

**WHITE PLAINS LITTLE LEAGUE
INSTRUCTIONAL BASEBALL MANUAL**

	SKILLS	FARM	ROOKIE	MINORS A
OVERVIEW	A 2-inning t-ball game	A 3 inning t-ball/coach pitch game.	Competitive Coach pitch, introducing basic fundamentals such as proper defensive positioning, force plays and sliding	This is the last of the "Instructional" divisions. The goal of this division is to continue to instruct in all aspects of baseball fundamentals while giving each player the experience of a traditional game with a live pitched ball. Players need to exit Minors A prepared to enter Competitive Baseball.
AGE	LITTLE LEAGUE 5 YEAR OLDS	LITTLE LEAGUE 6 YEAR OLDS	LITTLE LEAGUE 7 YEAR OLDS	LITTLE LEAGUE 8 YEAR OLDS
GENDER	BOYS & GIRLS	BOYS & GIRLS	BOYS & GIRLS	BOYS & GIRLS
FIELD OF PLAY	Regulation Little League Field 60 ft. base paths Post Rd Fields	Regulation Little League Field 60 ft. base paths Ridgeway Field#2	Regulation Little League field 60' base paths 45' Pitcher's Mound Delfino Field #2	Regulation Little League field 60' base paths 45' Pitcher's Mound Gillie Field #2
# OF INNINGS PER GAME	2	3	4	6 (1 ½ hr. time limit on games)
STRUCTURE OF GAME PLAY	Players will hit off a tee in an attempt to put the ball in play. Fielders will attempt to field the ball and make plays.	Players will hit off a tee in the 1st inning, followed by live coach pitching in the 2nd & 3rd inning. The Offensive Coach will pitch under handed to his batters. If the player is having difficulty then the coach should move closer to pitch "soft toss" to his players.	Once through the lineup with a tee (not to exceed 2 innings) followed by live pitching. The Offensive Coach will pitch to his batters A player will play the pitcher's position from the side of the mound.	Once through the lineup with a tee (not to exceed 2 innings) followed by live pitching. The Defensive Coach will pitch after all pitchers on the team have been exhausted to complete the game. In that scenario, a player will play the pitcher's position from the side of the mound.
UMPIRES	N/A	N/A	Coach on the mound is the umpire.	Coach behind the plate is the umpire. Coach behind the pitcher will rule in the field.
GENERAL SAFETY	Helmets must be worn by all offensive players on the playing field. (batter and base runners) No one except the batter in the batter's box is allowed to hold a bat at any time during the game. (Before, During and After!!) No fence or backstop climbing at any time	Helmets must be worn by all offensive players on the playing field. (batter and base runners) No one except the batter in the batter's box is allowed to hold a bat at any time during the game. (Before, During and After!!) No fence or backstop climbing at any time	Helmets must be worn by all offensive players on the playing field. (batter and base runners) No one except the batter in the batter's box is allowed to hold a bat at any time during the game. (Before, During and After!!) No fence or backstop climbing at any time	Helmets must be worn by all offensive players on the playing field. (batter and base runners) No one except the batter in the batter's box is allowed to hold a bat at any time during the game. (Before, During and After!!) No fence or backstop climbing at any time All players are STRONGLY encourage to wear a protective cup.

