Adjust to the situation

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

Catcher receive and transfer; two-out runner decision; apply it with pitcher covers first—walk-through.

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: Two-strike contact choice | Balanced contact; know the count.

F - Assistant 1: Catcher receive and transfer | Catch first; then transfer.

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. Full-field block also needs: Full league field and bases; tee, bats, helmets, gloves, suitable balls, cones and buckets; inspected L-screen

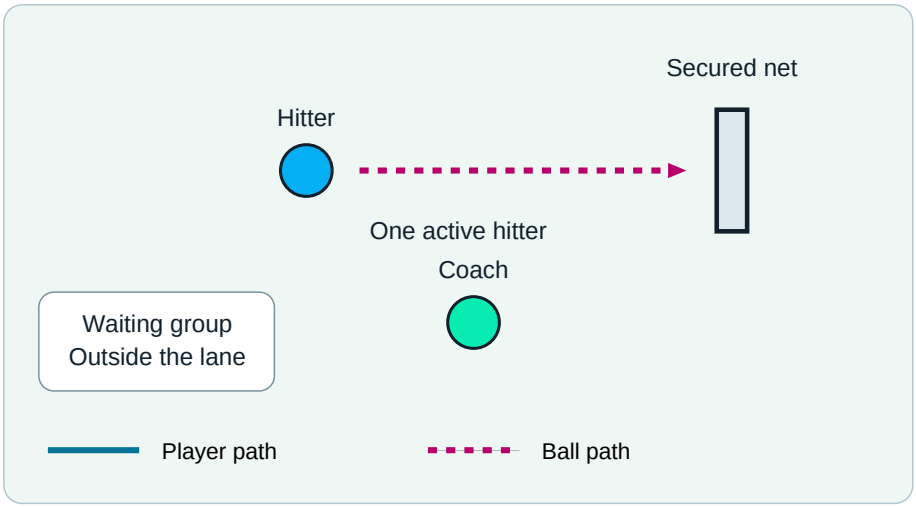
Plan FP910-W09 | Full instructions: leefamilybaseball.com/coaching/ages-910-week-9.html

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.

H - Head coach

Two-strike contact choice

FP910-W09 | 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.

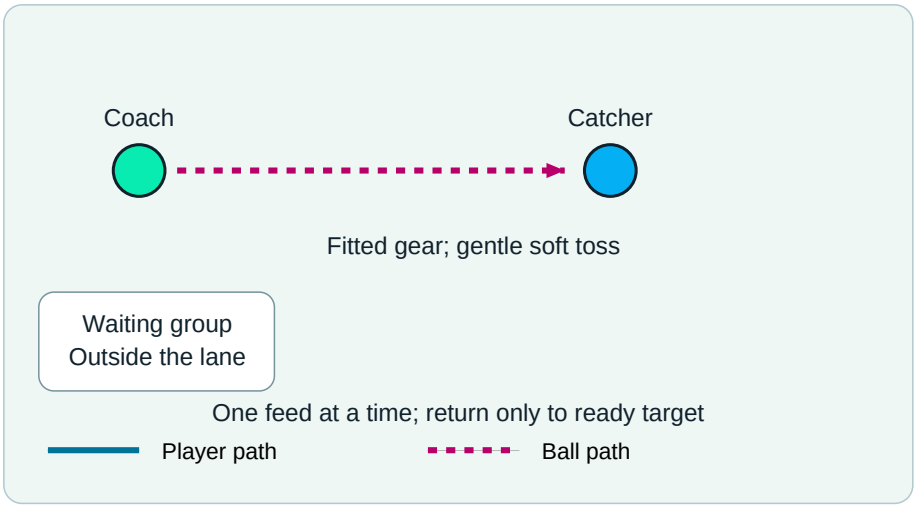
Ready when: Player explains the count without treating the tee as a moving pitch.

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

Catcher receive and transfer

FP910-W09 | Ages 9–10 | Coach stays; groups rotate



1. Use complete fitted catcher’s gear and soft balls. One catcher faces a coach; there are no live runners or batters.

2. Receive a gentle toss, bring the ball under control, transfer to the throwing hand and stand in balance toward an imaginary base. No throw is made.

3. Two feeds then rest and rotate with gear fitting. Keep the throwing hand protected until the ball is secured.

Say: Catch first; then transfer.

Easier: Transfer a ball already held in the glove while standing.

Progress: Add a verbal target after the receive.

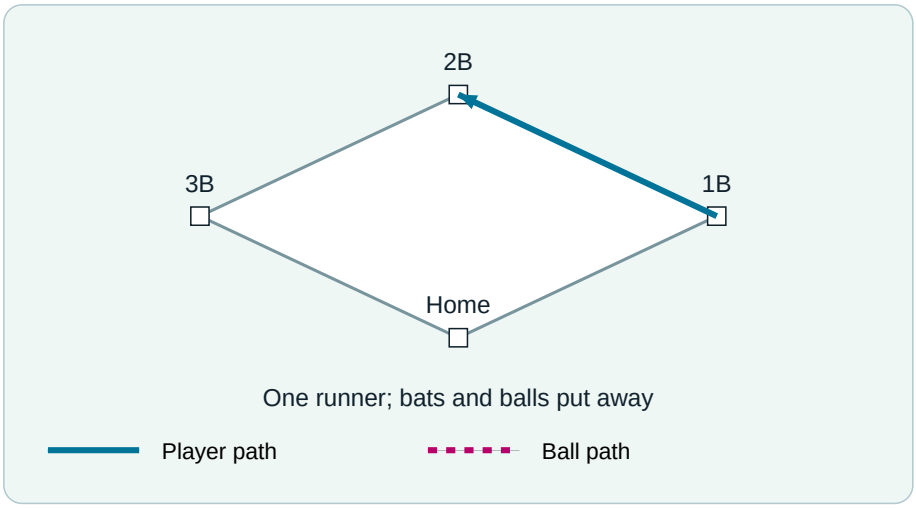
Ready when: Transfer follows a secure catch and ends in balance.

