Contact and go

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

Watch the ball on the tee and learn the separate route from home to first.

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	Cone bowling
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: Follow a bounce | Watch it all the way in.

R - Assistant 2: Run through first | Touch it, run through, slow down.

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.

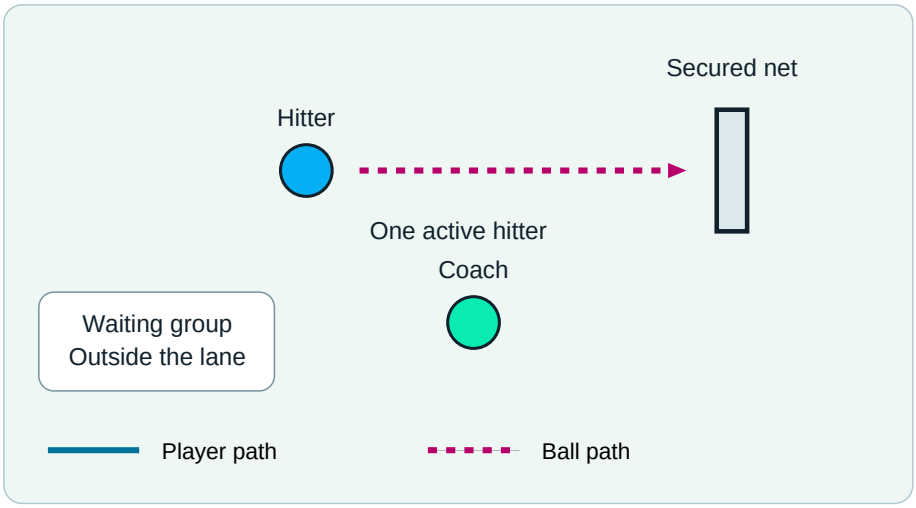
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP34-W04 | Full instructions: leefamilybaseball.com/coaching/ages-34-week-4.html

H - Head coach

Balanced tee contact

FP34-W04 | 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.

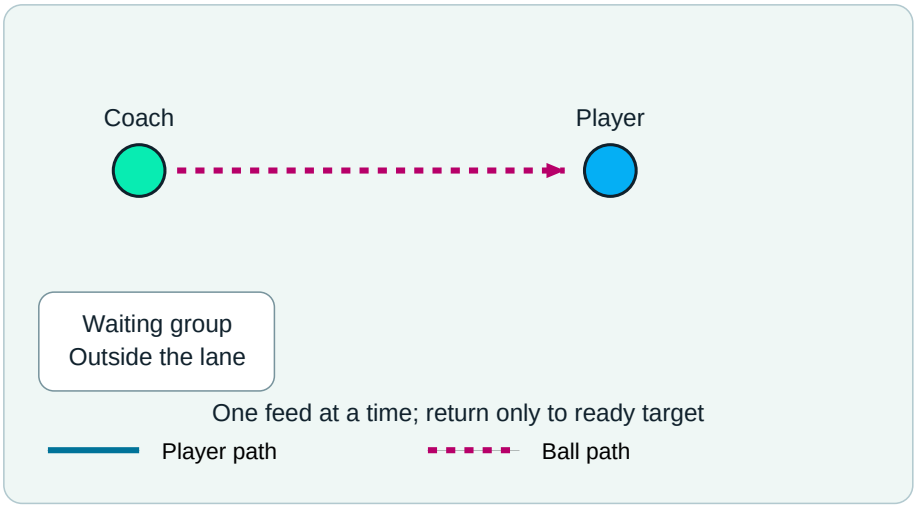
Ready when: Player remains balanced and follows the bat-down routine.

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

Follow a bounce

FP34-W04 | Ages 3–4 | Coach stays; groups rotate



1. Coach and one player face each other in a clear lane with a soft ball.

2. Coach gives a gentle bounce that rises comfortably in front. Player tracks and gathers it with two hands; return by a roll.

3. Three turns, then rotate. For ages 3–4, begin with a roll and use a bounce only if comfortable.

Say: Watch it all the way in.

Easier: Use a larger soft ball and a roll.

Progress: Add one small side step before a gentle bounce.

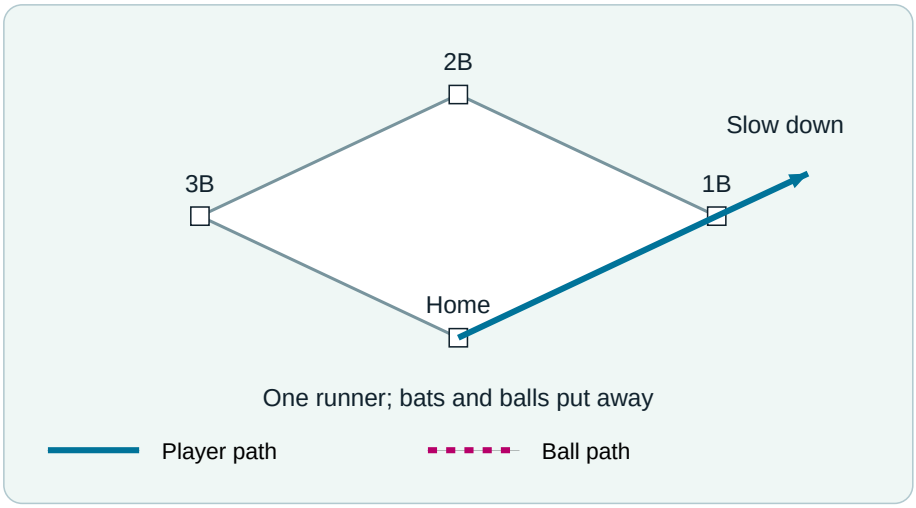
Ready when: Player watches and gathers rather than turning away.

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

Run through first

FP34-W04 | Ages 3–4 | Coach stays; groups rotate



1. Put all bats away. Use the field’s home-to-first route with a cone beyond first marking the slowdown area.

2. One runner at a time touches first and continues through it, slows down, then returns to first promptly without attempting second.

3. Coach keeps the next runner waiting until the route is clear; return to the start outside the running lane. Teach the local double-base procedure if your field uses one.

Say: Touch it, run through, slow down.

Easier: Walk the route first.

Progress: Start on a coach’s ball-contact signal.

Ready when: Runner touches first and slows without colliding or drifting into another activity.

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.