Check the foundations

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

Repeat familiar contact and receiving tasks; simplify any part that loses control.

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
13-40 min	3 rounds x 9 min: 7 active + 2 transition
40-43 min	Water and regroup
43-57 min	Protected coach pitch
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. Full-field block also needs: Full league field and bases; tee, bats, helmets, gloves, suitable balls, cones and buckets; inspected L-screen

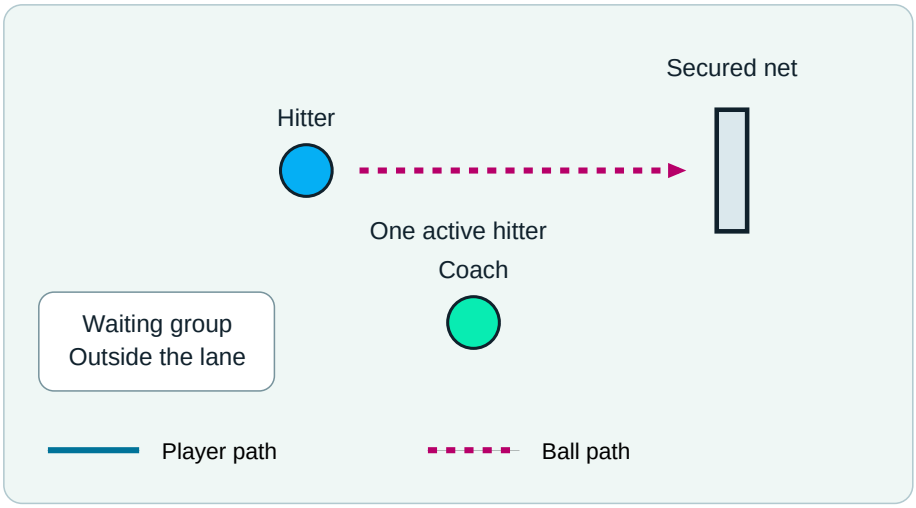
Plan FP56-W05 | Full instructions: leefamilybaseball.com/coaching/ages-56-week-5.html

Full-field block: ALL stations close. Head coach feeds behind protection; Assistant 1 manages hitter/queue; Assistant 2 manages defense. See the packet for setup, turn limits, stop/collection and tee fallback.

H - Head coach

Balanced tee contact

FP56-W05 | 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.

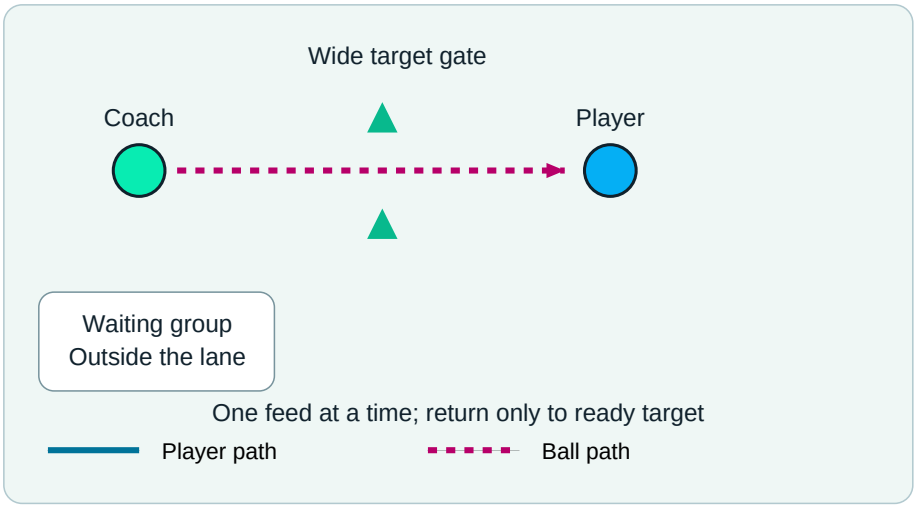
Ready when: Player remains balanced and follows the bat-down routine.

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

Stop and roll through a gate

FP56-W05 | Ages 5–6 | 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.

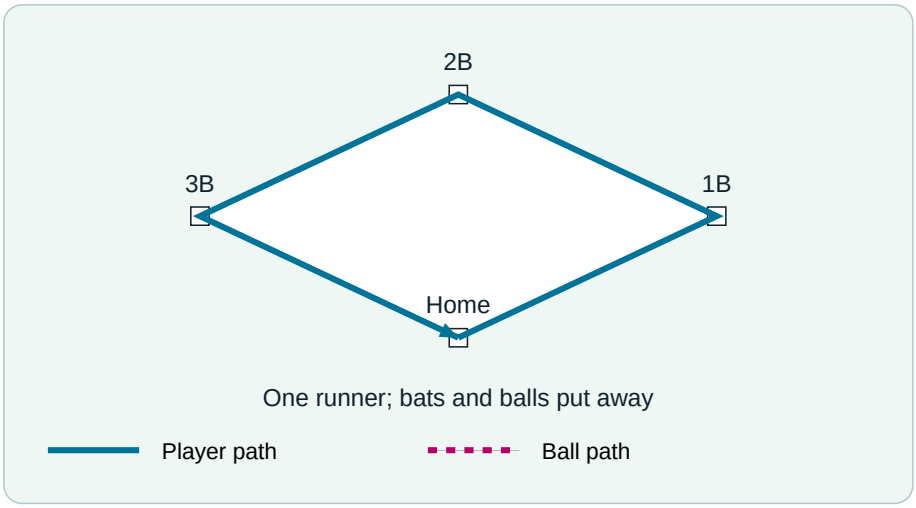
Ready when: Player watches the ball into the stop before returning it.

