Target and base responsibilities

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

Find the bag, then receive; base coach stop or advance; apply it with cooperative defensive choices.

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	Cooperative defensive choices
84-90 min	One useful cue, praise effort, equipment collection

Station assignments

H - Head coach: Choose a tee contact target | See the target; stay balanced.

F - Assistant 1: Find the bag, then receive | Find the bag; read the throw.

R - Assistant 2: Base coach stop or advance | See the signal; choose the route.

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.

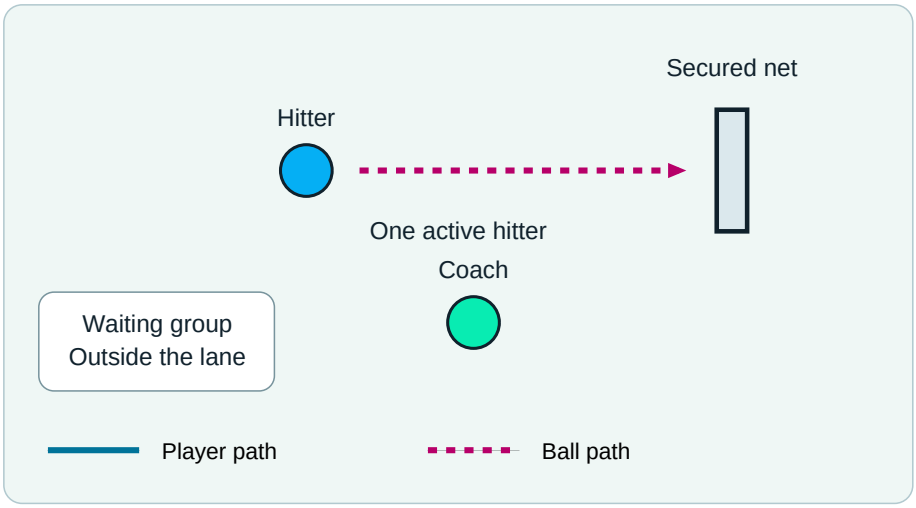
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP78-W02 | Full instructions: leefamilybaseball.com/coaching/ages-78-week-2.html

H - Head coach

Choose a tee contact target

FP78-W02 | Ages 7–8 | Coach stays; groups rotate



1. Use one tee, helmeted hitter and secured net with a broad left and right target area. Coach stands clear; waiting players are outside all ball paths.

2. Coach names a broad area. Adjust tee position to comfortable contact, with bat down during adjustments; make a controlled swing toward that area.

3. Three attempts then rotate. Judge balance and direction, not power or a forced swing shape.

Say: See the target; stay balanced.

Easier: Use the middle of the net.

Progress: Let the hitter name a target before the turn.

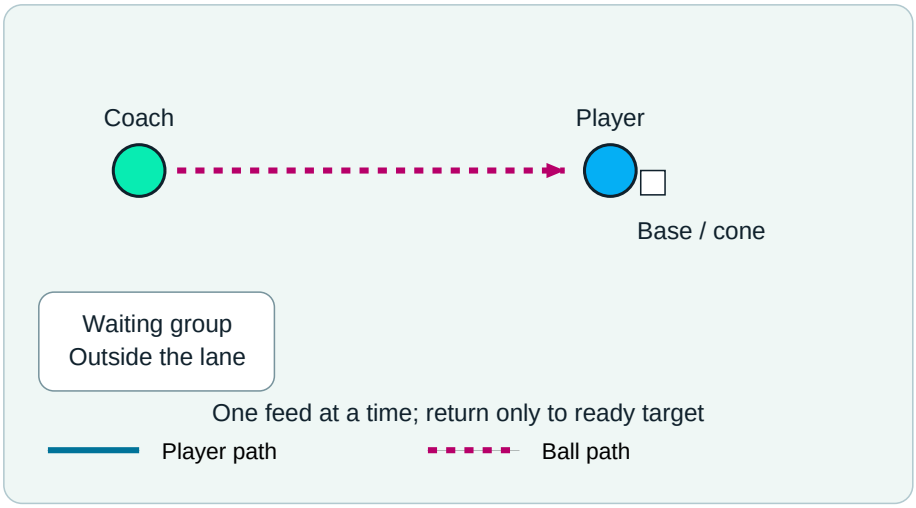
Ready when: Target choice does not cause lunging or loss of balance.

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

Find the bag, then receive

FP78-W02 | Ages 7–8 | Coach stays; groups rotate



1. Coach and a receiver face each other near first or a cone base. There is no live runner. Keep other players outside the throw path.

2. Receiver locates the bag with a foot and presents ready hands; coach makes a comfortable toss. Adjust feet to catch rather than stretching before the ball is read.

3. Two feeds then rotate. Step off the bag for an off-target feed; securing the ball comes first.

Say: Find the bag; read the throw.

Easier: Remove the bag and play easy catch.

Progress: Vary one reachable feed without adding a runner.

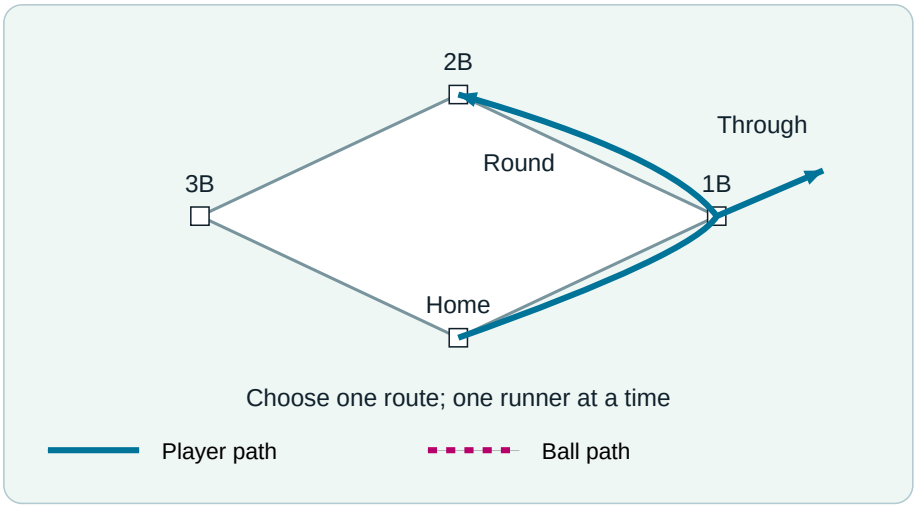
Ready when: Receiver adjusts to the ball without blocking a runner’s future path.

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

Base coach stop or advance

FP78-W02 | Ages 7–8 | Coach stays; groups rotate



1. Use home to first and toward second, with a coach beyond the runner’s route. No bats or thrown balls are active.

2. Coach shows stop or advance before the runner reaches first. Runner either runs through and returns promptly without trying second, or rounds toward second as a planned advance.

3. One runner at a time; start with a walk and return outside the route. Never cut across the infield to rejoin.

Say: See the signal; choose the route.

Easier: Practice each route separately.

Progress: Give the signal a little later while keeping a clear slowdown area.

Ready when: Runner follows the sign and touches first.

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.