

Instructional Division Outcomes

Players should work to master all of the goals by the time they complete the instructional division.

Base running

1. Run through first base properly
2. Run from home to second with proper footwork
3. Recognize when a batted ball is hit to the outfield and round first base properly
4. Player understands they can't overrun 2nd and 3rd base
5. Touch home plate to earn a run, not a point

Fielding

1. Field a ground ball with proper technique
 - a. Make a triangle
 - b. Field ball out in front of body
 - c. Scoop up the ball with two hands

2. Have the proper technique when catching a thrown ball
 - a. Glove fingers up
 - b. Catch with two hands

Players may not master this skill but it is important to reinforce proper technique with wiffel and tennis balls

Throwing

1. Make a T with the glove pointing to target
 - a. Ball away, pointed back, away from target
 - b. Step with front foot
 - c. Finish with back foot through

Hitting

1. Stand in the batters box ready to hit.
 - a. Feet shoulder width apart and balanced 50/50 weight distribution
 - b. Bat on shoulder, lift two inches
 - c. Finish swing
 - d. Release the bat properly before running to first base

Miscellaneous

1. Know where each position on the field is located
2. Know how many outs there are in the inning
3. Know where the first base/third base dugout is located
4. Understand 3 strikes is an out
5. Run on and off the field between innings
6. Be engaged in the game and cheer on their teammates

Minor Division Outcomes

This age group should understand all of the instructional division goals and work to master the following by the time they complete the minor division.

Base running

1. Run through first base properly - turn slightly to the right into foul ground after contact with base
2. Learn the proper way to take a lead, hold, advance, or return to base when appropriate
3. Understand how to read a sign from the coach and steal a base
4. Learn proper sliding technique
5. Understand when to run and when to hold
 - a. Fly ball vs ground ball
 - b. 0 & 1 outs vs 2 outs

Fielding

1. Position themselves, with proper equipment, without coaches help for each position on the field
 - a. Infield: facemask mandatory
 - b. Outfield: facemask optional
2. Field a ground ball properly while charging/moving towards the ball
3. Catch a fly ball
4. Throw to the appropriate base when a ball is batted and there are no runners on base
5. Infielders recognize when they need to act as the "cutoff" for a ball being thrown in from the outfield
6. Throw to the appropriate base when there is a force out
7. Properly tag a base runner when appropriate

Hitting

1. Learn the proper bunting technique
2. Understand three strikes is an out and four balls is a walk
3. Keep track of their own pitch count
4. Begin to identify the strike zone

Miscellaneous

1. Know how many outs there are at anytime during the inning