Revisit and improve

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

Slow roller under control; fly-ball hold and return; apply it with name the force option.

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	Name the force option
84-90 min	One useful cue, praise effort, equipment collection

Station assignments

H - Head coach: Tee contact toward the middle | Balanced swing toward the net.

F - Assistant 1: Slow roller under control | Move in; control the pickup.

R - Assistant 2: Fly-ball hold and return | Caught? Return and touch.

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.

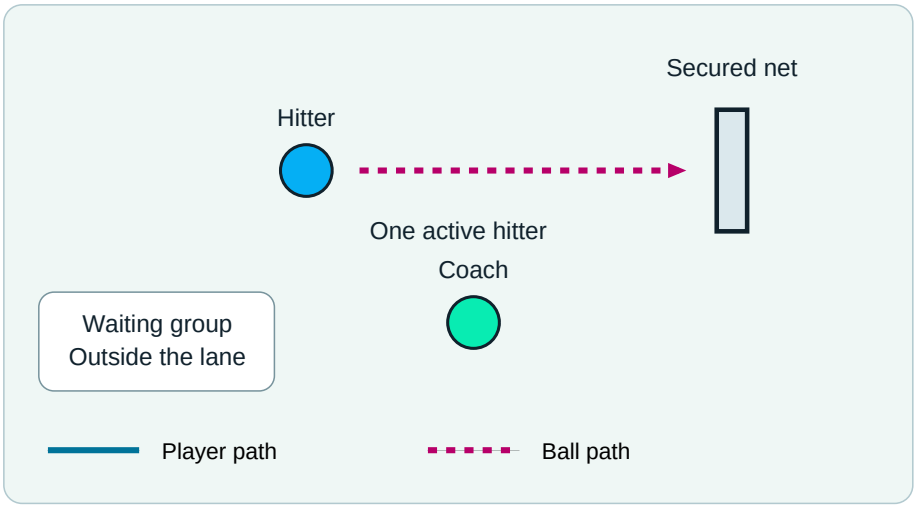
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP910-W05 | Full instructions: leefamilybaseball.com/coaching/ages-910-week-5.html

H - Head coach

Tee contact toward the middle

FP910-W05 | Ages 9–10 | Coach stays; groups rotate



1. Use one helmeted hitter, a secured net and a tee. Keep waiting players and the coach outside bat reach and all ball and rebound paths.

2. Aim toward a broad middle area of the net. Offer three tee swings at a comfortable height and praise controlled contact and balance. The coach changes tee position only while the bat is down.

3. Keep turns short, put the bat down before changing hitters, and stop the whole station before collection. Do not demand power or an exact launch angle.

Say: Balanced swing toward the net.

Easier: Return to comfortable tee contact without a target.

Progress: Move the tee slightly within the player’s comfortable contact area, one location at a time.

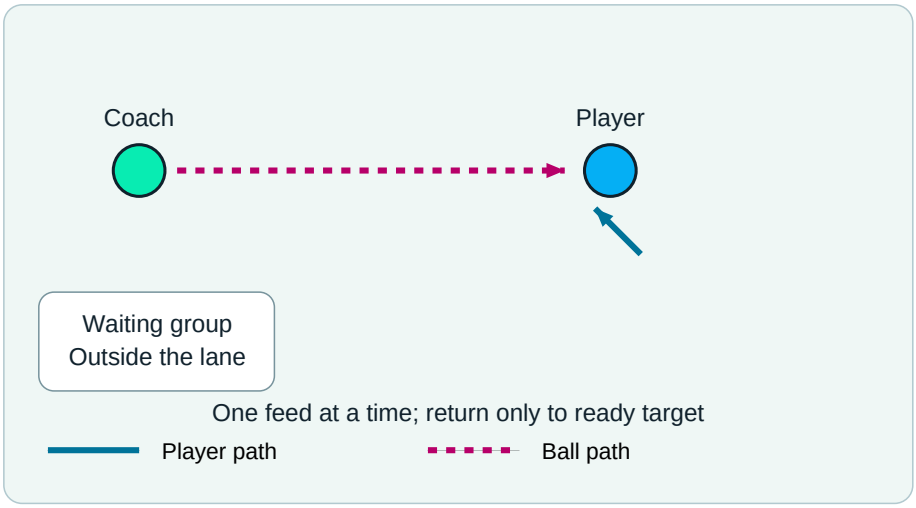
Ready when: Target attention does not make the player lunge or lose balance.

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

Slow roller under control

FP910-W05 | Ages 9–10 | Coach stays; groups rotate



1. Coach rolls one slow ball in a clear lane toward the active fielder. Coach is also the return target; no runner or batter is active.

2. Player moves toward the ball, lowers into a controlled pickup, gathers and makes an easy accurate return to the ready coach.

3. Alternate two feeds with a teammate. Keep the glove available; a barehand pickup is not required.

Say: Move in; control the pickup.

Easier: Use a stationary ball and walk.

Progress: Vary speed slightly while preserving balance.

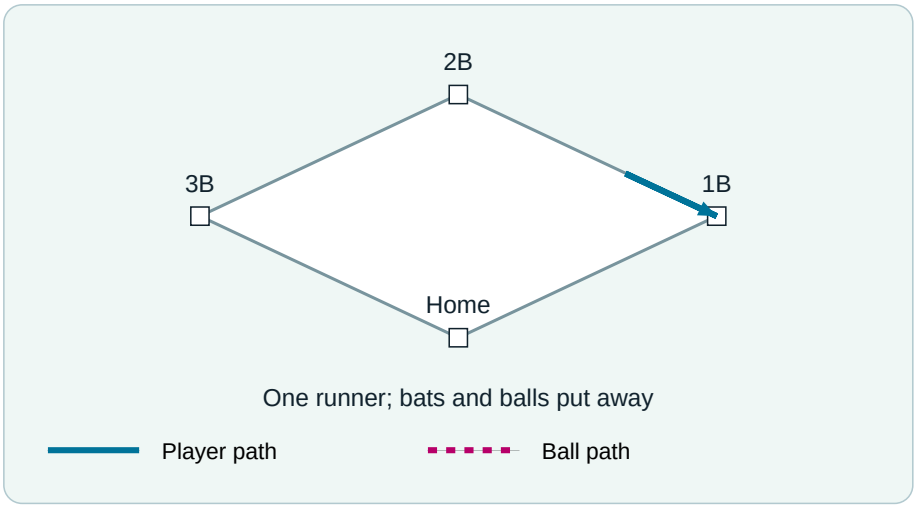
Ready when: Fielder gathers before attempting the return.

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

Fly-ball hold and return

FP910-W05 | Ages 9–10 | Coach stays; groups rotate



1. Use first base and a clear route; all bats and balls are put away. One runner works while others wait off the route.

2. Runner takes a short practice movement only as permitted by the division. Coach says caught; runner returns to touch the base before a pretend advance.

3. Walk the sequence and alternate caught versus down calls. No throws, tags, sliding or races. Local rules control when runners may leave.

Say: Caught? Return and touch.

Easier: Start with the runner on the base.

Progress: Ask runner to explain the return on a caught ball.

Ready when: Runner distinguishes a caught fly from a ball that lands.

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.