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.

R - Assistant 2

Two-out runner decision

FP910-W09 | 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.

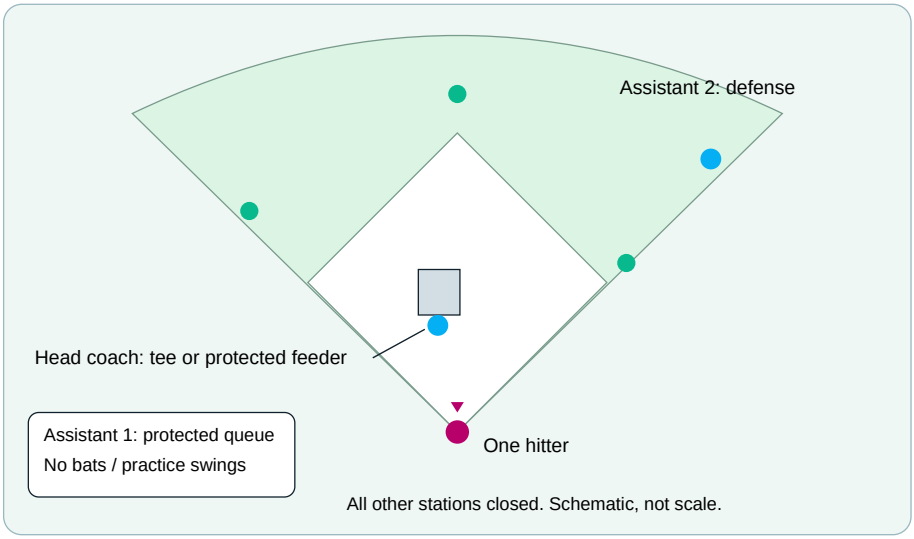
Progress: Add a caught-fly example: the catch is the third out.

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.

Protected coach pitch

Full-field roles | All side stations closed



Equipment: Full league field and bases; tee, bats, helmets, gloves, suitable balls, cones and buckets; inspected L-screen

Head coach: Feeds controlled hittable pitches from behind an inspected, correctly oriented L-screen. Returns to protection after release.

Assistant 1: Controls the protected waiting area, calls one helmeted hitter, and gives the stop/advance instruction. Only the active hitter holds a bat.

Assistant 2: Sets spaced defensive roles, watches the whole field and stops play if someone is unready or a ball leaves the area.

Turns: Three fair contacts or five suitable feeds, then change hitter

Run the full-field block

1. Stop every station. Put away idle bats and loose balls; establish a stop signal. Inspect the full fair/foul-ball area and protected waiting space. No parallel throwing, hitting or bullpen.

2. With the batter clear and bat down, check the screen and feeding lane. Coach uses repeatable, comfortable feeds; hitter may take any unsuitable pitch.

3. Start with no runners. Put defenders at appropriate depth for the actual hitter; begin farther back and move only on the coach’s stop. One fielder calls the ball, a teammate backs up, then return to one designated ready receiver away from the feeder/screen. No throws at the operator.

4. After each fair contact, stop feeding until the ball is controlled and everyone is reset. Start with the hitter staying at home. After readiness is established, use the final fair contact for one helmeted runner home to first; no tags, slides or throws to an occupied running lane. Stop before adding a new situation.

5. Use groups A/B/C. A supplies hitters, B starts infield, C starts outfield; rotate A/B/C roles every third of the block on a complete stop. Two to four hitters per small group; nobody takes practice swings while waiting.

6. Call stop before retrieval. Bats down; feeding stopped; machine isolated as its manual requires before anyone approaches. Coach releases collection only when all areas are quiet. Keep water and rest available.

Apply: Begin with no runners and an easy out at an unoccupied base. For ages 9–12, later rehearse a runner on first with one out: state the force and backup before the feed; walk it first, use controlled throws only when spacing and receiving are reliable. Local division rules govern leaving bases and game situations.

Catcher: No player catcher is required. Do not place an unprotected player behind the hitter. If a catcher is added, fit complete required gear, check readiness and throwing workload, and assign a coach to supervise the battery; reduce other active roles. Machine use must follow the manual’s catcher/backstop requirements.

Tee fallback: Use a tee at home and keep the same supervised field roles. If the full field or protected waiting space is unavailable, return to the separate station plan. Never substitute unprotected front toss.

Teaching basis: Little League Safety Code (littleleague.org/playing-rules/appendices/appendix-b/) and 2015 Coach-Pitch Program. Follow current local rules and the exact equipment manuals. Original LFB session; no endorsement implied.