Track and call

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

Move toward an easy soft toss and call for it without crowding.

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: Tee contact toward the middle | Balanced swing toward the net.

F - Assistant 1: Move, call and catch | Move your feet; call it early.

R - Assistant 2: First-step cone moves | Small first step; arrive balanced.

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.

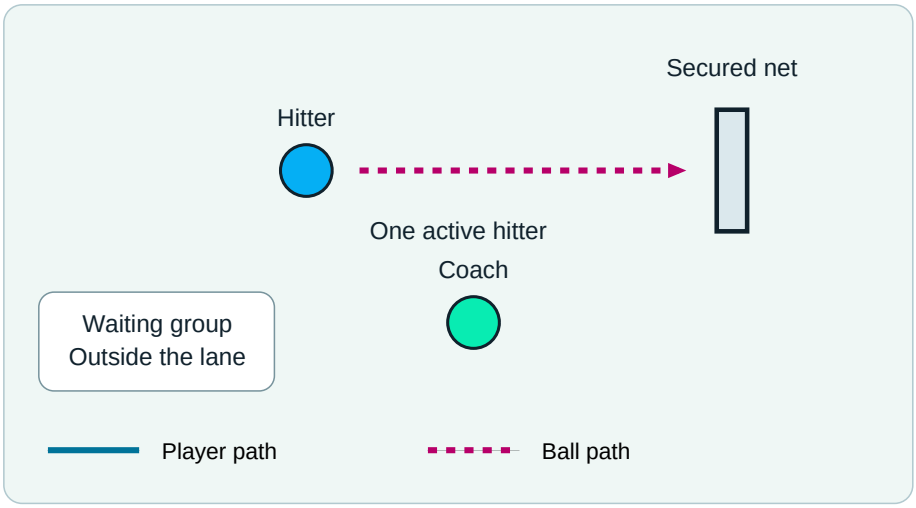
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP56-W06 | Full instructions: leefamilybaseball.com/coaching/ages-56-week-6.html

H - Head coach

Tee contact toward the middle

FP56-W06 | 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.

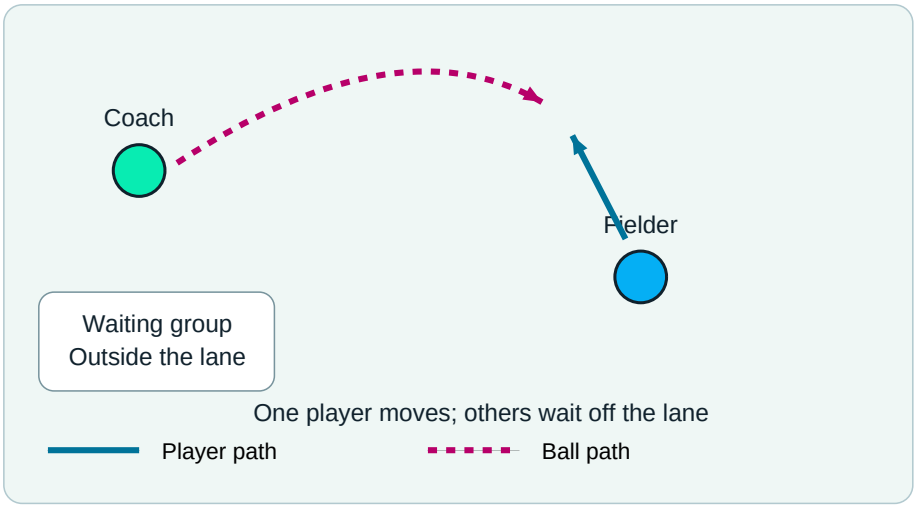
Ready when: Target attention does not make the player lunge or lose balance.

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

Move, call and catch

FP56-W06 | Ages 5–6 | Coach stays; groups rotate



1. Coach stands a short comfortable distance from one active player. Nobody runs toward another player.

2. Start with a soft chest-height toss. Once comfortable, move the toss one step left or right; player moves feet and calls “mine.”

3. Give three tosses, then rotate. Use soft balls. Avoid high overhead throws until simple receiving is consistent.

Say: Move your feet; call it early.

Easier: Use a bounce or roll.

Progress: Toss a little higher within the player’s comfortable range.

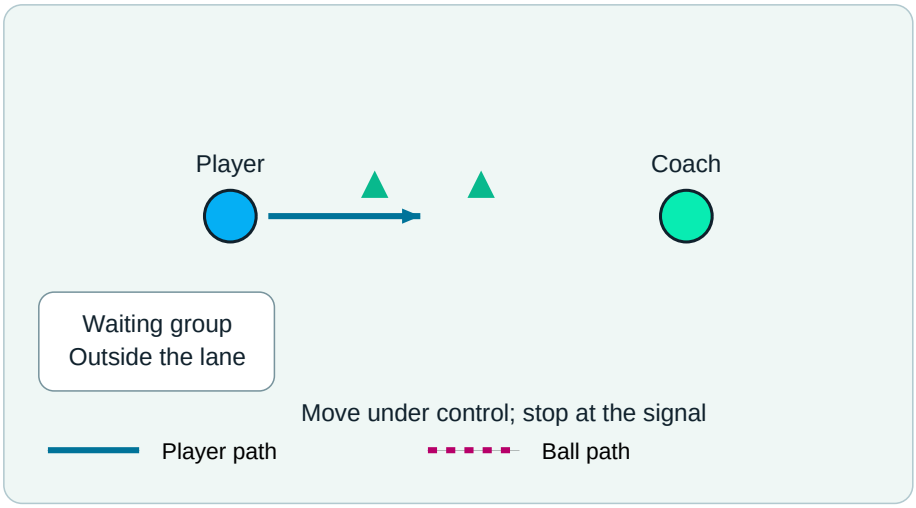
Ready when: Player moves into position and tracks without backing into traffic.

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

First-step cone moves

FP56-W06 | Ages 5–6 | Coach stays; groups rotate



1. Place three cones in a shallow arc, a few comfortable steps apart. Use one active player per lane.

2. Coach points left, right or forward. Player moves to that cone, slows under control and returns outside the lane.

3. Use three signals per turn, then rotate. Waiting players mirror a small first step in their own space.

Say: Small first step; arrive balanced.

Easier: Name the direction before pointing.

Progress: Signal after the ready stance is established.

Ready when: Player reacts and stops without crossing another lane.

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.