



# DRILL DATABASE

ACTIVITIES





**RED SOX**  
FOUNDATION™

**COACHES BOX**

PRESENTED BY



## LETTER TO COACH

DEAR COACH,

THANK YOU FOR YOUR DEDICATION AND COMMITMENT TO YOUTH IN YOUR COMMUNITY. WITHOUT YOU, TOO MANY MAY NOT HAVE THE OPPORTUNITY TO ACCESS AND ENJOY THE SPORT THAT'S AT THE HEART OF WHAT WE DO.

WHETHER YOU ARE JUST PICKING UP A CLIPBOARD FOR THE FIRST TIME OR YOU'VE LOST COUNT OF THE NUMBER OF YEARS YOU HAVE BEEN INVOLVED, THE RED SOX FOUNDATION COACHES BOX PRESENTED BY NIKE HAS BEEN BUILT WITH YOU IN MIND.

WE KNOW THAT YOUR TIME IS VALUABLE SO OUR GOAL IS TO GIVE YOU THE INFORMATION YOU NEED TO HELP YOU RUN A GREAT PRACTICE AND CONTINUE TO UPDATE WITH NEW AND EXCITING DRILLS. WE INTENTIONALLY KEPT OUR PLANS DIRECT AND TO THE POINT. HOWEVER, SOME DRILLS MAY REQUIRE ADDITIONAL EXPLANATIONS FOR SOME.

IN ADDITION, YOU CAN SWAP DRILLS INTO PRACTICE PLANS TO ULTIMATELY CREATE YOUR OWN PRACTICE! THE OPPORTUNITIES ARE ENDLESS.

BEST OF LUCK, COACH!  
RED SOX FOUNDATION



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**ADDITIONAL DRILLS WILL BE ADDED SOON!**



**Equipment Needed:**  
(none)

## STATIC & DYNAMIC STRETCHING

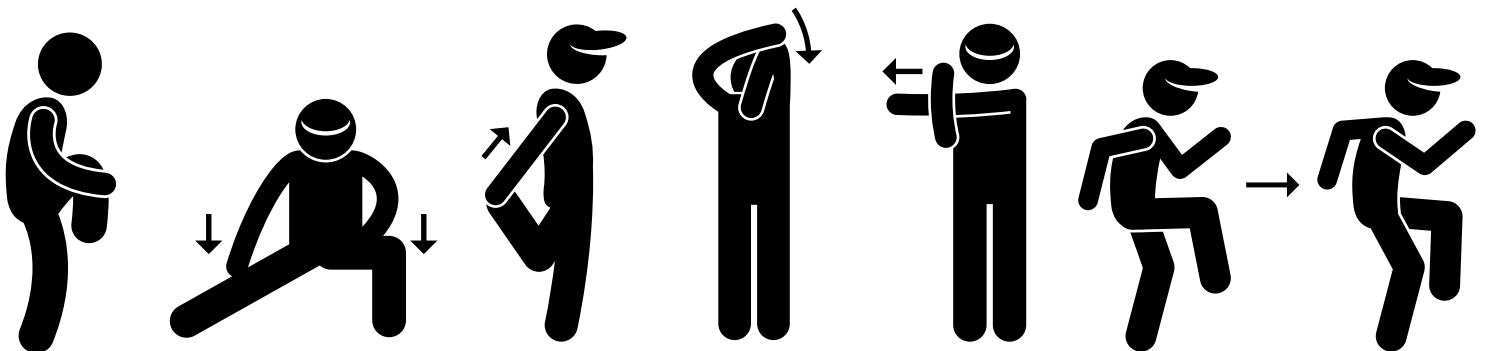
**AGE RANGE: 5-18**

### DRILL DESCRIPTION

Prior to any practice or activity, players should stretch and warm up. Stretching and warming up should be used at all levels and will vary depending on age group. Younger groups can use more active and moving activities while older groups should focus on fully stretching muscles.

