Read, move and communicate

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

Turn and run to a spot; pitcher balance to finish; apply it with back up the throw.

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
21-60 min	3 rounds x 13 min: 11 active + 2 transition
60-64 min	Water and regroup
64-84 min	Protected coach pitch
84-90 min	One useful cue, praise effort, equipment collection

Station assignments

H - Head coach: Track a steady side toss | See release, then swing.

F - Assistant 1: Turn and run to a spot | Turn, run, find the coach.

R - Assistant 2: Pitcher balance to finish | Move smoothly; finish balanced.

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. Full-field block also needs: Full league field and bases; tee, bats, helmets, gloves, suitable balls, cones and buckets; inspected L-screen

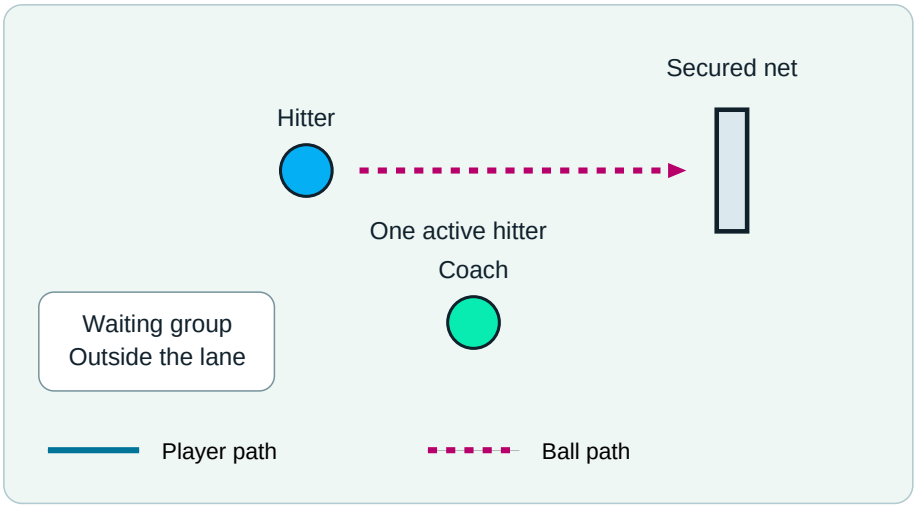
Plan FP910-W03 | Full instructions: leefamilybaseball.com/coaching/ages-910-week-3.html

Full-field block: ALL stations close. Head coach feeds behind protection; Assistant 1 manages hitter/queue; Assistant 2 manages defense. See the packet for setup, turn limits, stop/collection and tee fallback.

H - Head coach

Track a steady side toss

FP910-W03 | Ages 9–10 | Coach stays; groups rotate



1. One helmeted hitter faces a secured net. Use soft side toss only; coach stays outside bat reach and batted/rebounding ball paths.

2. Show a predictable comfortable toss. Hitter tracks release and makes controlled contact; take any poor feed.

3. Give three consistent feeds per turn. Stop the station to collect; no front toss or live pitcher is required.

Say: See release, then swing.

Easier: Return to tee contact.

Progress: Mix in a clearly unsuitable feed to take.

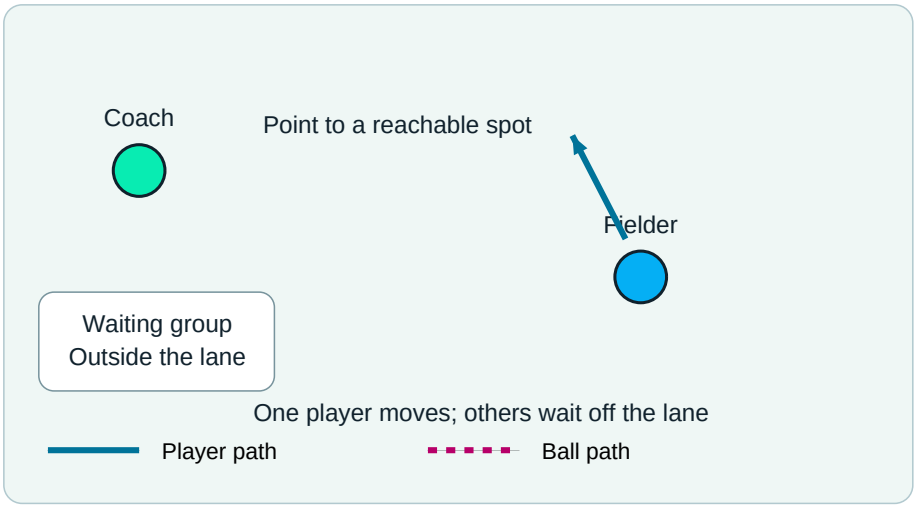
Ready when: Hitter tracks before deciding, rather than swinging at every feed.

