Shortened practice

Ages 3–4 | 30 minutes | 3 coaches | 6–9 players

Shortened practice: contact then bat down, stop and roll through a gate and a supervised application.

TIME	ACTIVITY
0-3 min	Warm-up: walk, jog, side-shuffle; stop signal
3-6 min	Step toward a target; comfortable feeds and pauses
6-8 min	Water and groups
8-23 min	3 rounds x 5 min: 3 active + 2 transition
23-25 min	Water and regroup
25-28 min	Know the base order
28-30 min	One useful cue, praise effort, equipment collection

Station assignments

H - Head coach: Contact then bat down | Swing, balance, bat down.

F - Assistant 1: Stop and roll through a gate | Low hands; stop it in front.

R - Assistant 2: Find the color gate | Look, move, freeze.

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-short | Full instructions: leefamilybaseball.com/coaching/practice-options.html?age=34&type=short