Celebrate the basics

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

Show a favorite contact, stop and base route; celebrate each child’s progress.

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: Stop and roll through a gate | Low hands; stop it in front.

R - Assistant 2: Know the base order | Find the next base.

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.

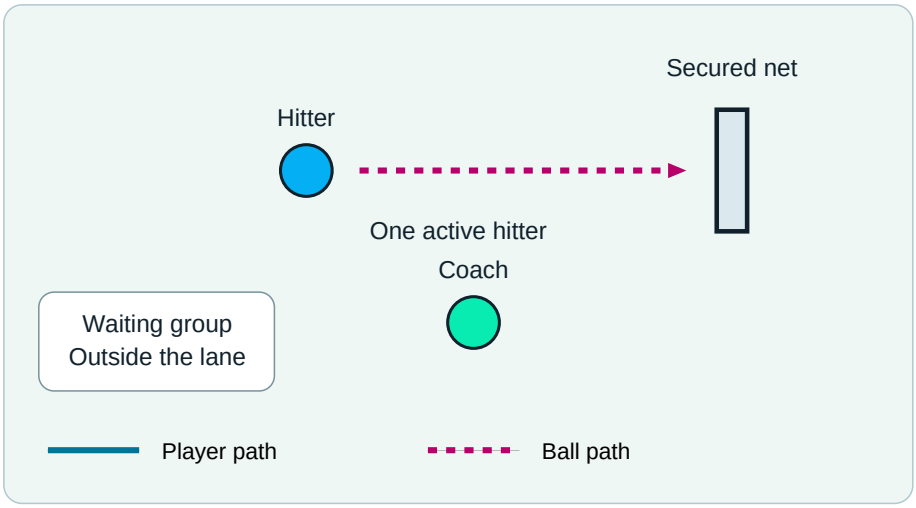
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP34-W10 | Full instructions: leefamilybaseball.com/coaching/ages-34-week-10.html

H - Head coach

Balanced tee contact

FP34-W10 | 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.

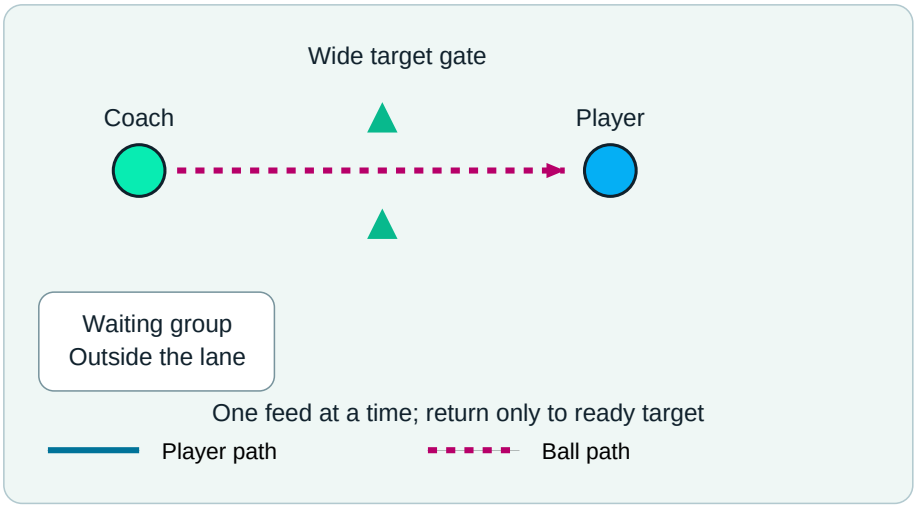
Ready when: Player remains balanced and follows the bat-down routine.

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

Stop and roll through a gate

FP34-W10 | Ages 3–4 | Coach stays; groups rotate



1. Make a wide gate with two cones. Coach rolls a soft ball toward the active player from a few steps away.

2. Player bends knees and lowers the open glove or hands in front to meet the ball. Keep the glove opening toward the roll, secure it before lifting, then roll back through the gate. A right-handed thrower wears the glove on the left; reverse for a left-handed thrower.

3. After three rolls, switch the active player. Coach controls feeds; other players rehearse the ready position outside the ball lane.

Say: Low hands; stop it in front.

Easier: Use a larger soft ball and wider gate.

Progress: Narrow the gate slightly after controlled returns.

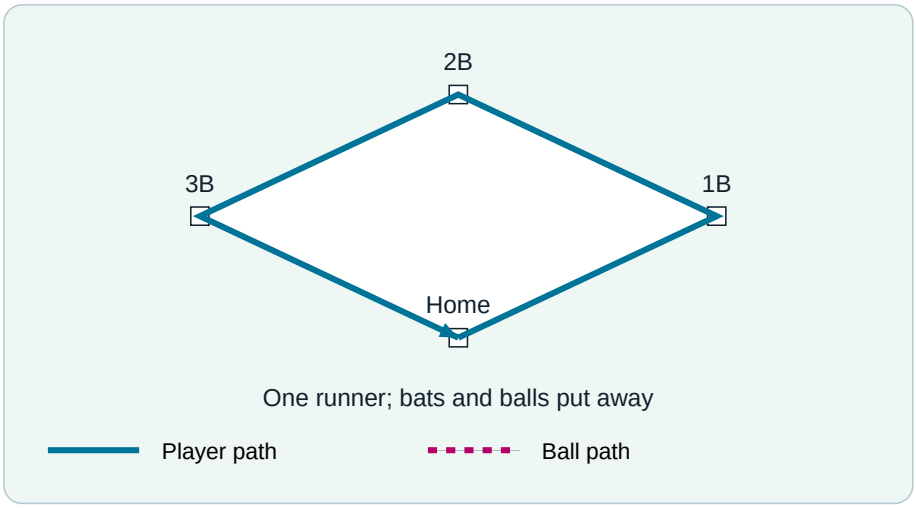
Ready when: Player watches the ball into the stop before returning it.

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

Know the base order

FP34-W10 | Ages 3–4 | Coach stays; groups rotate



1. With no bats or thrown balls active, use the field’s bases or cone markers in their normal order.

2. Walk home → first → second → third → home. Name the next base before moving.

3. Progress to a relaxed jog, one runner on the route at a time. Waiting players point to the next base from outside the route.

Say: Find the next base.

Easier: Visit only home and first.

Progress: Use a coach stop signal while keeping the correct order.

Ready when: Player follows the route and responds to the stop signal.

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.