Put the basics together

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

Complete the hitting routine, a controlled stop and the correct base route.

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

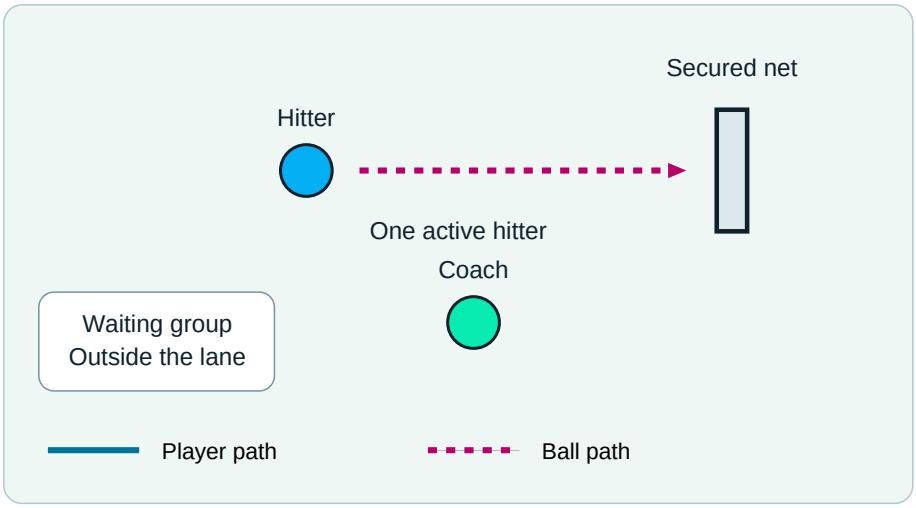
Plan FP56-W10 | Full instructions: leefamilybaseball.com/coaching/ages-56-week-10.html

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

Contact then bat down

FP56-W10 | 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.

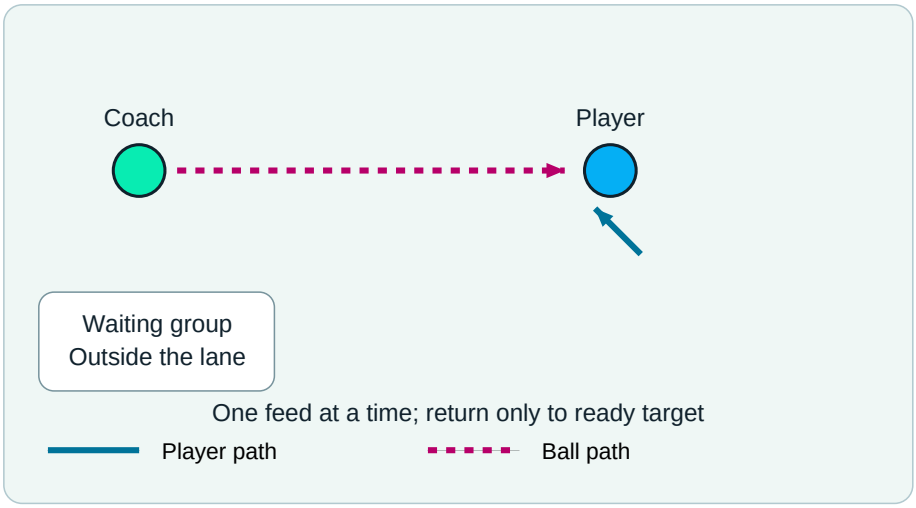
Ready when: Hitter finishes balanced and puts the bat down before anyone approaches.

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-W10 | 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.

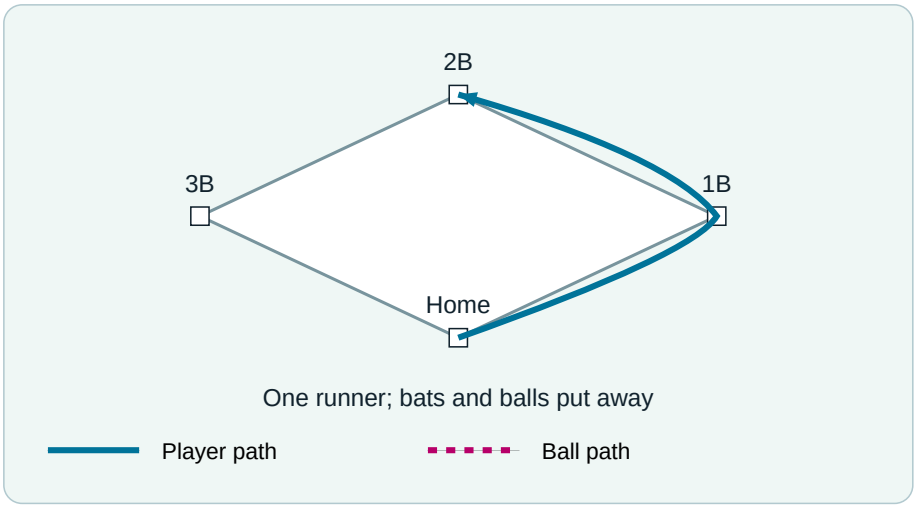
Ready when: Player moves feet rather than reaching across with a straight body.

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-W10 | 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.

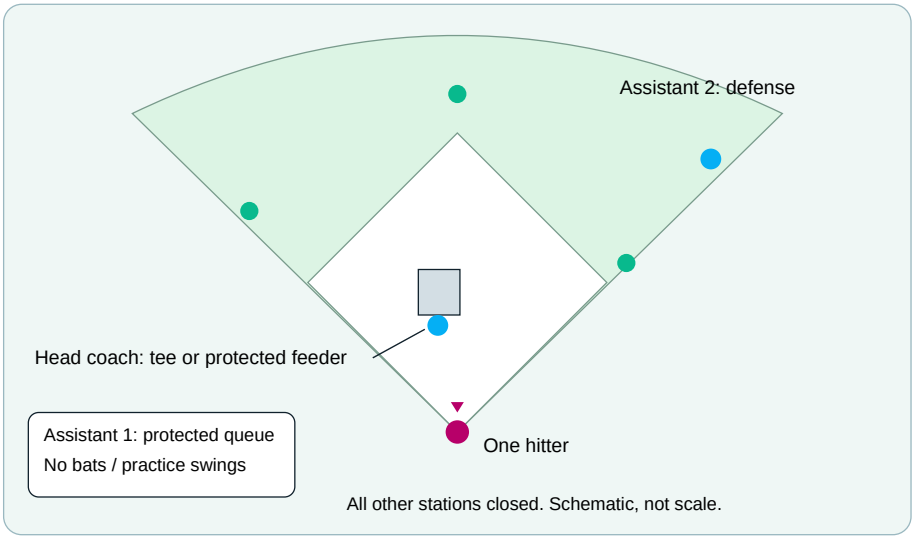
Progress: Jog the same route while looking for the base coach’s signal.

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.

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.