



5/6 Instructional League (Pitching Machine)

GAME DAY RULES

- **Format** – 20 mins of fundamental instruction, followed immediately by a game.
 - Before the game, the home team focuses on hitting off of a tee and soft toss into a net
 - Visitor team focuses on infield practice and base running
- Teams will bat through the lineup for each half inning
- **No Catchers** – Coaches must stand at backstop and throw balls back to the person running the machine. They are also back there to instruct the batter.
- Coaches will place players in their positions in the field and stay out there with them to coach them.
- Each batter will get 5 or 6 pitches from the machine. If the batter does not hit the ball, the coach will utilize a tee.
- Generally, batters will stay at first base following a hit. But, on a big hit, they are allowed to run to 2nd base. This is intended to teach the players that they do not always just stop at 1st base.
- Fielders will try to make plays, and if a batter/runner is called out, they will return to their dugout. This rule is intended to help teach the beginnings of defense.
- Pitching machine speed is 35 mph.