

# INSTRUCTIONAL LEVEL BASEBALL

Ages 9 to 7 (League age as of April 30th)

Welcome to another year of baseball at the Instructional level. It is our intent to let you and your coaches know what our objectives are for your child's baseball growth. This year we are providing a list of skills your child will be learning this season. Instructional is a level that builds on what your child learned in Clinic so it is important your child demonstrates the skills at the Clinic level before moving on to Instructional. If your child will be 9 years old and your child has already advanced beyond these skills, please feel free to ask the Directors to move your child to the next level (Minors). Please be fair in making this assessment since lack of these skills at the next level may make your child frustrated and cause your child not to have fun playing baseball.

- Teach the positions played on defense
- Teach 3 outs per inning
- Teach 3 strikes equals an out (We allow 5 strikes at this level if needed)
- Teach foul balls are strikes until after the 2<sup>nd</sup> strike
- Teach innings have a "Top" and "Bottom" of an inning
- Play with "Home" and "Visiting" teams
- Teach running on and off the field
- Teach hitting with chin from shoulder to shoulder
- Teach hitting a ball that is thrown to them (by coaches)
- Teach tagging out runners that overrun 2<sup>nd</sup> and 3<sup>rd</sup> base
- Teach turn at 1<sup>st</sup> when the ball is hit in the outfield
- Teach force, force-outs, situations in base running
- Teach holding halfway pop flies and returning to the base if the ball is caught
- Teach running hard, watching base coaches, when ball is hit and there are two outs
- Teach when to tag a runner and when there are force outs (and no tag is needed)
- Teach tagging a runner needs to be made with the ball
- Teach the fielding position
- Teach the footwork and handwork required to make play in the infield
- Start using catchers behind the plate to get the feel of catching the ball while the bat is in motion
- Teach catchers to keep their hands protected
- Teach catchers blocking motion
- Continue developing throwing motion and arm strength
- Teach listening to the coach
- Teach GOOD SPORTSMANSHIP

We want to make sure that the number one objective is that your child is having fun.