Make a useful decision

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

Outfield ground ball to target; base coach stop or advance; 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: Choose a tee contact target | See the target; stay balanced.

F - Assistant 1: Outfield ground ball to target | Approach, gather, find the target.

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.

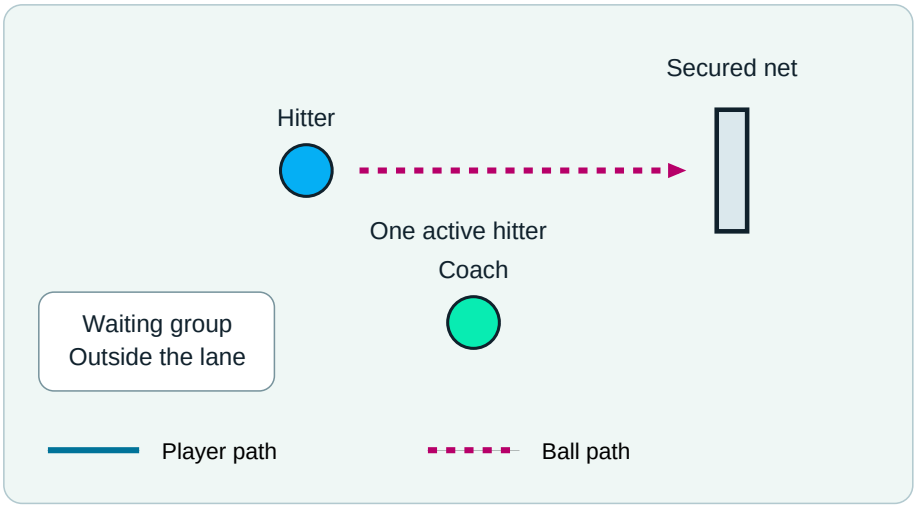
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP78-W04 | Full instructions: leefamilybaseball.com/coaching/ages-78-week-4.html

H - Head coach

Choose a tee contact target

FP78-W04 | 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.

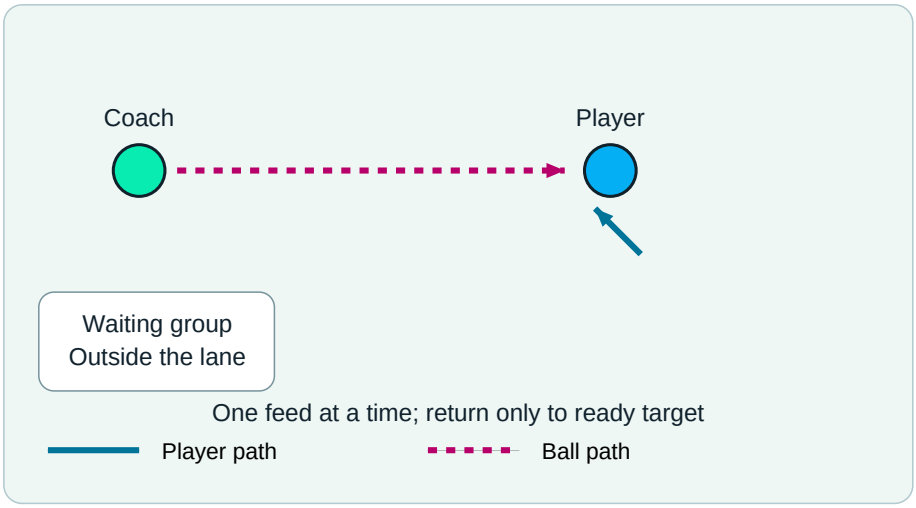
Ready when: Target choice does not cause lunging or loss of balance.

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

Outfield ground ball to target

FP78-W04 | Ages 7–8 | Coach stays; groups rotate



1. Coach rolls from the target end of a clear outfield lane. One fielder starts deeper; waiting players stay outside the return path.

2. Fielder approaches the roll, slows to gather it in front, establishes balance and returns an easy throw to the ready coach.

3. Two feeds then rotate. Do not charge through the catch or throw across another group.

Say: Approach, gather, find the target.

Easier: Shorten the approach and roll the return.

Progress: Change the roll slightly left or right.

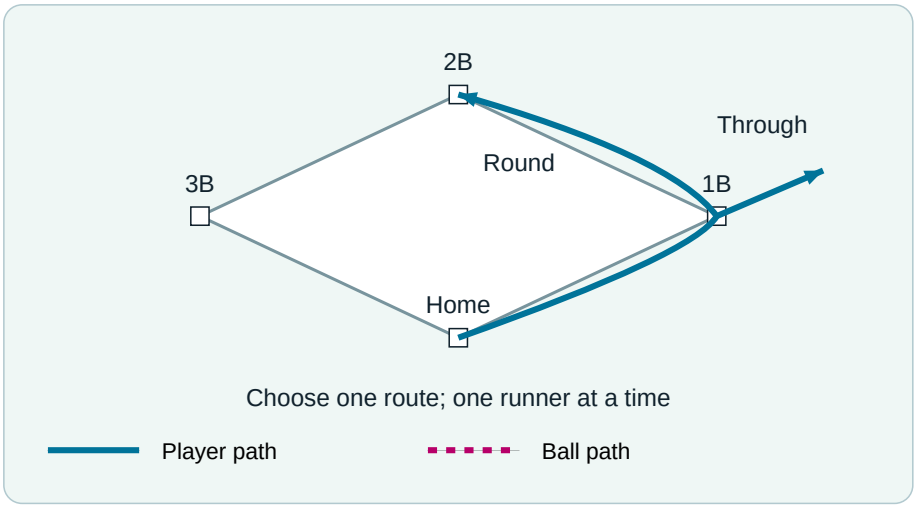
Ready when: Approach speed allows a secure gather and controlled return.

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-W04 | 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.