**Potential group stretches/activities:**

- Jumping jacks (count of 10-15)
- High Knees (5-10 seconds)
- Arm circles gradually increasing from small to large (forward and backward)
- Posterior Shoulder Stretch (10-15 seconds and switch arms)
- Reverse shoulder stretch (15-20 seconds)
- Assisted triceps stretch (10-15 seconds and switch arms)
- Trunk twists (5-10 seconds)
- Standing quad stretch (10-15 seconds and switch legs)
- Standing hamstring stretch (10-15 seconds)
- Leaning thigh stretch (10-15 seconds and switch legs)
- Sitting butterfly (5-10 seconds)
- Standing or laying down knee to chest (5-10 seconds and switch legs)





**Equipment Needed:**

- Bases
- Cones
- Plastic balls



**RUN THE BASES RELAY**

**AGE RANGE: 5-12**

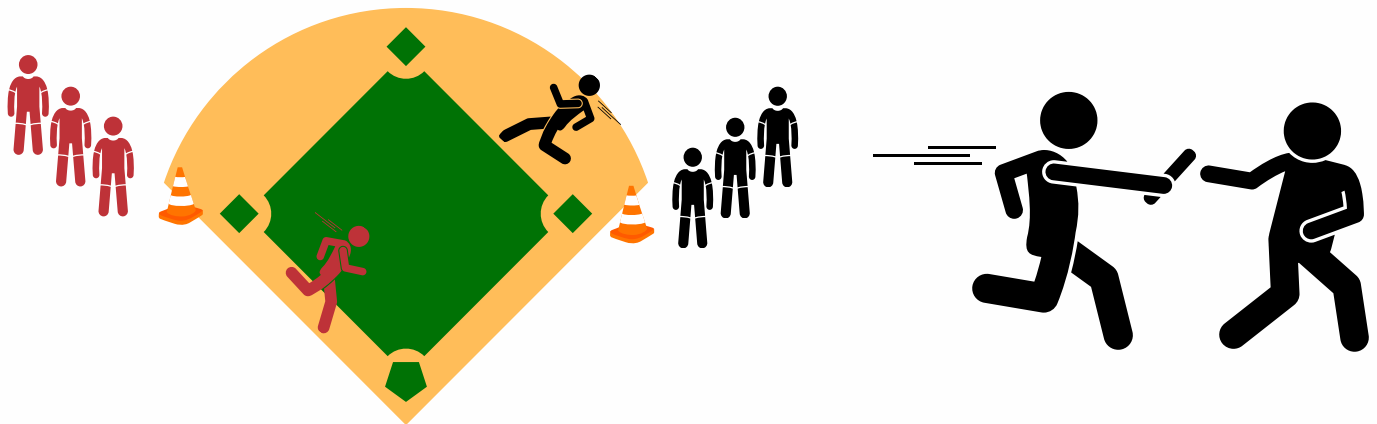
**TYPE: BASERUNNING**

**DIFFICULTY: MEDIUM**

**DRILL DESCRIPTION**

**Setup:**

- Review running the bases with players
- Create two teams with each team lined up behind a specified base
- Use a cone to mark where the team stands while waiting (about 3 feet behind the base) so they do not interfere with the other team



**Instructions:**

- On “go,” the first player of each team begins to run the bases with a plastic ball in hand (like a baton), tagging each base, and returns to the base where they started
- When they return to the base they started, they hand the plastic ball to the next player and go sit down at the end of the line
- The next player begins to run the bases when they receive the ball and it repeats through the line
- The first team done wins



