# My turn, your turn

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

Take short turns, call for a rolling ball and help reset together.

| 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 | Mirror the coach |
| 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: 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-W08 | Full instructions: leefamilybaseball.com/coaching/ages-34-week-8.html