Make a useful decision

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

Outfield ground ball to target; two-out runner decision; 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: Two-strike contact choice | Balanced contact; know the count.

F - Assistant 1: Outfield ground ball to target | Approach, gather, find the target.

R - Assistant 2: Two-out runner decision | Know the outs before contact.

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.

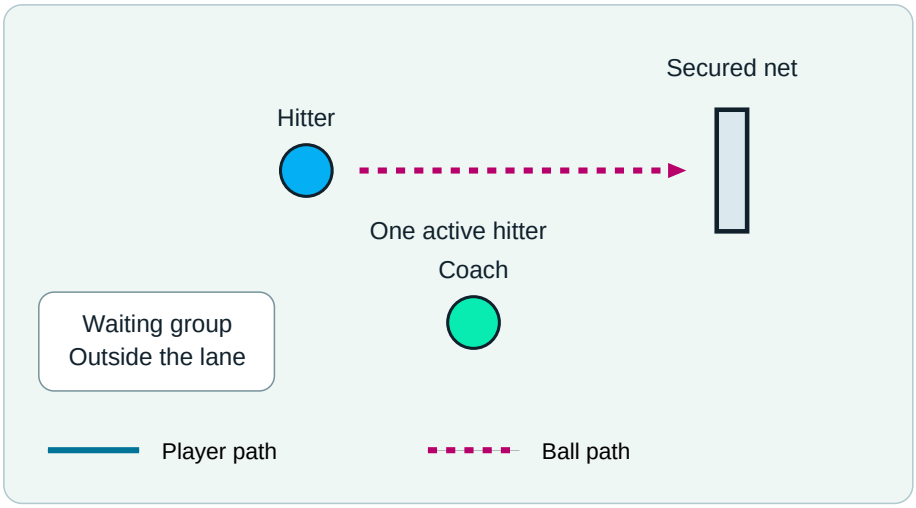
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP910-W04 | Full instructions: leefamilybaseball.com/coaching/ages-910-week-4.html

H - Head coach

Two-strike contact choice

FP910-W04 | Ages 9–10 | Coach stays; groups rotate



1. Use one tee, secured net and helmeted hitter. Coach sets a comfortable location while the bat is down.

2. State a two-strike practice count. Hitter chooses a balanced contact intention and says it before two controlled tee swings.

3. Discuss which real pitches could be taken or fouled off; the tee does not test live pitch recognition. Rotate without chasing power.

Say: Balanced contact; know the count.

Easier: Remove the count and use a middle target.

Progress: Compare the intention at a different count.

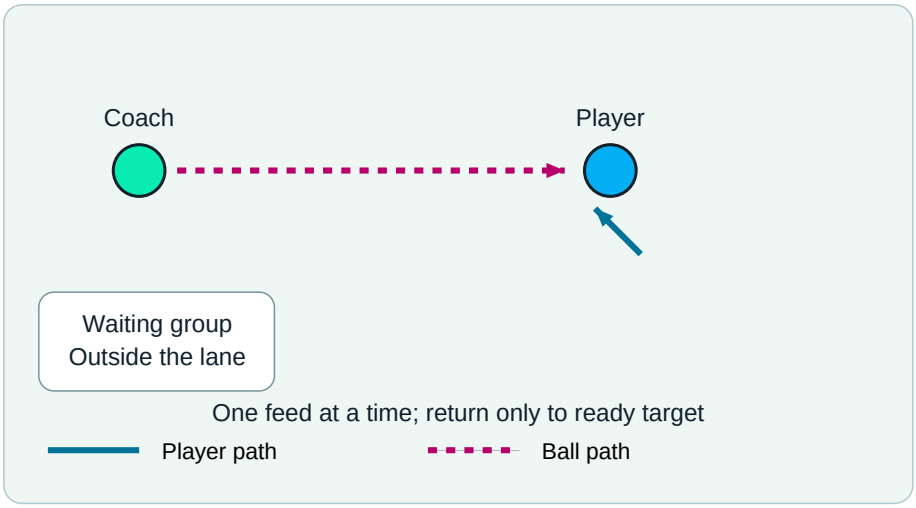
Ready when: Player explains the count without treating the tee as a moving pitch.

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

Outfield ground ball to target

FP910-W04 | Ages 9–10 | Coach stays; groups rotate



1. Coach rolls from the target end of a clear outfield lane. One fielder starts deeper; waiting players stay outside the return path.

2. Fielder approaches the roll, slows to gather it in front, establishes balance and returns an easy throw to the ready coach.

3. Two feeds then rotate. Do not charge through the catch or throw across another group.

Say: Approach, gather, find the target.

Easier: Shorten the approach and roll the return.

Progress: Change the roll slightly left or right.

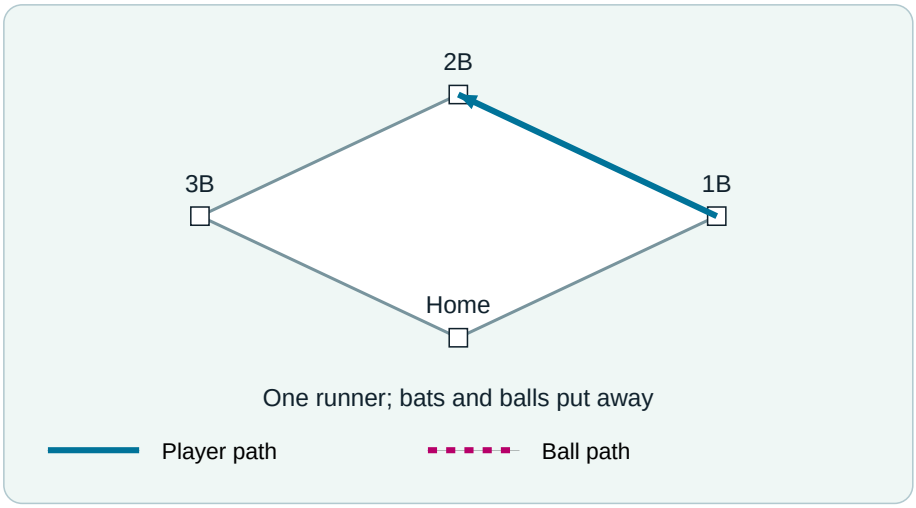
Ready when: Approach speed allows a secure gather and controlled return.

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

Two-out runner decision

FP910-W04 | Ages 9–10 | Coach stays; groups rotate



1. Use first and second with one runner, no bats, no ball and no defenders. Explain two outs and the division’s rule for leaving the base.

2. On a coach’s contact signal the runner advances on a fair ball, knowing a third out ends the inning. On foul, return.

3. Change only fair versus foul first. Discuss a force third out versus a tag third out without pretending every crossing of home scores.

Say: Know the outs before contact.

Easier: Walk only the fair-ball example.

Progress: Add a caught-fly example: the catch is the third out.

Ready when: Runner states the outs and responds to the ball context.

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.