**Equipment Needed:**

- Balls



**FOUR SQUARE**

**AGE RANGE: 5-18**

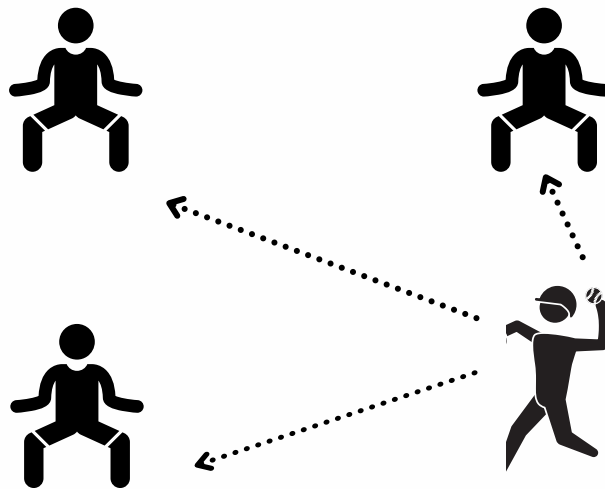
**TYPE: FIELDING**

**DIFFICULTY: MEDIUM**

## DRILL DESCRIPTION

**Setup:**

- With the team in groups of 4, without their glove, have the players create a square about 20 feet apart. One player in each group will start with the ball.



**Instructions:**

- To start, the player with the ball will roll a ground ball to a player of their choice
- The player with the ball does not need to throw the ball hard but should be able to get the ball to the player. Players should focus on being in a good fielding position and field with two hands
- Upon fielding, the player should then roll the ball to the next person
- Add a second ball and go in a clockwise rotation to increase the difficulty



**Equipment Needed:**

- Balls
- Gloves



- Cones



**AROUND THE WORLD**

**AGE RANGE: 8-18**

**TYPE: FIELDING**

**DIFFICULTY: MEDIUM**

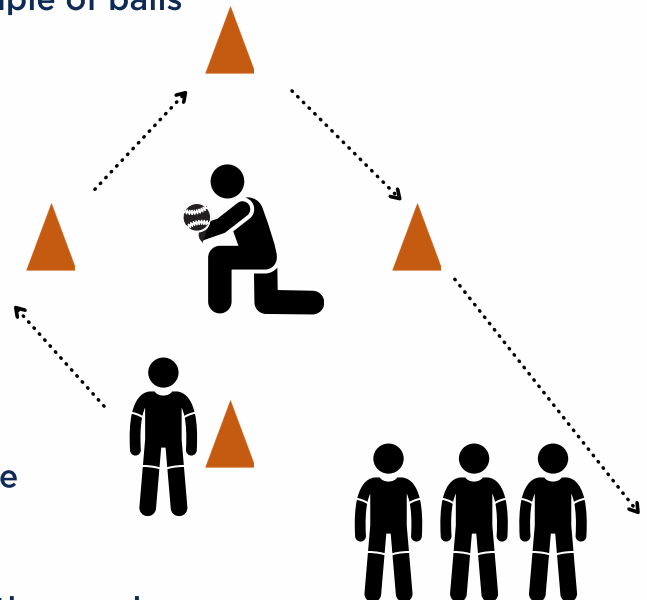
## DRILL DESCRIPTION

**Setup:**

- Set up 4 cones in a diamond pattern about 8-10 feet away from middle point
- The coach will be in the middle with a couple of balls

**Instructions:**

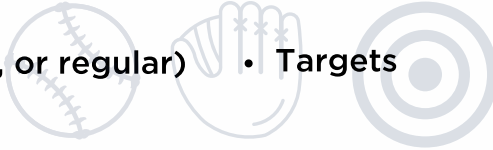
- The player begins at the first cone receiving a ground ball rolled or bounced directly to the player and the ball is tossed back to the coach
- Staying low and shuffling or jogging to the next cone, a ground ball will be rolled or bounced to give the player a backhand groundball and the ball is tossed back to the coach
- At the 3rd cone, the ground ball should engage their range to their glove side and the ball is tossed back to the coach
- At the final cone, a slow roller allows the player to attack the baseball before tossing it back to the coach and heading to the back of the line