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

FP56-W05 | Ages 5–6 | 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.

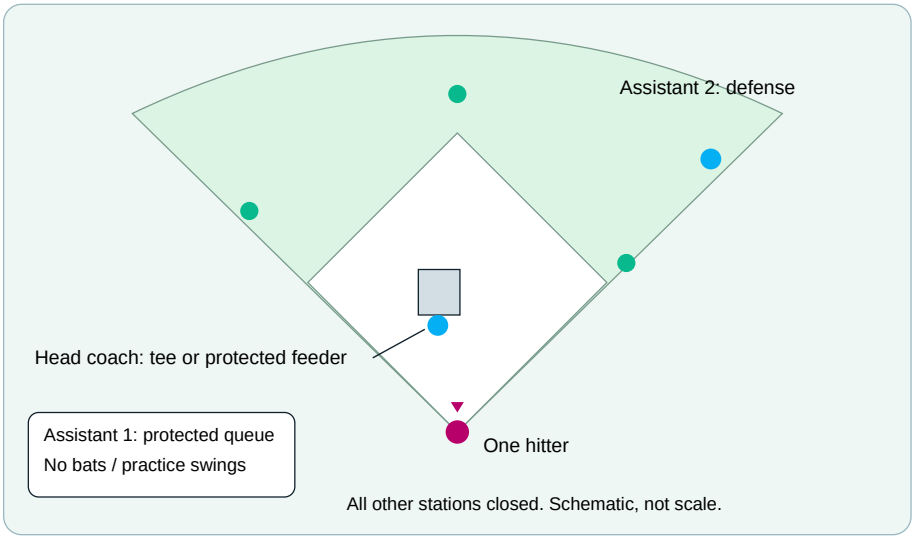
Progress: Use a coach stop signal while keeping the correct order.

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.

Protected coach pitch

Full-field roles | All side stations closed



Equipment: Full league field and bases; tee, bats, helmets, gloves, suitable balls, cones and buckets; inspected L-screen

Head coach: Feeds controlled hittable pitches from behind an inspected, correctly oriented L-screen. Returns to protection after release.

Assistant 1: Controls the protected waiting area, calls one helmeted hitter, and gives the stop/advance instruction. Only the active hitter holds a bat.

Assistant 2: Sets spaced defensive roles, watches the whole field and stops play if someone is unready or a ball leaves the area.

Turns: One fair contact, then change hitter

Run the full-field block

1. Stop every station. Put away idle bats and loose balls; establish a stop signal. Inspect the full fair/foul-ball area and protected waiting space. No parallel throwing, hitting or bullpen.

2. With the batter clear and bat down, check the screen and feeding lane. Coach uses repeatable, comfortable feeds; hitter may take any unsuitable pitch.

3. Start with no runners. Put defenders at appropriate depth for the actual hitter; begin farther back and move only on the coach’s stop. One fielder calls the ball, a teammate backs up, then return to one designated ready receiver away from the feeder/screen. No throws at the operator.

4. After each fair contact, stop feeding until the ball is controlled and everyone is reset. Player puts bat down; on a separate coach signal, one runner travels home to first. Defense holds the ball until the runner is clear; no live throws, tags or slides against that runner.

5. Give each player one contact opportunity before repeat turns; use the tee after a few unsuccessful feeds. Rotate hitter to a defensive role and bring the next player from defense to the waiting group on the stop signal.

6. Call stop before retrieval. Bats down; feeding stopped; machine isolated as its manual requires before anyone approaches. Coach releases collection only when all areas are quiet. Keep water and rest available.

Apply: For ages 5–6 use soft practice balls, one controlled action at a time and no live runner-versus-throw play.

Catcher: No player catcher is required. Do not place an unprotected player behind the hitter. If a catcher is added, fit complete required gear, check readiness and throwing workload, and assign a coach to supervise the battery; reduce other active roles. Machine use must follow the manual’s catcher/backstop requirements.

Tee fallback: Use a tee at home and keep the same supervised field roles. If the full field or protected waiting space is unavailable, return to the separate station plan. Never substitute unprotected front toss.

Teaching basis: Little League Safety Code (littleleague.org/playing-rules/appendices/appendix-b/) and 2015 Coach-Pitch Program. Follow current local rules and the exact equipment manuals. Original LFB session; no endorsement implied.