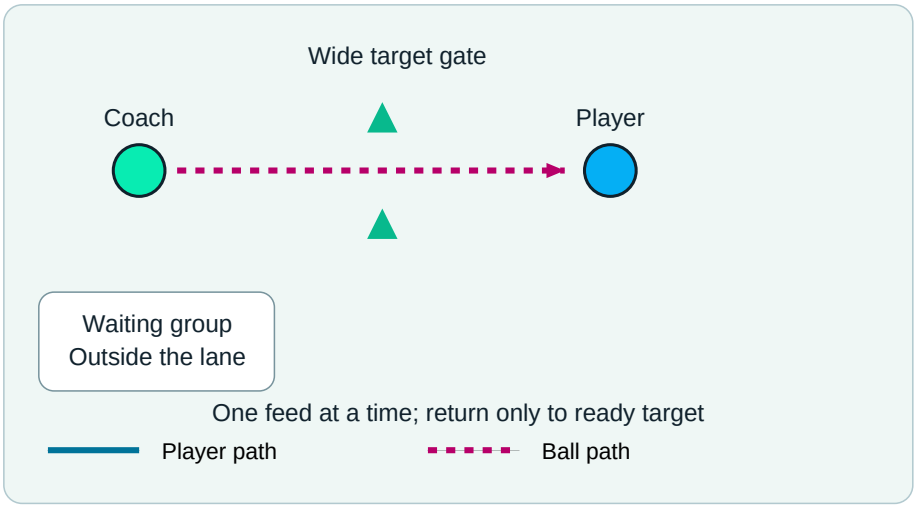
Ready when: Hitter finishes balanced and puts the bat down before anyone approaches.

Two or three attempts, then rotate. Stop before collection. Keep waiting players outside swing, feed and rebound paths. Position work: check throwing/rest eligibility; no live batter. The diagram is a setup schematic, not a scale drawing or mechanics demonstration.

F - Assistant 1

Stop and roll through a gate

FP34-W01 | Ages 3–4 | Coach stays; groups rotate



1. Make a wide gate with two cones. Coach rolls a soft ball toward the active player from a few steps away.

2. Player bends knees and lowers the open glove or hands in front to meet the ball. Keep the glove opening toward the roll, secure it before lifting, then roll back through the gate. A right-handed thrower wears the glove on the left; reverse for a left-handed thrower.

3. After three rolls, switch the active player. Coach controls feeds; other players rehearse the ready position outside the ball lane.

Say: Low hands; stop it in front.

Easier: Use a larger soft ball and wider gate.

Progress: Narrow the gate slightly after controlled returns.

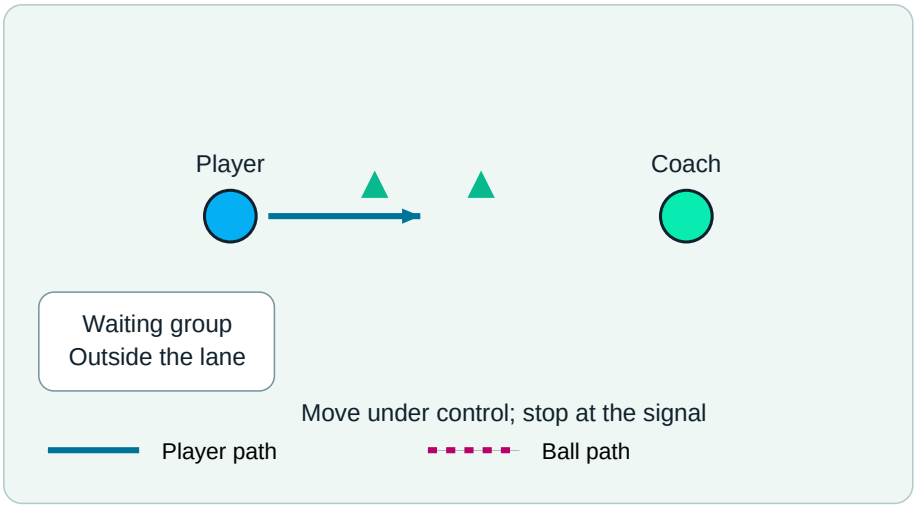
Ready when: Player watches the ball into the stop before returning it.

Two or three attempts, then rotate. Stop before collection. Keep waiting players outside swing, feed and rebound paths. Position work: check throwing/rest eligibility; no live batter. The diagram is a setup schematic, not a scale drawing or mechanics demonstration.

R - Assistant 2

Find the color gate

FP34-W01 | Ages 3–4 | Coach stays; groups rotate



1. Put three wide cone gates in a clear area. All bats and balls are put away.

2. Coach names a gate. Players walk or gently jog to it, spread apart, then freeze and look back.

3. Use short rounds; change the call only after everyone has stopped. No racing or elimination.

Say: Look, move, freeze.

Easier: Walk to one nearby gate.

Progress: Name a second gate after the freeze.

Ready when: Players stop with space between them.

Two or three attempts, then rotate. Stop before collection. Keep waiting players outside swing, feed and rebound paths. Position work: check throwing/rest eligibility; no live batter. The diagram is a setup schematic, not a scale drawing or mechanics demonstration.