Move to the ball

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

Use a first step before gathering a gentle lateral roll.

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	Team clean-rep game
57-60 min	One useful cue, praise effort, equipment collection

Station assignments

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

F - Assistant 1: One step to the ground ball | Move first; get low.

R - Assistant 2: Mirror the coach | Small steps, eyes up.

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.

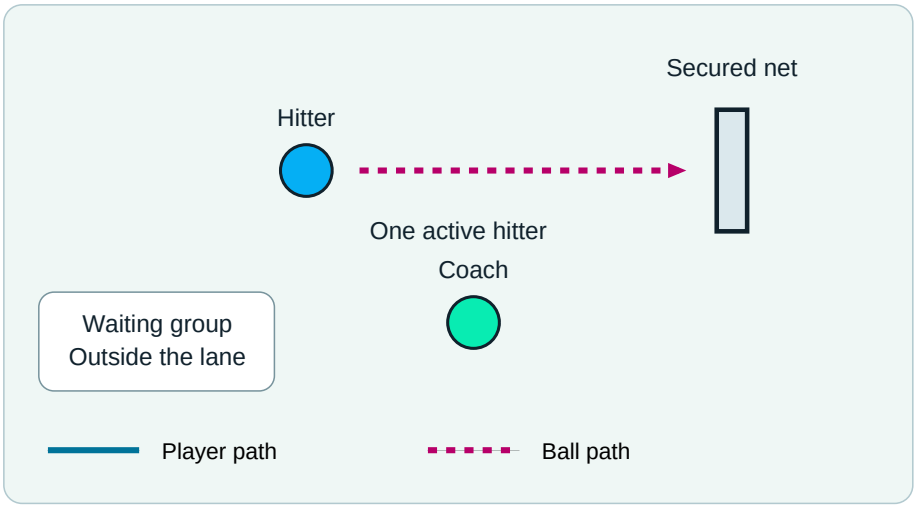
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP56-W03 | Full instructions: leefamilybaseball.com/coaching/ages-56-week-3.html

H - Head coach

Contact then bat down

FP56-W03 | Ages 5–6 | Coach stays; groups rotate



1. Use one tee and secured net. One helmeted hitter holds the bat; coach and waiting players remain outside swing, ball and rebound paths.

2. Take one comfortable tee swing, stop balanced and place the bat in the marked safe spot.

3. Coach calls the next hitter only after the bat is down. No running from this hitting lane.

Say: Swing, balance, bat down.

Easier: Rehearse placing the bat down without swinging.

Progress: Repeat independently with one extra tee location.

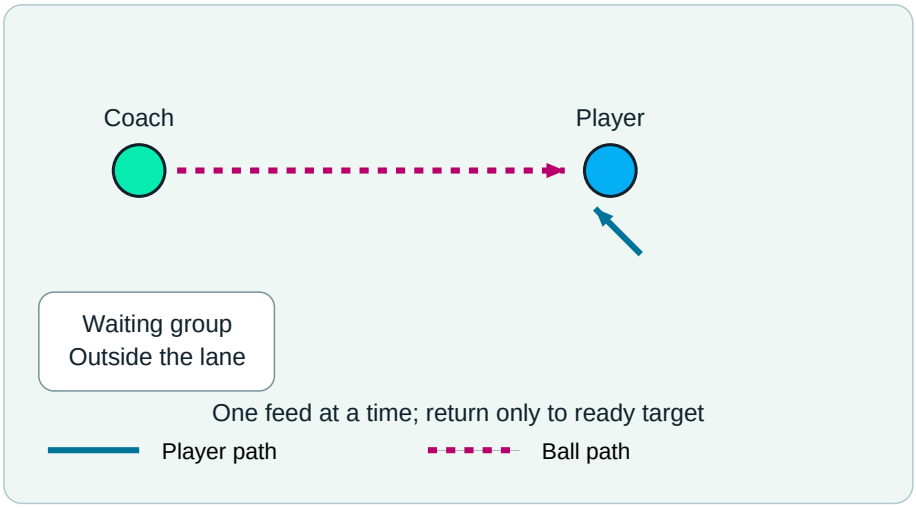
Ready when: Hitter finishes balanced and puts the bat down before anyone approaches.

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

One step to the ground ball

FP56-W03 | Ages 5–6 | Coach stays; groups rotate



1. Use a clear lane with a cone marking the starting ready position.

2. Coach rolls gently one small step to either side. Player moves feet, gets behind the ball and secures it in front. Return by a roll unless throwing is already comfortable.

3. Give three feeds, then rotate; keep the feed speed easy as direction changes.

Say: Move first; get low.

Easier: Roll directly at the player.

Progress: Vary direction without announcing it; do not add speed at the same time.

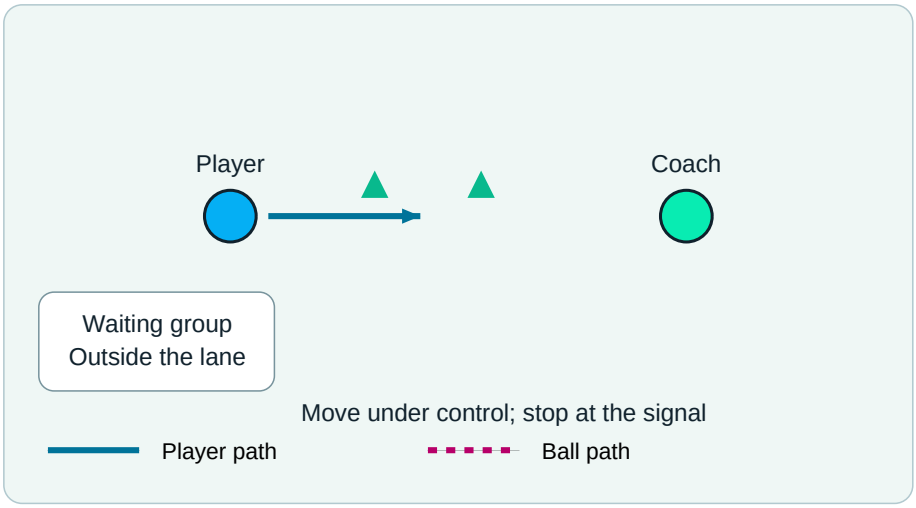
Ready when: Player moves feet rather than reaching across with a straight body.

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

Mirror the coach

FP56-W03 | Ages 5–6 | Coach stays; groups rotate



1. Spread players in a cone rectangle, each with room to move. No bats or balls.

2. Coach takes two small side steps; players mirror the direction and stop in ready position.

3. Change leader after a short round; a player may point while the coach demonstrates.

Say: Small steps, eyes up.

Easier: Stay in place and bend into ready position.

Progress: Add a forward step after the side steps.

Ready when: Players copy without crossing another player’s space.

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.