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SUBSTITUTIONS	N/A	N/A	N/A	All Positions
# OF PLAYERS ON THE FIELD DEFENSE	All players are in the field	All players are in the field aligned in a way to introduce infield and outfield positions (5 infielders, including a pitcher, all others in the "outfield").	All players are in the field aligned in a way to introduce infield and outfield positions. Half way through the season, start sitting two kids per inning and align the defense in true player positions.	9 players on the field including catcher and pitcher positioned on the mound.
# OF COACHES ON THE FIELD DEFENSE	At least 3 One on each side on the field behind the infielders and one at first base to protect/coach the first basemen. AT NO TIME SHOULD A COACH TOUCH A BATTED BALL.	At least 3 One on each side on the field behind the infielders and one at first base to protect/coach the first basemen. AT NO TIME SHOULD A COACH TOUCH A BATTED BALL.	2 One coach playing catcher. One coach directing the defense from in front of the 1B dugout, halfway between home and 1st. AT NO TIME SHOULD A COACH TOUCH A BATTED BALL.	2 One coach behind the catcher. One coach behind the pitchers mound. AT NO TIME SHOULD A COACH TOUCH A BATTED BALL.
FIELDING PLAY OF A BATTED BALL	All plays to first base. A caught fly ball should be thrown to first base.	All plays to first base. A caught fly ball should be thrown to first base.	Tag plays are allowed. Plays at home plate are NOT allowed. Double Plays are allowed. Force outs are in play. NO infield fly rule.	Tag plays are allowed. Plays at home plate are allowed. Double Plays are allowed. Force outs are in play. NO infield fly rule.
PITCHER	N/A	N/A	A player is positioned near the mound.	Pitcher may move closer to plate in order to reach. There are NO walks. All players are to be encouraged to try pitching. The pitch count for each pitcher per game should not exceed 35 pitches. If a pitcher reaches 35 pitches in the middle of a batter he may finish that batter before being removed.
CATCHER	N/A	N/A	N/A	A child catcher will be used. A defensive coach will accompany the catcher behind home plate. Catcher must wear an athletic supporter and cup. "2 out" catcher speed up rule will be in effect all season.

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# OF COACHES IN THE FIELD OFFENSE	5 At the tee, first, second and third base and a bench coach.	5 Pitcher, catcher, first and third base and a bench coach.	4 Pitcher, first and third base and a bench coach.	3 One First Base Coach One Third Base Coach One Bench Coach
BATTING ORDER	All kids bat every half inning. Different batting order every half inning. Last batter hits a base clearing home run.	All kids bat every half inning. Different batting order every half inning. Last batter hits a base clearing home run.	Continuous batting order. Roster batting is used.	Continuous batting order. Roster batting is used.
ENDING AN INNING/GAME # OF OUTS PER INNING	No outs are recorded. All players bat every half inning.	No outs are recorded. All players bat every half inning.	An inning shall be considered over when 3 outs are recorded or 5 runs have been scored by the team batting. Both teams bat every inning.	An inning shall be considered over when 3 outs are recorded or 5 runs have been scored by the team batting. 5 runs would not apply to the last half-inning of the game for either team, nor would it apply to any half-inning in an "extra inning." The inning would end after 3 outs have been recorded or after all players on the roster have batted once .
USING THE TEE	Balls batted from the tee must be struck cleanly. No bunts or dribblers.	Balls batted from the tee must be struck cleanly. No bunts or dribblers.	Balls batted from the tee must be struck cleanly. No bunts or dribblers.	Balls batted from the tee must be struck cleanly. No bunts or dribblers. The umpire will declare balls not struck cleanly foul. If this foul ball is caught on a fly, the batter is out. If not, the batter will be given a strike.
BATTED BALL	Batter will always reach base safely, even if a defensive putout is made.	Batter will always reach base safely, even if a defensive putout is made.	Any batted ball that hits a coach (in fair territory) is considered "dead" and the batter is awarded first base. A foul fly ball is in play. A batter who is thrown out returns to the bench.	Any batted ball that hits a coach (in fair territory) is considered "dead" and the batter is awarded first base. A foul fly ball is in play and can be "tagged up" on.
MAXIMUM # OF BASES ON A BATTED BALL	One base. (Except the last batter)	One base. (Except the last batter)	One base.	If a batted ball does not leave the infield the batter is to advance to first only. If a batted ball is hit into the outfield, in front of or in between the outfielders. the batter may advance two bases. If a batted ball goes past the outfielders (ON A FLY OR LINE) there will be unlimited base advancement.
LAST BATTER OF THE INNING	Hits a base clearing home run.	Hits a base clearing home run.	N/A	N/A

