



AnJo Instructional Division Goals, Rules and Objectives

Goal: To provide 1st and 2nd year instructional league players the opportunity to learn the fundamentals of baseball in a safe and fun environment.

Rules: (For players and Parents)

League:

- Players are to be registered with the AnJo League prior to beginning practices.
- No Alcohol on the AnJo premises
- No Smoking around players or player's bench
- No foul or abusive language
- No parking on grass

Division:

- Players can handle bats only under the supervision and direction of managers or coaches and in designated locations only.
- All players are to bat and play the field each inning.
- Batters to hit off the pitching machine, coach pitched ball, or the Tee as needed

Objectives:

Skills:

- Learn all the positions and how to play them
 - Outfield (Right, Center, Left Field, plus RC, LC and Short Fielder if used)
 - Infield (First, Second, Third Bases, Short stop, Pitcher, Catcher*)
 - * no catcher necessary - only properly equipped players to play the position
- Learn to run the bases (over run 1st and home, stop on 2nd and 3rd)
- Learn simple plays (to make an "out". Force play, tag, fly ball)
- Batting technique
- Throwing and catching
- Teamwork – Sportsmanship – Respect – Perseverance

Skills left for older players:

- Stealing, Sliding, Bunting, Contract negotiation, Spitting etc.

Management:

- Plan activities that allow for all players to be busy at once (two or three stations), draft coaches and let them do the training.
- Monitor players' progress and give special coaching where needed
- Keep attendance and contact frequent absentees
- REPORT ALL INJURIES/INCIDENTS TO LEAGUE MANAGEMENT**