Aim with control

Ages 5–6 | 60 minutes | 3 coaches | 9–12 players

Step toward a broad target and wait for a ready receiver.

TIME	ACTIVITY
0-5 min	Warm-up: walk, jog, side-shuffle; stop signal
5-10 min	Ready partner catch; 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: Step toward a target | Look, step, send it.

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.

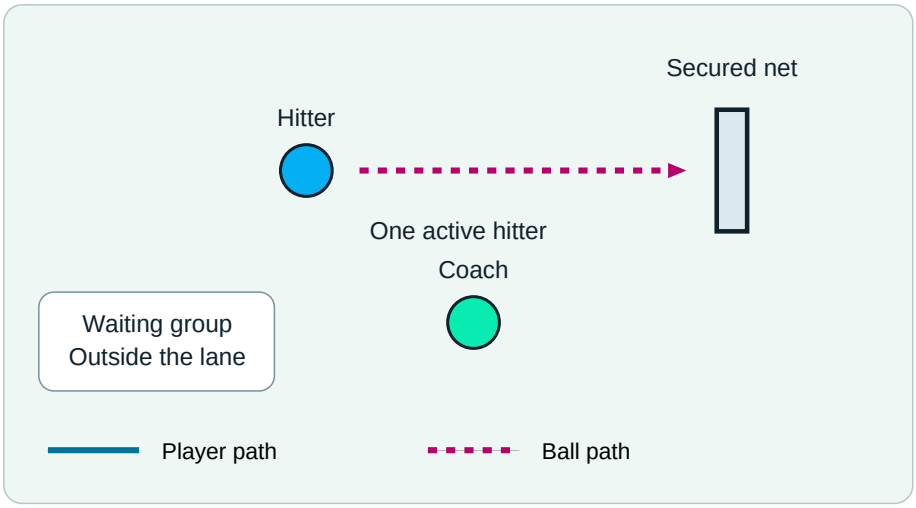
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP56-W02 | Full instructions: leefamilybaseball.com/coaching/ages-56-week-2.html

H - Head coach

Balanced tee contact

FP56-W02 | Ages 5–6 | 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.

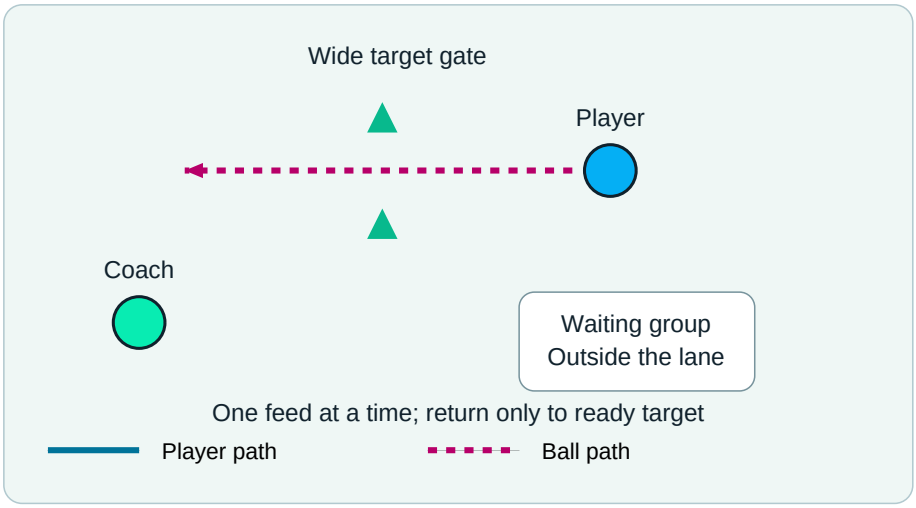
Ready when: Player remains balanced and follows the bat-down routine.

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

Step toward a target

FP56-W02 | Ages 5–6 | Coach stays; groups rotate



1. Put a cone gate on the ground with a clear stopping area beyond; nobody stands in or behind it.

2. Take turns making an easy throw toward the gate. For the youngest players, use an underhand toss or a roll. Older players may use a comfortable overhand throw.

3. Use three attempts, then rotate. Retrieve together only after every ball is down and the coach calls stop.

Say: Look, step, send it.

Easier: Move closer or widen the target.

Progress: Choose a slightly smaller target while keeping the throw easy.

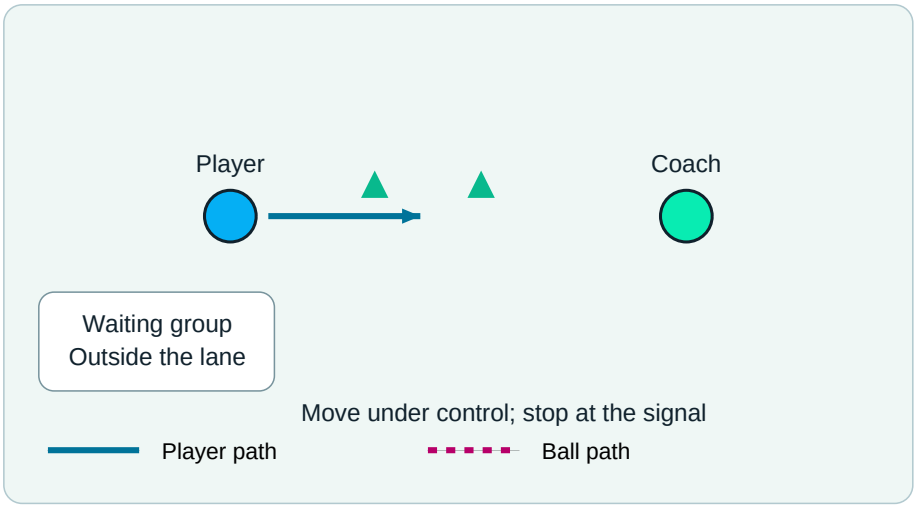
Ready when: Player aims toward the target without throwing harder.

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

Find the color gate

FP56-W02 | Ages 5–6 | Coach stays; groups rotate



1. Put three wide cone gates in a clear area. All bats and balls are put away.

2. Coach names a gate. Players walk or gently jog to it, spread apart, then freeze and look back.

3. Use short rounds; change the call only after everyone has stopped. No racing or elimination.

Say: Look, move, freeze.

Easier: Walk to one nearby gate.

Progress: Name a second gate after the freeze.

Ready when: Players stop with space between them.

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.