Target and base responsibilities

Ages 9–10 | 90 minutes | 3 coaches | 9–12 players

Find the bag, then receive; force or tag?; 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: Find the bag, then receive | Find the bag; read the throw.

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.

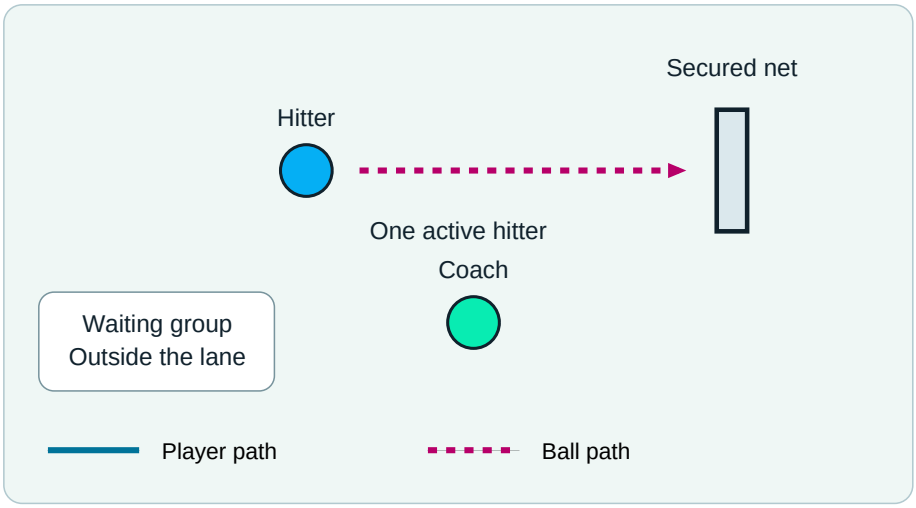
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP910-W02 | Full instructions: leefamilybaseball.com/coaching/ages-910-week-2.html

H - Head coach

Choose a tee contact target

FP910-W02 | Ages 9–10 | 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.

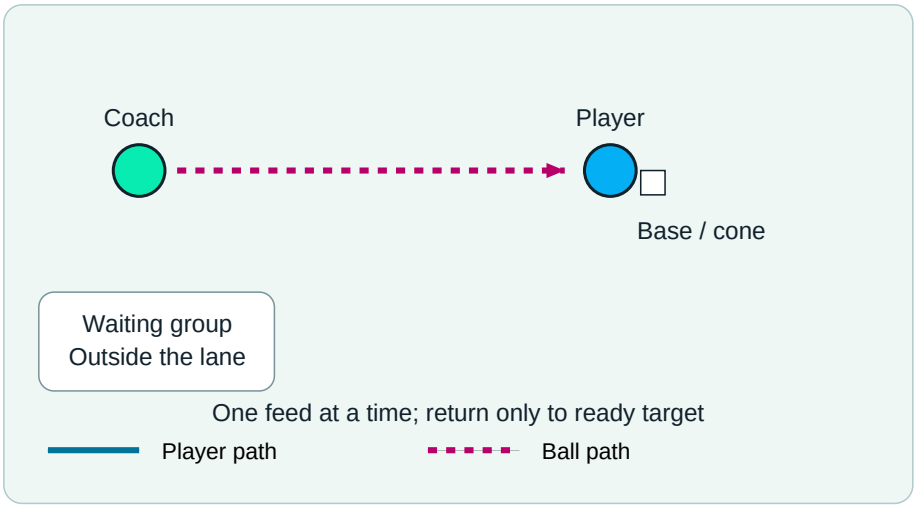
Ready when: Target choice does not cause lunging or loss of balance.

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

FP910-W02 | Ages 9–10 | 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.

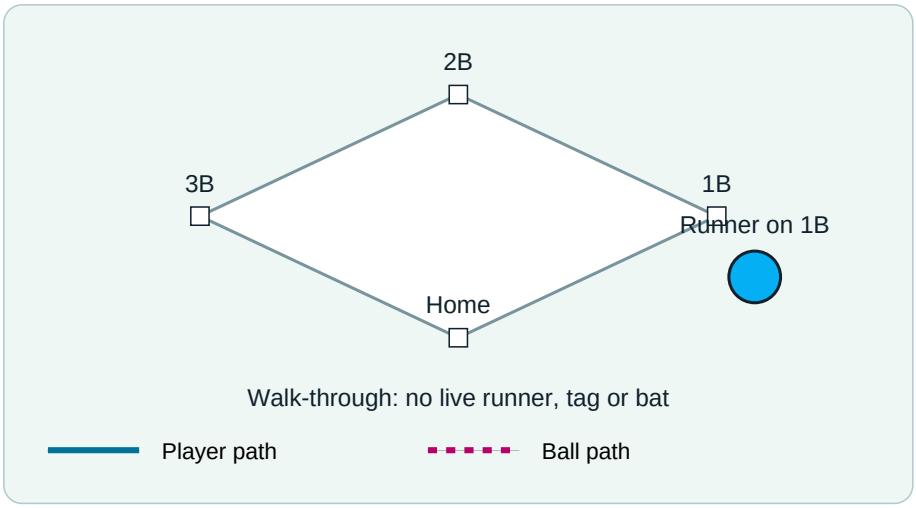
Ready when: Receiver adjusts to the ball without blocking a runner’s future path.

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

Force or tag?

FP910-W02 | Ages 9–10 | Coach stays; groups rotate



1. Lay out bases or cones. Coach describes a ground ball with a runner on first, then a separate example with only a runner on second. No live runners or tags.

2. Players point to a force option in the first example and explain that advancing from second is a choice in the second. Walk a tag motion away from another person.

3. Alternate the decision maker after each example. Current local rules govern the game; this is only the force-versus-tag distinction.

Say: Who has to advance?

Easier: Use only the runner-on-first example.

Progress: Change an out or base setup and explain the option.

Ready when: Player identifies the forced advance instead of calling every base play a force.

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.