**Equipment Needed:**

- Balls (tennis, soft, or regular)
- Targets
- Gloves



**TARGET PRACTICE**

**AGE RANGE: 8-18**

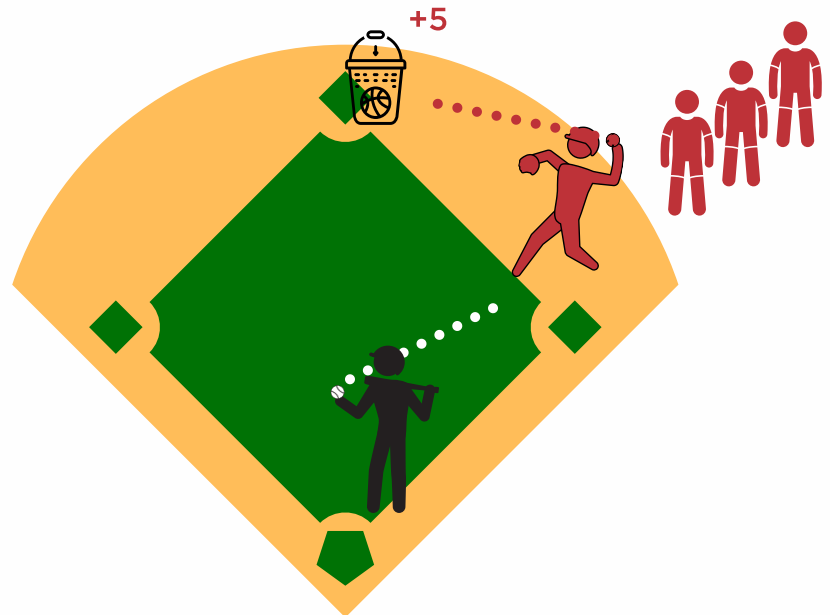
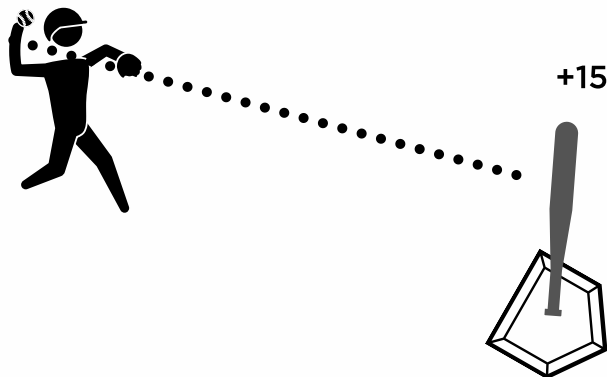
**TYPE: FIELDING / THROWING**

**DIFFICULTY: EASY- MEDIUM**

**DRILL DESCRIPTION**

**Setup:**

- Set up targets (buckets, standing bat, etc.) around your practice space at varying distances
- Players are split into teams



**Instructions:**

- Line players up at their team's first location
- Players receive a ground ball or fly ball from the coach, field the ball, transfer the ball cleanly, and throw at the target
- Each target hit would receive a specific amount of points based on difficulty
- Teams rotate through stations and whichever team scores the most points, wins!





