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.