Move one step

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

Move one step behind a rolling ball before gathering it.

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	Find the color gate
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: One step to the ground ball | Move first; get low.

R - Assistant 2: First-step cone moves | Small first step; arrive balanced.

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.

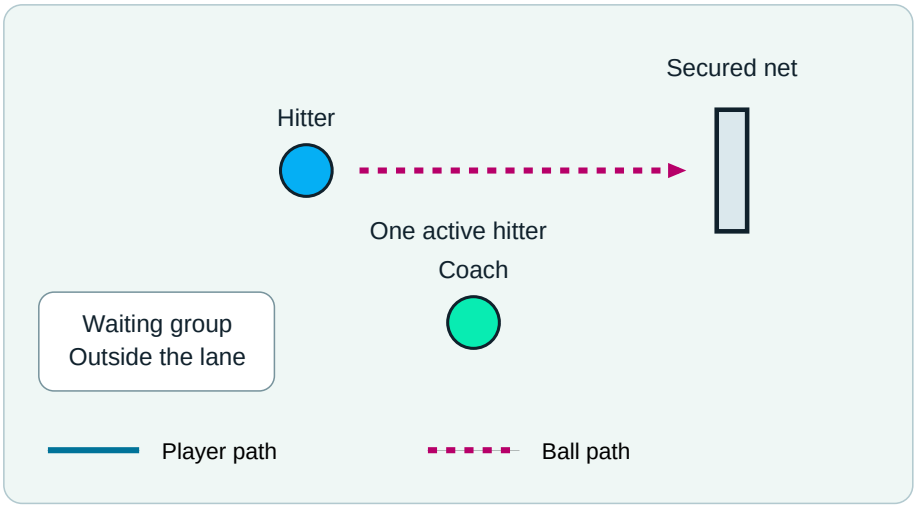
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP34-W03 | Full instructions: leefamilybaseball.com/coaching/ages-34-week-3.html

H - Head coach

Contact then bat down

FP34-W03 | 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.

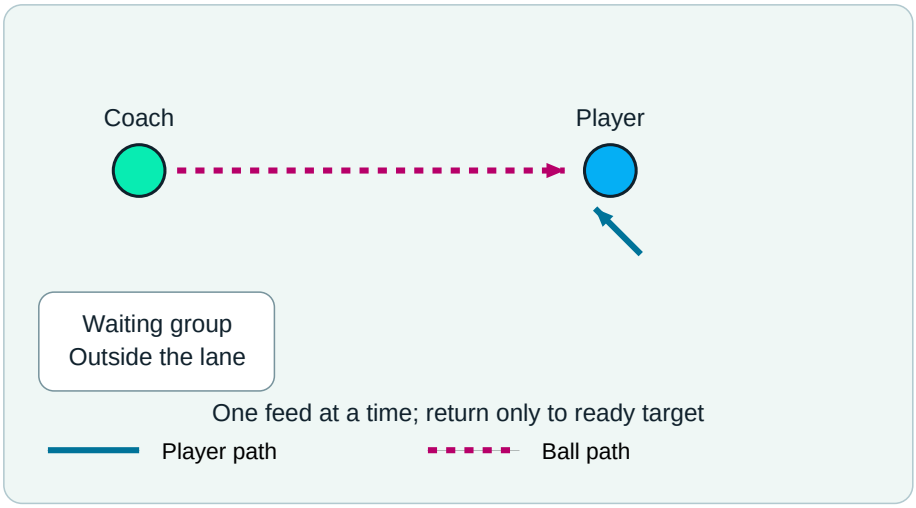
Ready when: Hitter finishes balanced and puts the bat down before anyone approaches.

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

One step to the ground ball

FP34-W03 | Ages 3–4 | Coach stays; groups rotate



1. Use a clear lane with a cone marking the starting ready position.

2. Coach rolls gently one small step to either side. Player moves feet, gets behind the ball and secures it in front. Return by a roll unless throwing is already comfortable.

3. Give three feeds, then rotate; keep the feed speed easy as direction changes.

Say: Move first; get low.

Easier: Roll directly at the player.

Progress: Vary direction without announcing it; do not add speed at the same time.

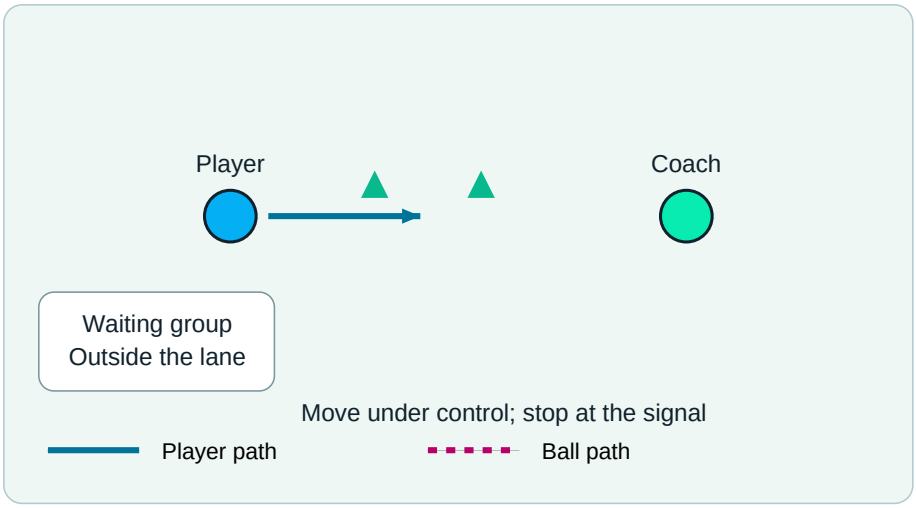
Ready when: Player moves feet rather than reaching across with a straight body.

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

First-step cone moves

FP34-W03 | Ages 3–4 | Coach stays; groups rotate



1. Place three cones in a shallow arc, a few comfortable steps apart. Use one active player per lane.

2. Coach points left, right or forward. Player moves to that cone, slows under control and returns outside the lane.

3. Use three signals per turn, then rotate. Waiting players mirror a small first step in their own space.

Say: Small first step; arrive balanced.

Easier: Name the direction before pointing.

Progress: Signal after the ready stance is established.

Ready when: Player reacts and stops without crossing another lane.

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.