Start with the complete play

Ages 7–8 | 90 minutes | 3 coaches | 9–12 players

Field, set and throw; run through first; apply it with ground ball, out at first.

TIME	ACTIVITY
0-8 min	Warm-up: walk, jog, side-shuffle; stop signal
8-18 min	Ready partner catch; comfortable feeds and pauses
18-21 min	Water and groups
21-69 min	3 rounds x 16 min: 14 active + 2 transition
69-73 min	Water and regroup
73-84 min	Ground ball, out at first
84-90 min	One useful cue, praise effort, equipment collection

Station assignments

H - Head coach: Balanced tee contact | Watch the ball; finish balanced.

F - Assistant 1: Field, set and throw | Secure it; find the target.

R - Assistant 2: Run through first | Touch it, run through, slow down.

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 FP78-W01 | Full instructions: leefamilybaseball.com/coaching/ages-78-week-1.html