Look and send

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

Look toward a broad target, then use a roll or gentle underhand send.

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	Team clean-rep game
57-60 min	One useful cue, praise effort, equipment collection

Station assignments

H - Head coach: Balanced tee contact | Watch the ball; finish balanced.

F - Assistant 1: Cone bowling | Look, roll, watch.

R - Assistant 2: Mirror the coach | Small steps, eyes up.

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.

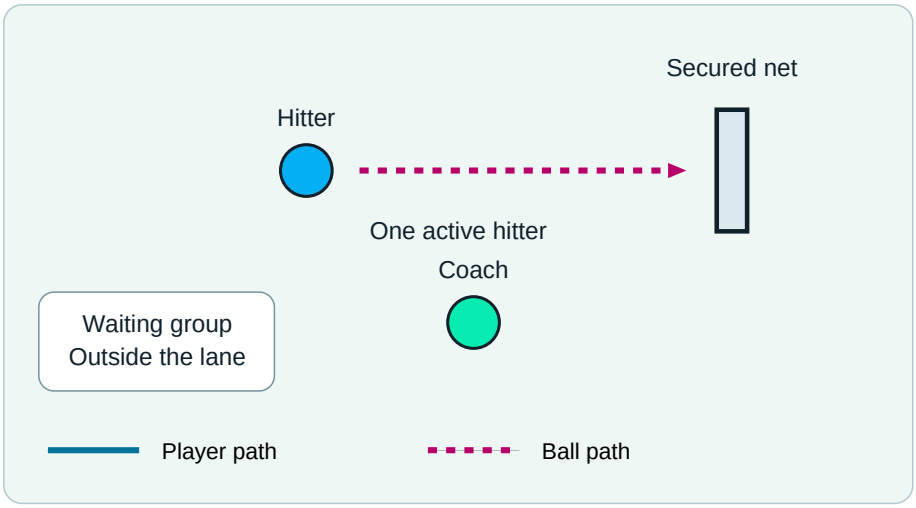
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP34-W02 | Full instructions: leefamilybaseball.com/coaching/ages-34-week-2.html

H - Head coach

Balanced tee contact

FP34-W02 | Ages 3–4 | Coach stays; groups rotate



1. Secure the hitting net according to its instructions. Put a tee in the hitting lane and mark a waiting area outside the swing, ball and rebound paths. Only the helmeted active hitter holds a bat.

2. Set feet comfortably apart with relaxed knees and both hands together on the handle. Adjust the tee near a comfortable belt-level height, with the ball slightly in front of the lead hip for basic middle contact and within easy reach. Start with controlled swings toward the net and a balanced finish. The hitter puts the bat down before the coach adjusts the tee.

3. Use three swings per turn, then put the bat down and change hitters. Collect together only after the coach stops hitting. Use soft age-appropriate balls for beginners. For a child not ready to swing, put the bat away and practice tracking a gentle roll instead.

Say: Watch the ball; finish balanced.

Easier: Use a larger soft ball, simplify the swing and adjust the tee to comfortable contact.

Progress: Repeat balanced contact before changing one tee location.

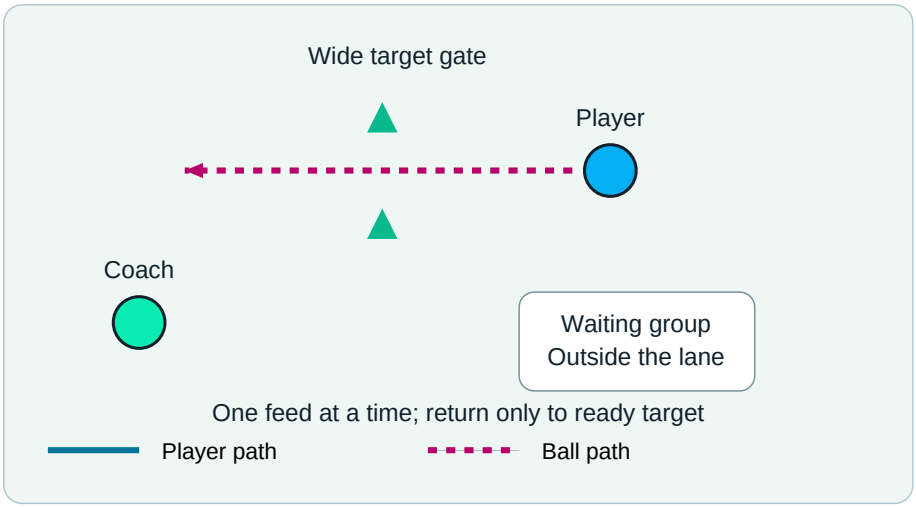
Ready when: Player remains balanced and follows the bat-down routine.

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

Cone bowling

FP34-W02 | Ages 3–4 | Coach stays; groups rotate



1. Put a cone target at the end of one clear rolling lane. Waiting players stay behind a side cone.

2. One player rolls a soft ball toward the cone; coach returns it only when the player is ready.

3. Each player gets two rolls. Count team target touches; collect only when the lane is stopped.

Say: Look, roll, watch.

Easier: Use a closer, wider target.

Progress: Move one small step farther while control remains comfortable.

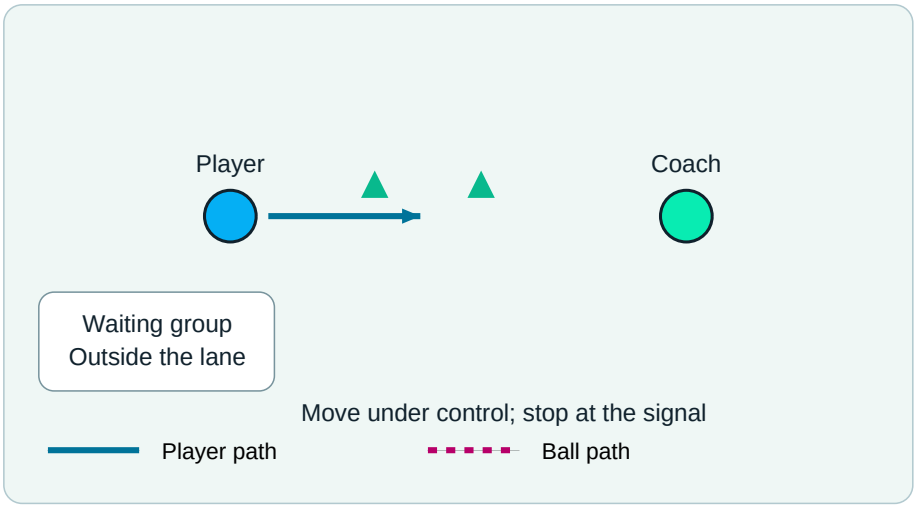
Ready when: Player rolls toward the target and waits for the return.

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

Mirror the coach

FP34-W02 | Ages 3–4 | Coach stays; groups rotate



1. Spread players in a cone rectangle, each with room to move. No bats or balls.

2. Coach takes two small side steps; players mirror the direction and stop in ready position.

3. Change leader after a short round; a player may point while the coach demonstrates.

Say: Small steps, eyes up.

Easier: Stay in place and bend into ready position.

Progress: Add a forward step after the side steps.

Ready when: Players copy without crossing another player’s space.

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.