# Revisit and improve

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

Field, set and throw; force or tag?; 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: Balanced tee contact | Watch the ball; finish balanced.

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

R - Assistant 2: Force or tag? | Who has to advance?

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-W05 | Full instructions: leefamilybaseball.com/coaching/ages-78-week-5.html