Put the pieces together

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

Outfield ground ball to target; fly-ball hold and return; 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, choose, swing | See it before deciding.

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

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.

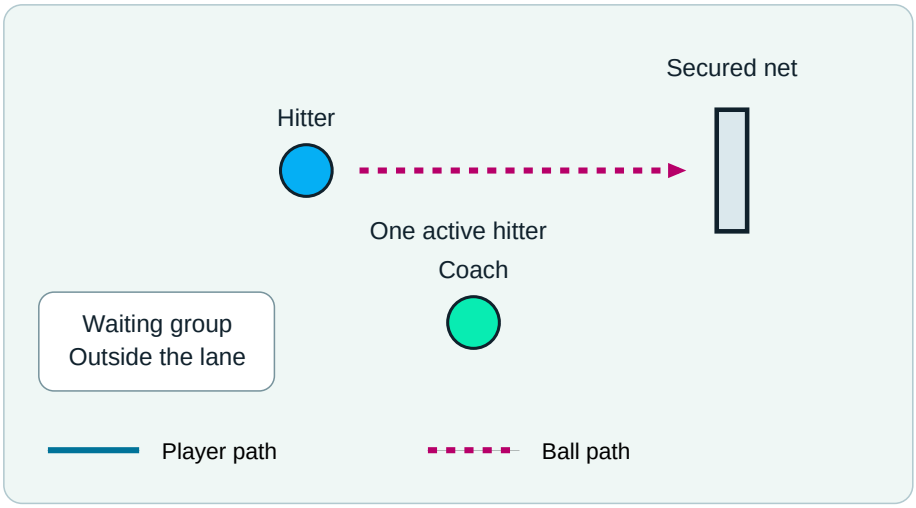
Equipment: field, age-appropriate balls, gloves, cones, buckets, one secured net and tee; bat and helmets. Fitted complete catcher gear and soft balls for catcher modules. No extra screen, machine or cage assumed.

Plan FP910-W10 | Full instructions: leefamilybaseball.com/coaching/ages-910-week-10.html

H - Head coach

Track, choose, swing

FP910-W10 | Ages 9–10 | Coach stays; groups rotate



1. Use soft side toss into the net with one helmeted hitter, the coach clear of bat and ball paths, and everyone else in the waiting zone.

2. First show a hittable toss with no bat so the player sees its path. Then alternate comfortable tosses and clearly unsuitable ones. Player swings only at comfortable balls; take the rest.

3. Three tosses per turn. This trains a decision, not an umpire’s exact strike-zone call. Stop if feeds become unpredictable.

Say: See it before deciding.

Easier: Use balanced tee contact instead if tracking or safe, consistent toss feeds are not ready.

Progress: Let the hitter decide without a verbal prompt.

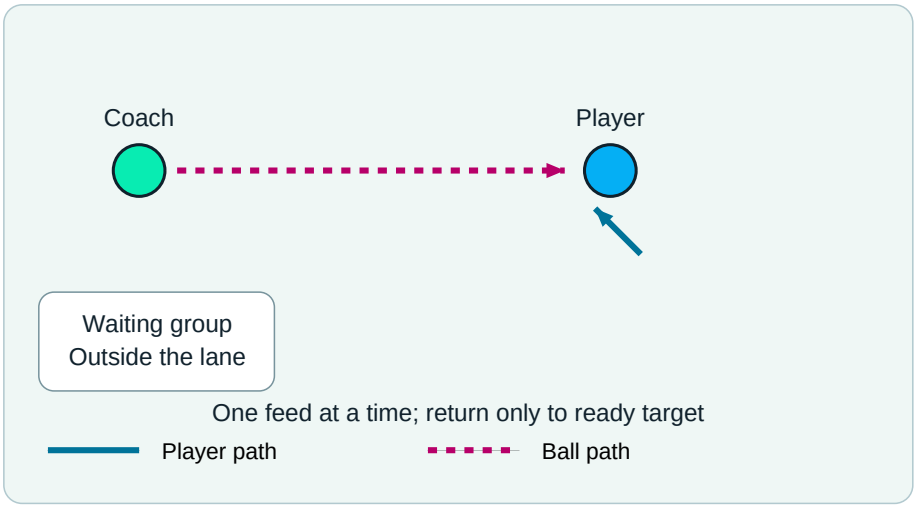
Ready when: Player can take a poor toss without chasing it.

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-W10 | 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.

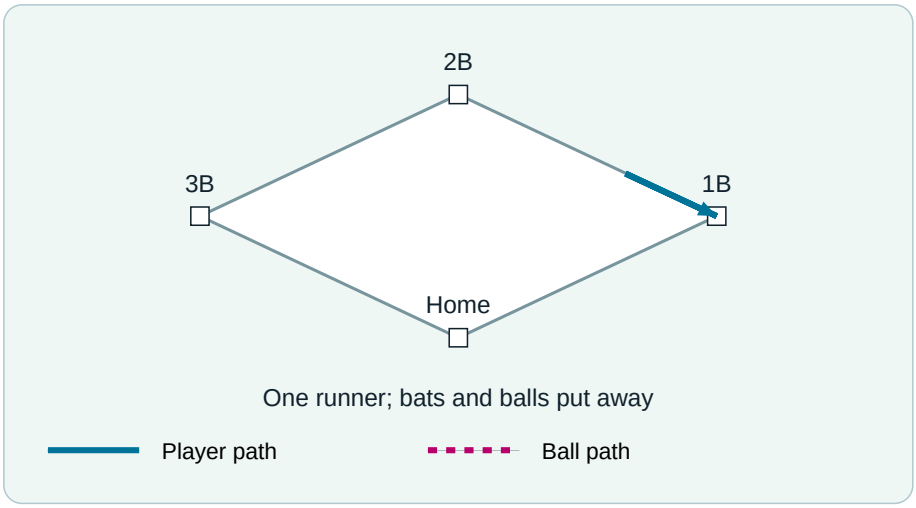
Ready when: Approach speed allows a secure gather and controlled return.

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

Fly-ball hold and return

FP910-W10 | 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.