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STRIKING OUT OFFENSE	No Strikeouts	No Strikeouts After 10 pitches the batter is awarded 1st base.	WHEN USING THE TEE Batter has 4 swings to put the ball in play. (Missing the ball, hitting the tee, or foul balls are counted as a swing) WHEN FACING LIVE PITCHING Batter receives 7 pitches. If the ball is not put into play after 7 pitches, an out is recorded.	WHEN USING THE TEE Batter has 4 swings to put the ball in play. (Missing the ball, hitting the tee, or foul balls are counted as a swing) WHEN FACING LIVE PITCHING Batter receives 7 pitches. If the ball is not put into play after 7 pitches, an out is recorded. If the ball is pitched over the plate 4 times in a row (a strike, by either the coach or player) and the batter does not offer, the batter is out. This will be determined by the coach behind the plate.
KEEPING SCORE	No score is kept.	No score is kept.	Score is kept Limited to a maximum of 5 runs per inning, per team.	Score is kept Limited to a maximum of 5 runs per inning, per team.
BASE RUNNING GENERAL	One base per at bat and must be forced over.	One base per at bat and must be forced over.	One base per at bat and must be forced over. Any well hit ball to the outfield will be awarded 2 bases.	No leading off any base. No stealing of any base. Over-throws to all bases are considered "dead" and the runners may NOT advance. Base runner is allowed to tag up on a fly ball. A tagging runner who leaves early will be returned to his base.
BASE RUNNING SLIDING	N/A	N/A	Feet first sliding should be introduced during practices.	Foot first sliding is permitted. Head first slides will result in an automatic out. Foot first sliding is mandatory at home plate
BASE RUNNING FORCE OUTS	None	None	Runners forced out must return to the bench.	All force-outs are in play. Any putout at home must be handled by the catcher for the out at home to be recorded.
REQUIRED SKILLS UPON COMPLETION OF THE SEASON OFFENSE	<ul style="list-style-type: none"> Basic batting stance and grip Base recognition and direction Proper bench behavior 	<ul style="list-style-type: none"> Consistently hitting a pitched ball. Running through first base. Proper base running: No over running bases. No advance on a fly ball. Proper bench behavior. 	<ul style="list-style-type: none"> Consistently hitting a pitched ball Running through first base Proper base running: No over running bases No advancing on a fly ball out. (Tagging up introduced at next level) Proper bench behavior 	<ul style="list-style-type: none"> Proper sliding technique Advance base running concepts Tagging up Offensive game situations

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<p>REQUIRED SKILLS UPON COMPLETION OF THE SEASON DEFENSE</p>	<ul style="list-style-type: none"> • Proper "Ready Position" • Fielding ground balls i.e. "Alligator Hands" <ul style="list-style-type: none"> • Fly ball stance • Proper throwing mechanics (basic) <ul style="list-style-type: none"> • Base recognition • Attempting ground ball put outs at first base • Attempting to catch fly balls (tracking) • Defensive players must learn not to all pile on the ball when it is hit 	<ul style="list-style-type: none"> • Proper "Ready Position" • Fielding ground balls i.e. "Alligator Hands" <ul style="list-style-type: none"> • Fly ball stance • Proper throwing mechanics (basic) <ul style="list-style-type: none"> • Base recognition • Attempting ground ball put outs at first base • Attempting to catch fly balls (tracking) • Defensive players must learn not to all pile on the ball when it is hit 	<ul style="list-style-type: none"> • Proper defensive positioning • Proper ground ball put outs <ul style="list-style-type: none"> • Proper fly ball put outs <ul style="list-style-type: none"> • Force-outs • Basic knowledge of "situations" <ul style="list-style-type: none"> • Discipline within positions <ul style="list-style-type: none"> • Outfield backup • Everyone has something to do on every play • Proper throwing mechanics (THROWING, THROWING, THROWING!!) 	<ul style="list-style-type: none"> • Proper pitching mechanics <ul style="list-style-type: none"> • Force Outs • Double Plays • Proper fielding in the air and on the ground <ul style="list-style-type: none"> • "Situational" baseball <ul style="list-style-type: none"> • Substitutions • Outfield Positioning <ul style="list-style-type: none"> • "Cut Off" Plays • Moving on every play on defense