**Equipment Needed:**

- Balls
- Cones



- Targets



**GOLF**

**AGE RANGE: 5-18**

**TYPE: THROWING**

**DIFFICULTY: MEDIUM**

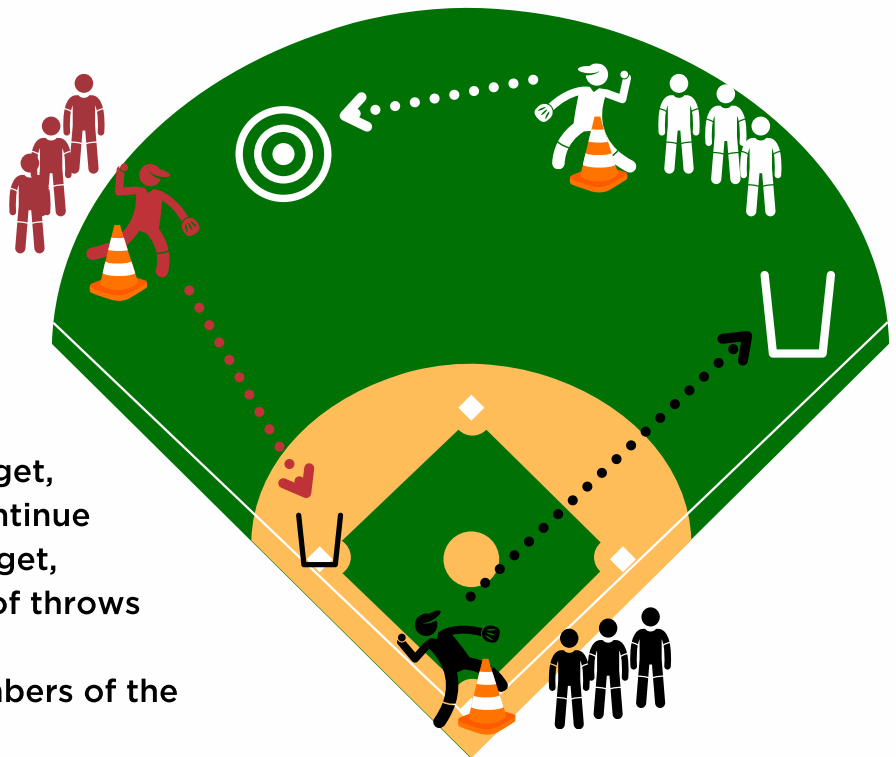
## DRILL DESCRIPTION

**Setup:**

- Set up cones and targets (bucket, banner on fence, etc.) around the field to act as "holes"
- Split team into groups of 3 or 4 players and assign them to a starting cone

**Instructions:**

- Each player should have a ball
- Players begin at a cone and take turns, one at a time, throwing towards the target
- If the ball does not hit the target, they walk to their ball and continue throwing until they hit the target, keeping track of the amount of throws
- Players continue until all members of the team have hit the target
- Teams rotate through holes and teams with the combined lowest amount of throws after all holes, wins!





**Equipment Needed:**

- Balls (soft or plastic)
- Bats (plastic)
- Cones
- Bases (throw down home)

**HOME RUN DERBY**

**AGE RANGE: 5-12**

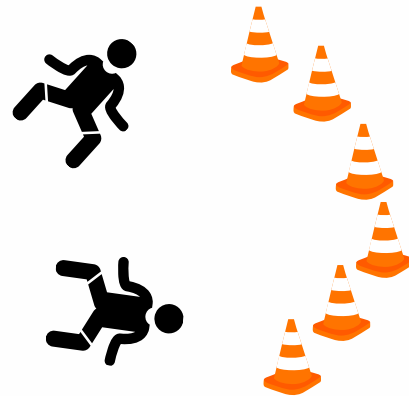
**TYPE: HITTING**

**DIFFICULTY: EASY**

## DRILL DESCRIPTION

**Setup:**

- Players split into small groups with one group per home plate and set of cones
- Set up cones approximately 30-50 feet (depending on age/size of youth and space) from home plate



**Instructions:**

- Coaches stand a few feet in front of home plate and soft-toss balls to players
- Players ids should take 5-7 swings and rotate

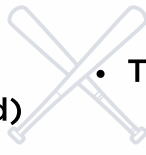
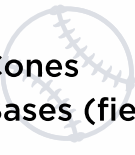
**Fun Team Competition:**

- Players hit until they get 3 outs (non-HR) then switch, most HRs wins



Equipment Needed:

