Contact and run

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

Keep contact balanced and rehearse running through first after a separate signal.

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	Run through first
57-60 min	One useful cue, praise effort, equipment collection

Station assignments

H - Head coach: Tee contact toward the middle | Balanced swing toward the net.

F - Assistant 1: Follow a bounce | Watch it all the way in.

R - Assistant 2: Base coach stop or advance | See the signal; choose the route.

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.

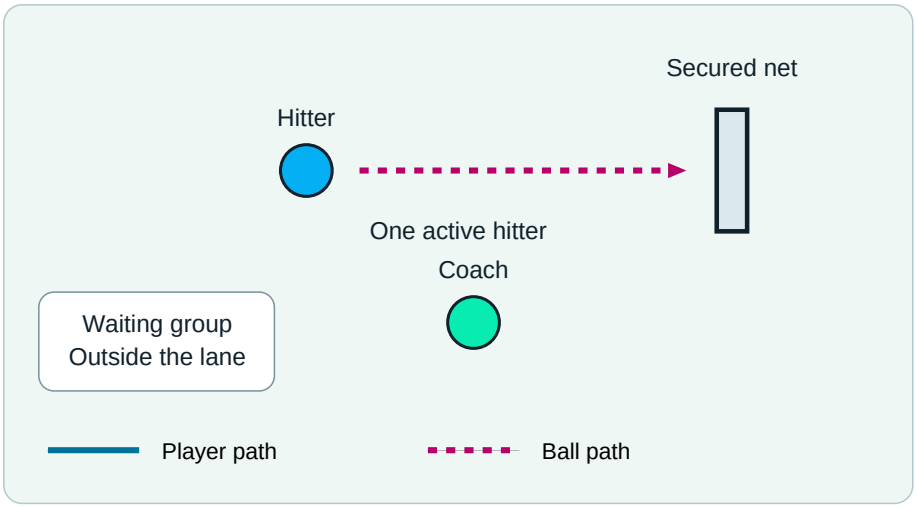
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP56-W04 | Full instructions: leefamilybaseball.com/coaching/ages-56-week-4.html

H - Head coach

Tee contact toward the middle

FP56-W04 | Ages 5–6 | Coach stays; groups rotate



1. Use one helmeted hitter, a secured net and a tee. Keep waiting players and the coach outside bat reach and all ball and rebound paths.

2. Aim toward a broad middle area of the net. Offer three tee swings at a comfortable height and praise controlled contact and balance. The coach changes tee position only while the bat is down.

3. Keep turns short, put the bat down before changing hitters, and stop the whole station before collection. Do not demand power or an exact launch angle.

Say: Balanced swing toward the net.

Easier: Return to comfortable tee contact without a target.

Progress: Move the tee slightly within the player’s comfortable contact area, one location at a time.

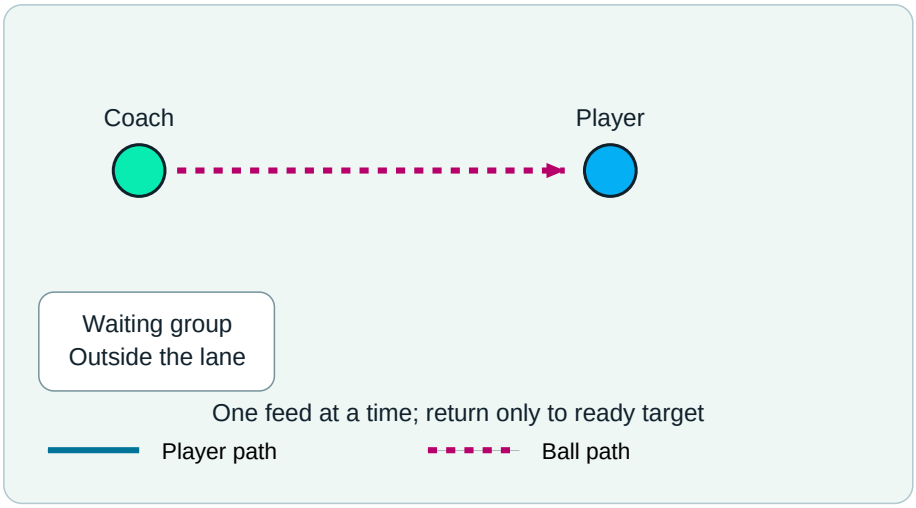
Ready when: Target attention does not make the player lunge or lose balance.

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

Follow a bounce

FP56-W04 | Ages 5–6 | Coach stays; groups rotate



1. Coach and one player face each other in a clear lane with a soft ball.

2. Coach gives a gentle bounce that rises comfortably in front. Player tracks and gathers it with two hands; return by a roll.

3. Three turns, then rotate. For ages 3–4, begin with a roll and use a bounce only if comfortable.

Say: Watch it all the way in.

Easier: Use a larger soft ball and a roll.

Progress: Add one small side step before a gentle bounce.

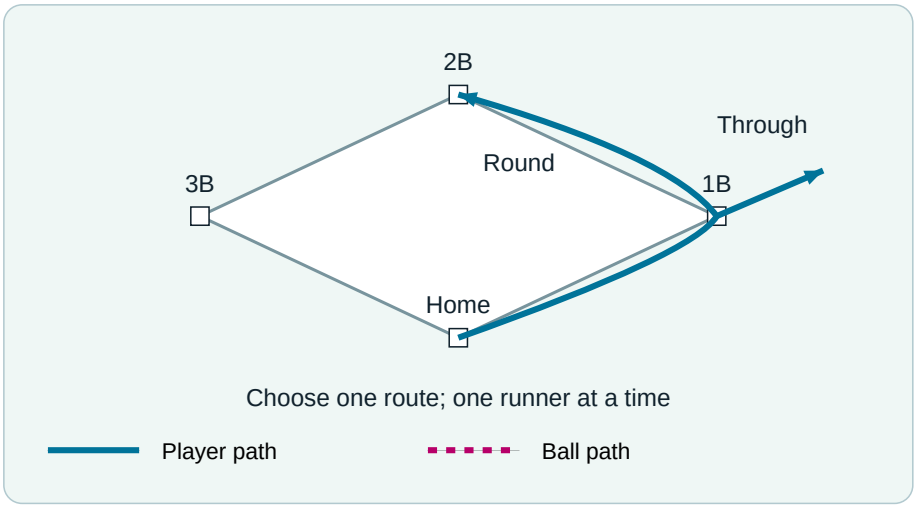
Ready when: Player watches and gathers rather than turning away.

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

Base coach stop or advance

FP56-W04 | Ages 5–6 | Coach stays; groups rotate



1. Use home to first and toward second, with a coach beyond the runner’s route. No bats or thrown balls are active.

2. Coach shows stop or advance before the runner reaches first. Runner either runs through and returns promptly without trying second, or rounds toward second as a planned advance.

3. One runner at a time; start with a walk and return outside the route. Never cut across the infield to rejoin.

Say: See the signal; choose the route.

Easier: Practice each route separately.

Progress: Give the signal a little later while keeping a clear slowdown area.

Ready when: Runner follows the sign and touches first.

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.