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.