

The Fall Instructional League (from MLB.com)

A mid September through October league made up of lower level players (and younger players/prospects) from one (MLB) Major League organization. It is considered a “teaching league” and is based at individual Florida spring training facilities that are used in the Grapefruit League (Florida spring training).

The goal is to refine the skills of young players under the close coaching eyes of that organizations coaching and scouting staff and on occasion, even executives. Baseball rosters are determined by the front office, and typically include the most highly-regarded prospects from the lower levels of the system. Approximately 45 players are invited to participate each year. Others players who are commonly invited include A-Ball players who missed significant time in the recently completed season, players who are rehabbing from injuries, players who are prepping for the Arizona Fall League, and raw players who are learning a new position or focusing on the development of a specific skill.

An invitation generally indicates that the team is willing to invest time and money on a player's development. A typical Instructional League day includes drill work from 9am – noon, lunch, and then a 1pm game. The games are controlled and allow for players to continue to work on specific skill development. A significant portion of the individual ball clubs management team attends each year to examine the next crop of prospects.