- Balls
- Bats
- Cones
- Bases (field)
- Tee



TEE DERBY

AGE RANGE: 5-18

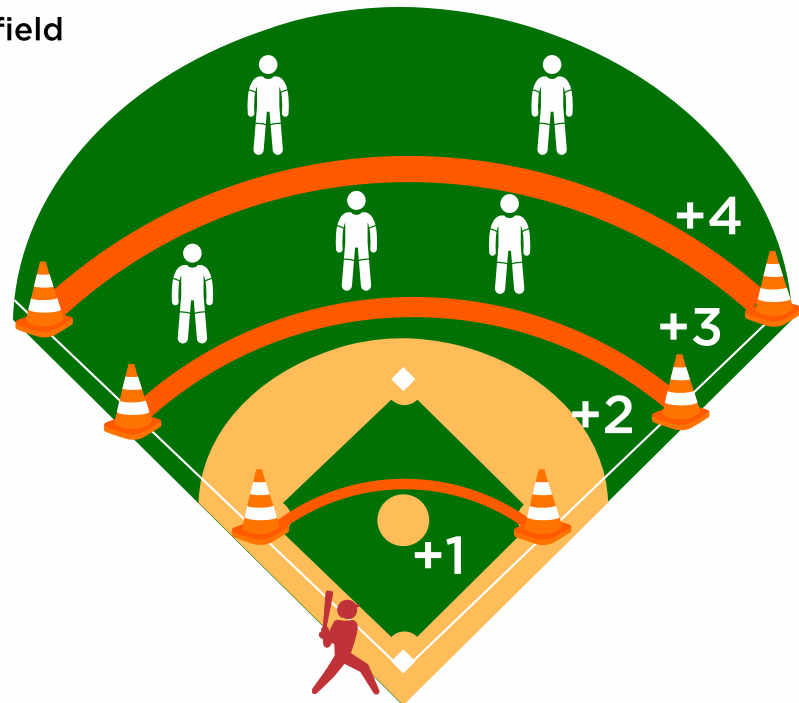
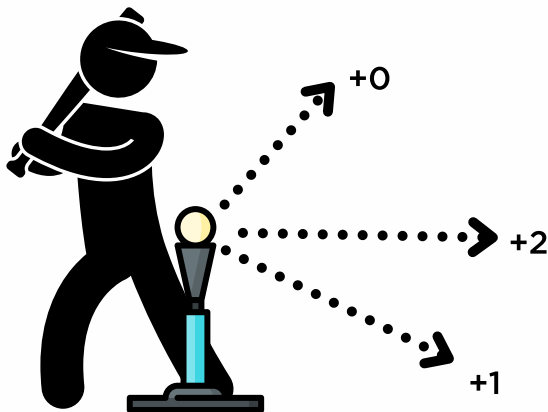
TYPE: HITTING

DIFFICULTY: EASY – MEDIUM

## DRILL DESCRIPTION

Setup:

- Place a batting tee on home plate or any open space in the outfield
- Place cones in varying distances to track points
- One player at bat with others in the field



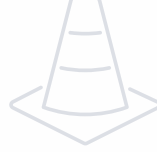
Instructions:

- With ball on the tee, first batter will load, shift weight, stride, and swing
- Track the distance of the ball until it stops rolling
- Assign points to distance, ground balls vs line drives
- Player with the most points after 3-5 swings each, wins!



Equipment Needed:

- Balls
- Bats
- Cones
- Bases



BUNT OFF

AGE RANGE: 9-18

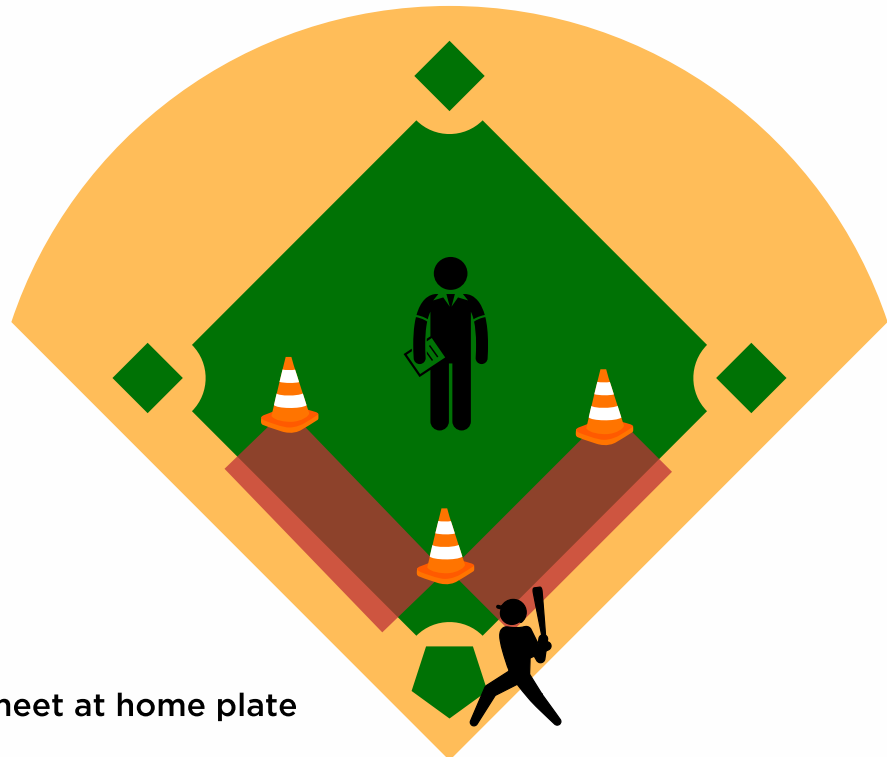
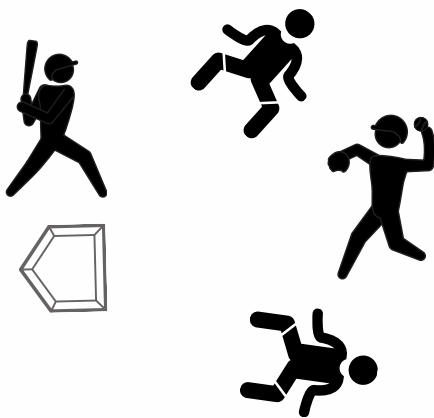
TYPE: HITTING

