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