# Help your teammate

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

Use ready hands and a clear call, then return equipment on a stop 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 | Team clean-rep game |
| 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: Mirror the coach | Small steps, eyes up.

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.

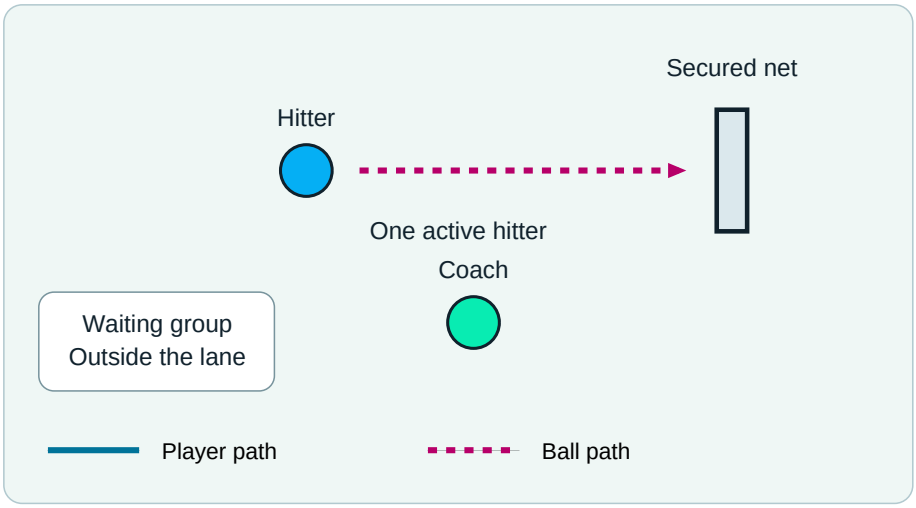
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP56-W08 | Full instructions: leefamilybaseball.com/coaching/ages-56-week-8.html

H - Head coach

# Tee contact toward the middle

FP56-W08 | 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.

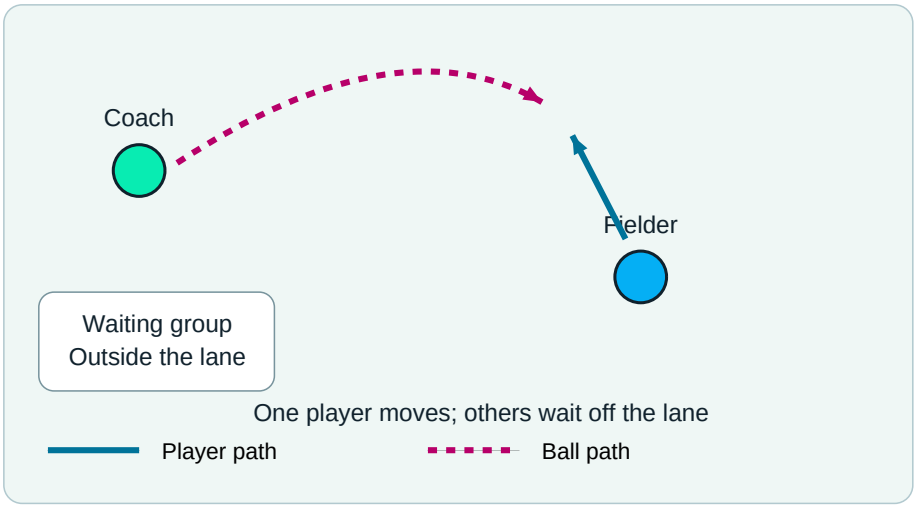
Ready when: Target attention does not make the player lunge or lose balance.

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-W08 | 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.

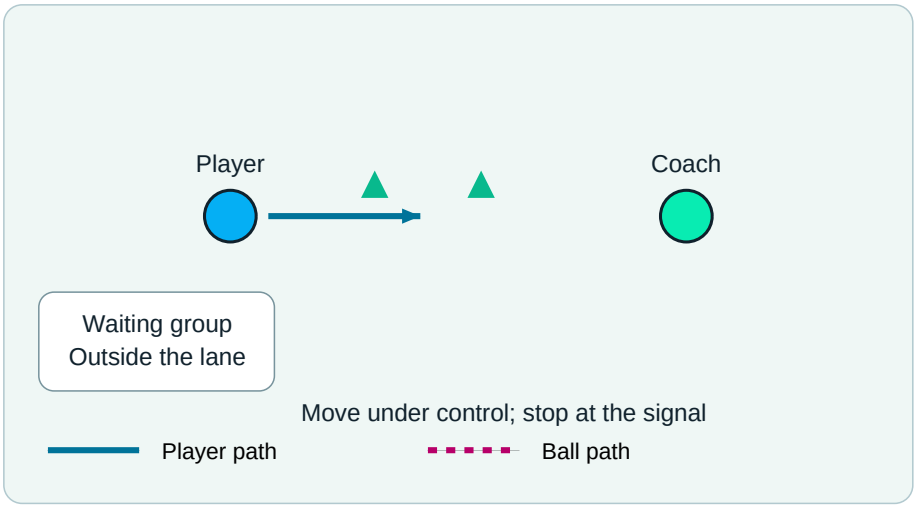
Ready when: Player moves into position and tracks without backing into traffic.

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

# Mirror the coach

FP56-W08 | Ages 5–6 | Coach stays; groups rotate




1. Spread players in a cone rectangle, each with room to move. No bats or balls.

2. Coach takes two small side steps; players mirror the direction and stop in ready position.

3. Change leader after a short round; a player may point while the coach demonstrates.

Say: Small steps, eyes up.

Easier: Stay in place and bend into ready position.

Progress: Add a forward step after the side steps.

Ready when: Players copy without crossing another player’s space.

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.