DIFFICULTY: EASY

## DRILL DESCRIPTION

Setup:

- Use cones to mark off where players should aim for their bunt to stop (red)
- Split players into small groups or teams to practice in the outfield before the competition



Instructions:

- Groups practice bunting with their teammates
- After practice, groups/teams meet at home plate
- One group/team at a time rotates through 3-5 pitches per player
- Assign 1 point for every successful bunt stopping in the scoring zone
- Rotate through every team and team with the most points, wins!



**Equipment Needed:**

- Bases (field)
- Balls
- Bats
- Gloves



**9 OUTS**

**AGE RANGE: 9-18**

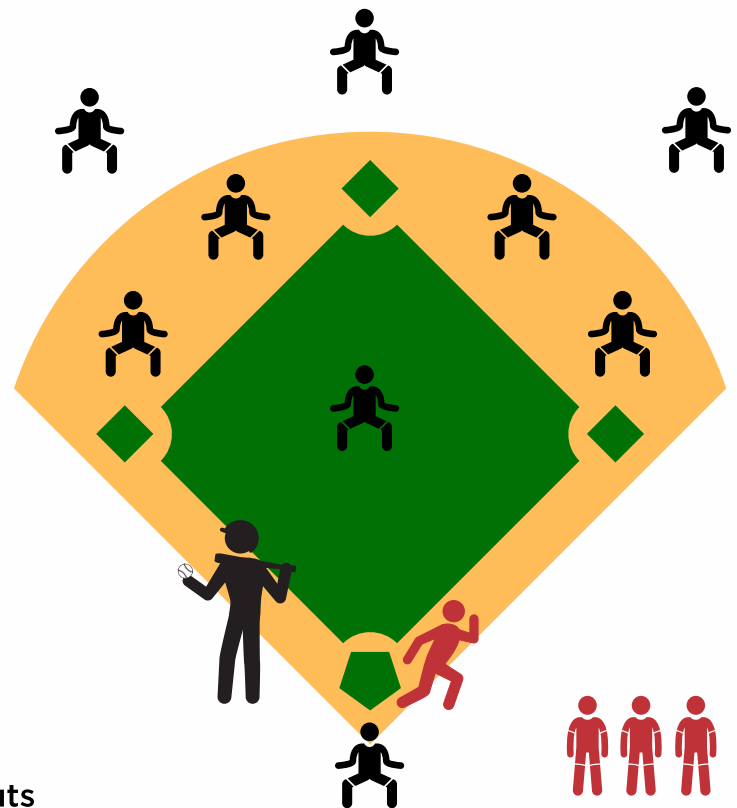
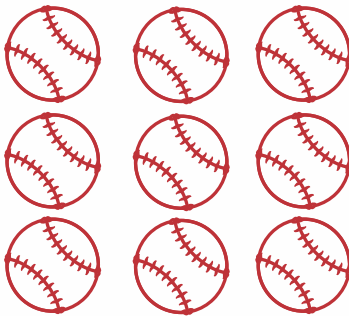
**TYPE: FIELDING**

