Connect the defense

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

Outfield priority walk-through; line up a cutoff; 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: Track a steady side toss | See release, then swing.

F - Assistant 1: Outfield priority walk-through | Call early; answer and clear.

R - Assistant 2: Line up a cutoff | Line up; ready target; then throw.

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.

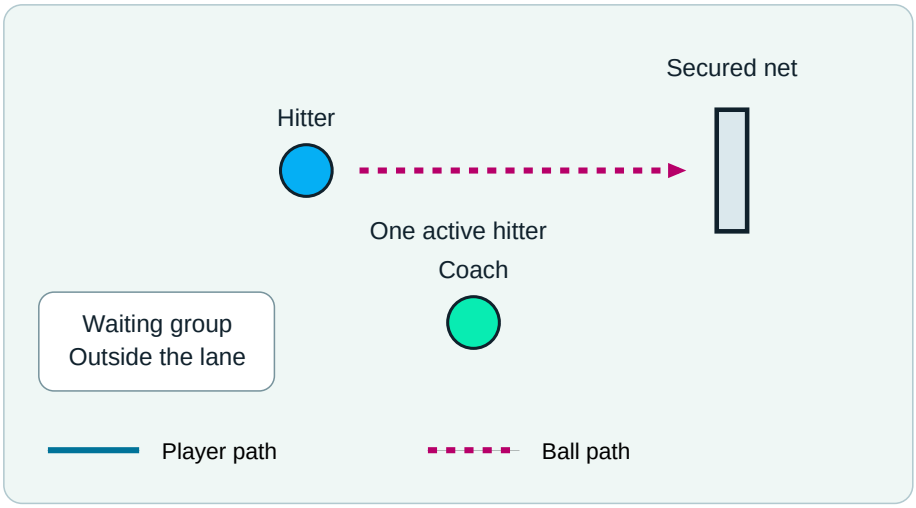
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP910-W08 | Full instructions: leefamilybaseball.com/coaching/ages-910-week-8.html

H - Head coach

Track a steady side toss

FP910-W08 | 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.

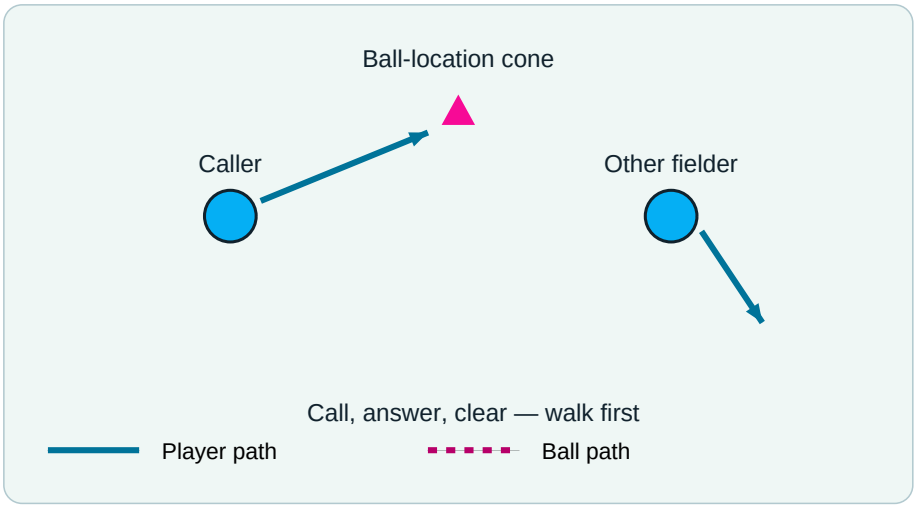
Ready when: Hitter tracks before deciding, rather than swinging at every feed.

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

Outfield priority walk-through

FP910-W08 | Ages 9–10 | Coach stays; groups rotate



1. Use two fielders, a coach and a marked cone representing a ball; bats and live feeds are put away. Agree on the team’s communication priority first.

2. Coach identifies the cone’s location. One fielder makes a clear early call; the other answers and peels away from that route.

3. Walk the action with no thrown ball. Alternate caller; add a slow rolled ball only after spacing and communication are clear.

Say: Call early; answer and clear.

Easier: Use one caller and a stationary second player.

Progress: Change the cone’s position and discuss the team priority.

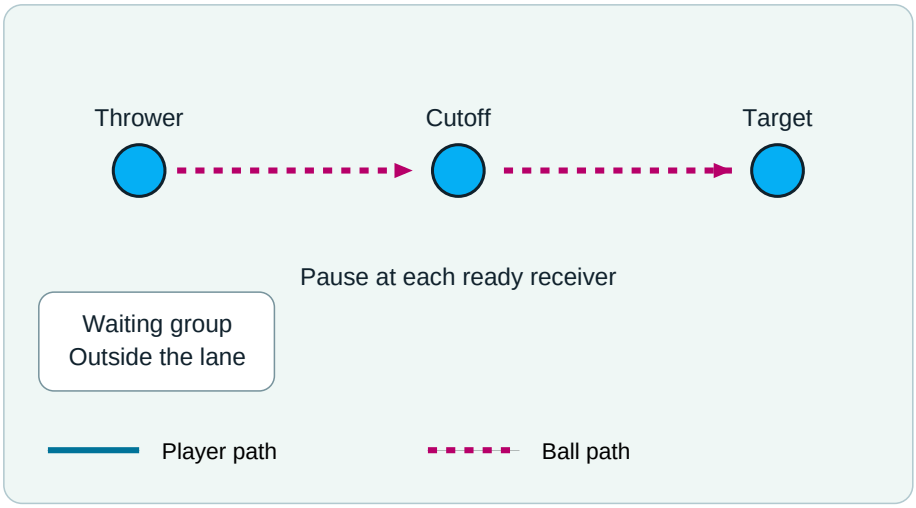
Ready when: Only one player commits; the other clears the route.

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

Line up a cutoff

FP910-W08 | Ages 9–10 | Coach stays; groups rotate



1. Set an outfielder, cutoff and target in a clear corridor. Coach stands to the side; no batter or runners. Start with a ball held by the outfielder.

2. Target calls the destination and helps align the cutoff between ball and target. Use a comfortable throw to the ready cutoff; secure, turn and find the target before the next throw.

3. Pause between throws and rotate all three roles. Do not throw through a crowded or unready middle player.

Say: Line up; ready target; then throw.

Easier: Walk the alignment with no ball.

Progress: Move the starting outfielder slightly to change the line.

Ready when: Cutoff adjusts the line and receives before redirecting.

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.