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

Turn and run to a spot

FP910-W03 | Ages 9–10 | Coach stays; groups rotate



1. Use an open outfield lane away from other stations. Coach faces one player; nobody throws a ball in this starting version.

2. Coach points slightly behind and to one side. Player opens that hip, turns and runs to the indicated cone, then turns to face the coach.

3. Walk first, then jog. Do not backpedal blindly; return outside the lane after two turns.

Say: Turn, run, find the coach.

Easier: Walk beside the coach.

Progress: Add a soft toss only after the turn-and-track drill is comfortable.

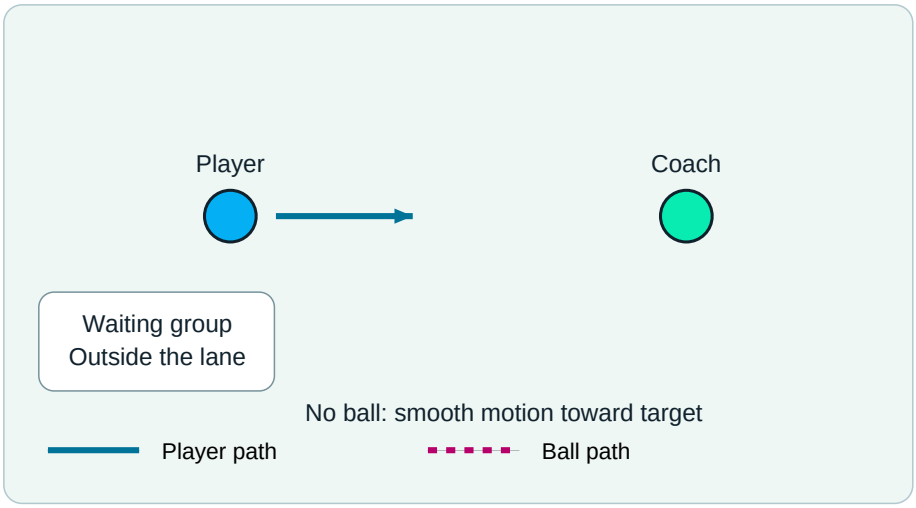
Ready when: Player turns and runs with the route clear.

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

Pitcher balance to finish

FP910-W03 | Ages 9–10 | Coach stays; groups rotate



1. Use a clear flat lane; no ball, mound, batter or catcher is needed. Players space out, supervised by the station coach.

2. From a comfortable set, make a small leg lift, move toward the imaginary target and finish balanced. Let the arm move naturally; do not force an arm slot.

3. Use two slow repetitions then rest and observe. Mirror footwork for left-handed pitchers; simplify any uncomfortable movement.

Say: Move smoothly; finish balanced.

Easier: Step toward the target without a leg lift.

