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