Through or around

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

Tell the difference between running through first and a planned advance to second.

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	Base coach stop or advance
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: Round first toward second | Curve, touch, continue.

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.

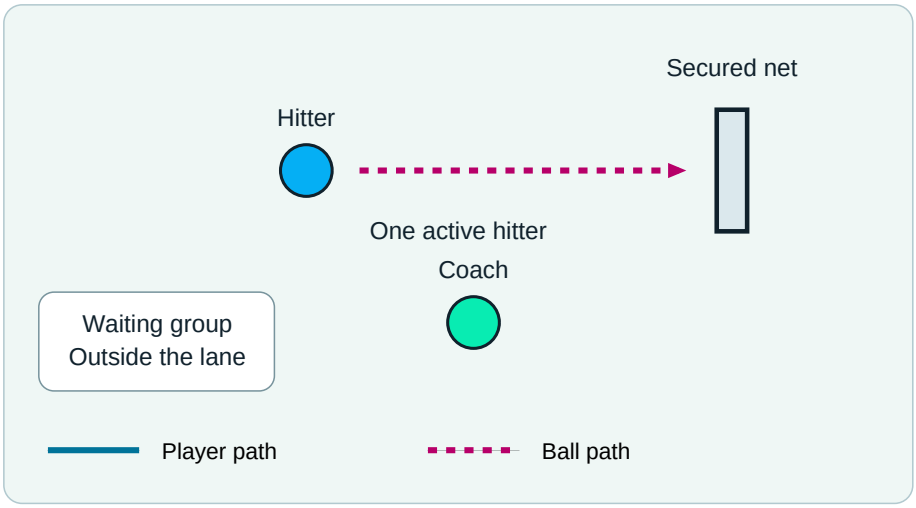
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP56-W07 | Full instructions: leefamilybaseball.com/coaching/ages-56-week-7.html

H - Head coach

Contact then bat down

FP56-W07 | 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.

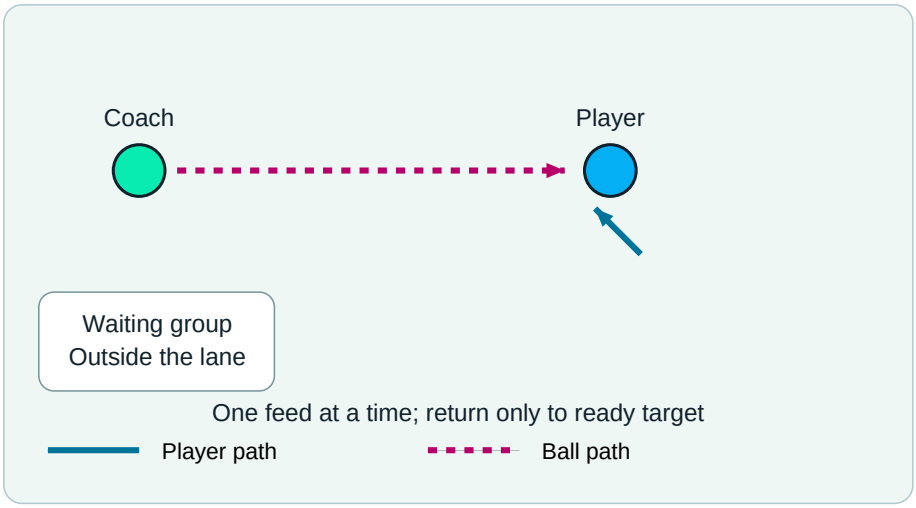
Ready when: Hitter finishes balanced and puts the bat down before anyone approaches.

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-W07 | 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.

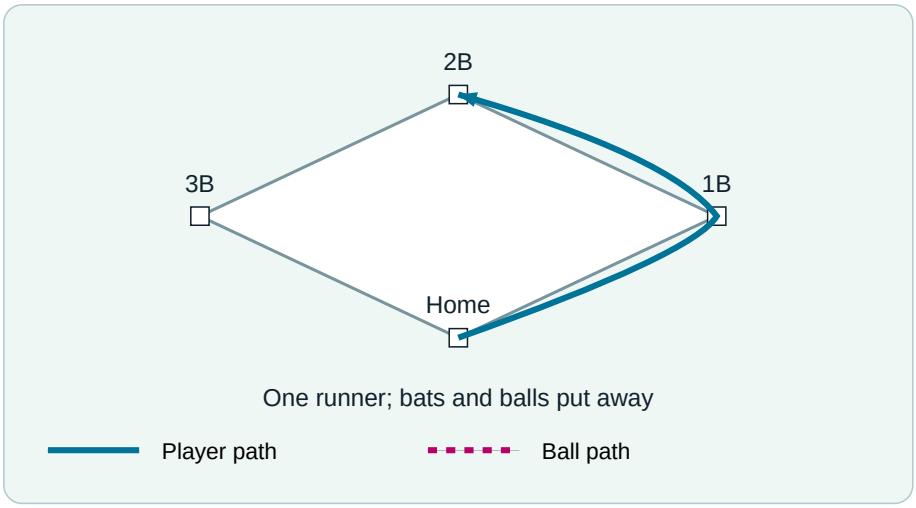
Ready when: Player moves feet rather than reaching across with a straight body.

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

Round first toward second

FP56-W07 | Ages 5–6 | Coach stays; groups rotate



1. All bats are away. Explain that this is a planned advance to second, different from running through first and returning.

2. Walk a gentle curve before first, touch the base and continue toward second. Start slowly on the actual league field; do not force a sharp turn.

3. One runner at a time. Coach controls starts and stops; no throws, tags, sliding or race against another runner.

Say: Curve, touch, continue.

Easier: Walk the path with the coach.

Progress: Jog the same route while looking for the base coach’s signal.

Ready when: Player touches first without cutting sharply or missing the bag.

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.