Read the game

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

Find the bag, then receive; base coach stop or advance; apply it with force or tag?.

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	Force or tag?
84-90 min	One useful cue, praise effort, equipment collection

Station assignments

H - Head coach: Track, choose, swing | See it before deciding.

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.

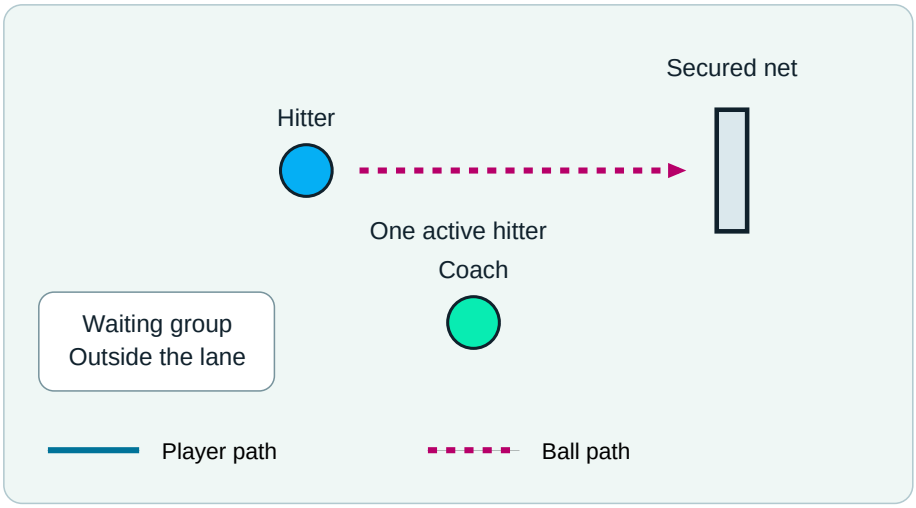
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP78-W07 | Full instructions: leefamilybaseball.com/coaching/ages-78-week-7.html

H - Head coach

Track, choose, swing

FP78-W07 | Ages 7–8 | Coach stays; groups rotate



1. Use soft side toss into the net with one helmeted hitter, the coach clear of bat and ball paths, and everyone else in the waiting zone.

2. First show a hittable toss with no bat so the player sees its path. Then alternate comfortable tosses and clearly unsuitable ones. Player swings only at comfortable balls; take the rest.

3. Three tosses per turn. This trains a decision, not an umpire’s exact strike-zone call. Stop if feeds become unpredictable.

Say: See it before deciding.

Easier: Use balanced tee contact instead if tracking or safe, consistent toss feeds are not ready.

Progress: Let the hitter decide without a verbal prompt.

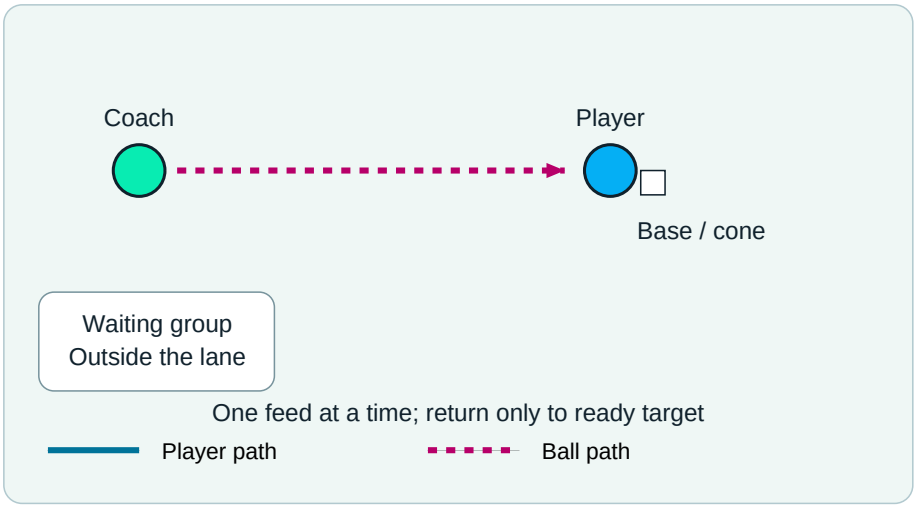
Ready when: Player can take a poor toss without chasing it.

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-W07 | 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.

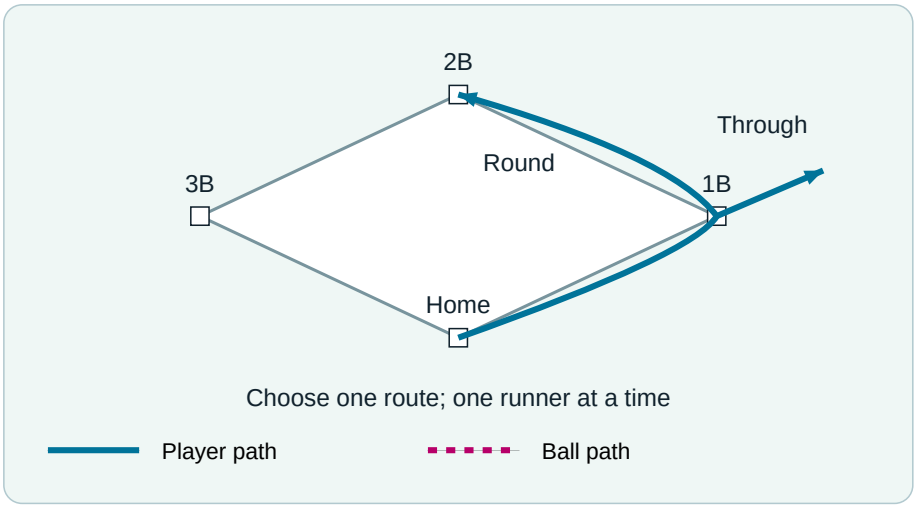
Ready when: Receiver adjusts to the ball without blocking a runner’s future path.

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-W07 | 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.