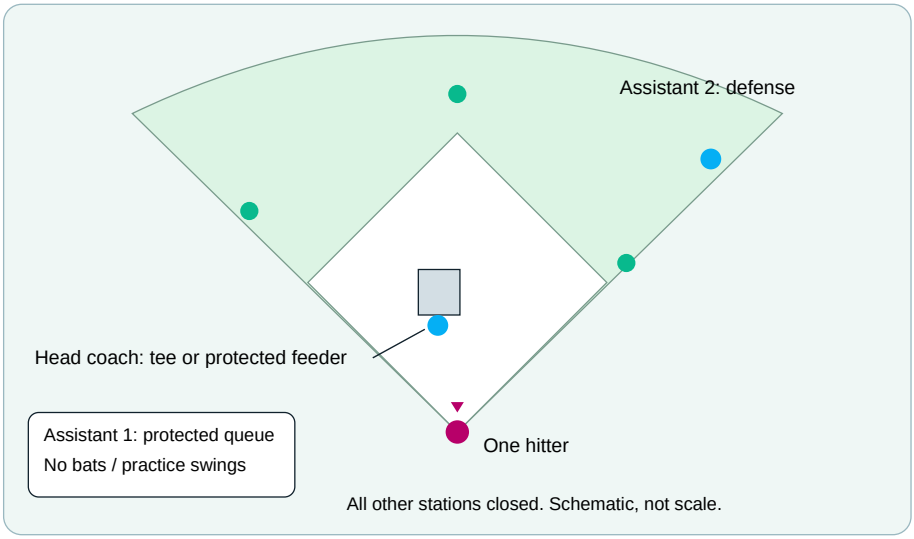
Progress: Complete the comfortable sequence without a coach prompt.

Ready when: Player repeats a balanced motion without strain.

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.

Protected coach pitch

Full-field roles | All side stations closed



Equipment: Full league field and bases; tee, bats, helmets, gloves, suitable balls, cones and buckets; inspected L-screen

Head coach: Feeds controlled hittable pitches from behind an inspected, correctly oriented L-screen. Returns to protection after release.

Assistant 1: Controls the protected waiting area, calls one helmeted hitter, and gives the stop/advance instruction. Only the active hitter holds a bat.

Assistant 2: Sets spaced defensive roles, watches the whole field and stops play if someone is unready or a ball leaves the area.

Turns: Three fair contacts or five suitable feeds, then change hitter

Run the full-field block

1. Stop every station. Put away idle bats and loose balls; establish a stop signal. Inspect the full fair/foul-ball area and protected waiting space. No parallel throwing, hitting or bullpen.

2. With the batter clear and bat down, check the screen and feeding lane. Coach uses repeatable, comfortable feeds; hitter may take any unsuitable pitch.

3. Start with no runners. Put defenders at appropriate depth for the actual hitter; begin farther back and move only on the coach’s stop. One fielder calls the ball, a teammate backs up, then return to one designated ready receiver away from the feeder/screen. No throws at the operator.

4. After each fair contact, stop feeding until the ball is controlled and everyone is reset. Start with the hitter staying at home. After readiness is established, use the final fair contact for one helmeted runner home to first; no tags, slides or throws to an occupied running lane. Stop before adding a new situation.

5. Use groups A/B/C. A supplies hitters, B starts infield, C starts outfield; rotate A/B/C roles every third of the block on a complete stop. Two to four hitters per small group; nobody takes practice swings while waiting.

6. Call stop before retrieval. Bats down; feeding stopped; machine isolated as its manual requires before anyone approaches. Coach releases collection only when all areas are quiet. Keep water and rest available.

Apply: Begin with no runners and an easy out at an unoccupied base. For ages 9–12, later rehearse a runner on first with one out: state the force and backup before the feed; walk it first, use controlled throws only when spacing and receiving are reliable. Local division rules govern leaving bases and game situations.

Catcher: No player catcher is required. Do not place an unprotected player behind the hitter. If a catcher is added, fit complete required gear, check readiness and throwing workload, and assign a coach to supervise the battery; reduce other active roles. Machine use must follow the manual’s catcher/backstop requirements.

Tee fallback: Use a tee at home and keep the same supervised field roles. If the full field or protected waiting space is unavailable, return to the separate station plan. Never substitute unprotected front toss.

Teaching basis: Little League Safety Code (littleleague.org/playing-rules/appendices/appendix-b/) and 2015 Coach-Pitch Program. Follow current local rules and the exact equipment manuals. Original LFB session; no endorsement implied.