**DIFFICULTY: HARD**

## DRILL DESCRIPTION

**Setup:**

- Split players into 2 teams with the coach standing on 3rd baseline with bat and balls



**Instructions:**

- The offensive team begins with a player in the batters box and runs when the coach hits the ball in play
- The coach hits the ball randomly to the defense, whose goal is to get 9 outs without making an error
- Base hits keep runners on base, cleared after every 3 outs and errors returns the out count to zero
- Switch teams after 9 outs or a certain time limit



**Equipment Needed:**

- Bases (field)
- Balls
- Bats
- Gloves



**TOTAL BASES**

**AGE RANGE: 9-18**

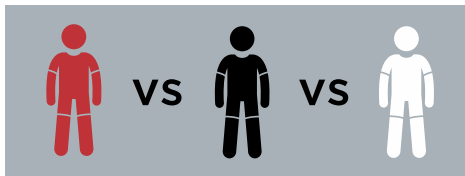
**TYPE: HITTING**

**DIFFICULTY: HARD**

## DRILL DESCRIPTION

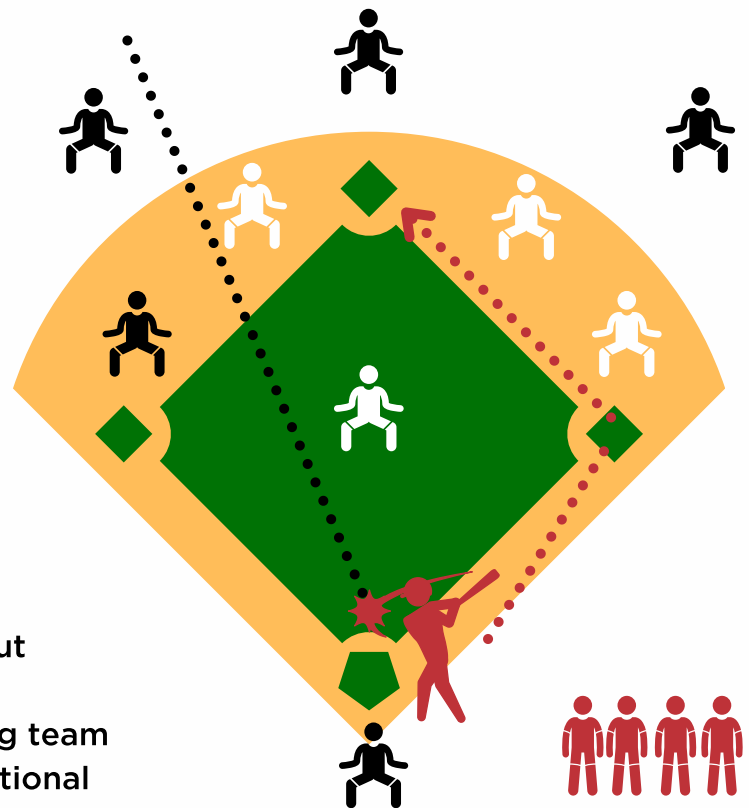
**Setup:**

- Split players into teams of 4 or 5 players with each team having a designated pitcher



**Instructions:**

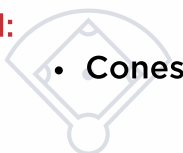
- Team 1 hits against a live pitcher from another team
- The batter aims to reach base while the two defensive teams work together to get the batters out
- Every base a player from the hitting team reaches, earns a point with an additional point for scoring a run
- Once the defense gets 3 outs or every player on the hitting team hits teams rotate
- Each team should hit at least twice and the team with the most points at the end of the game, wins!





**Equipment Needed:**

- Bases (Field)
- Gloves



• Cones



**POSITION PRACTICE**

**AGE RANGE: 5-8**

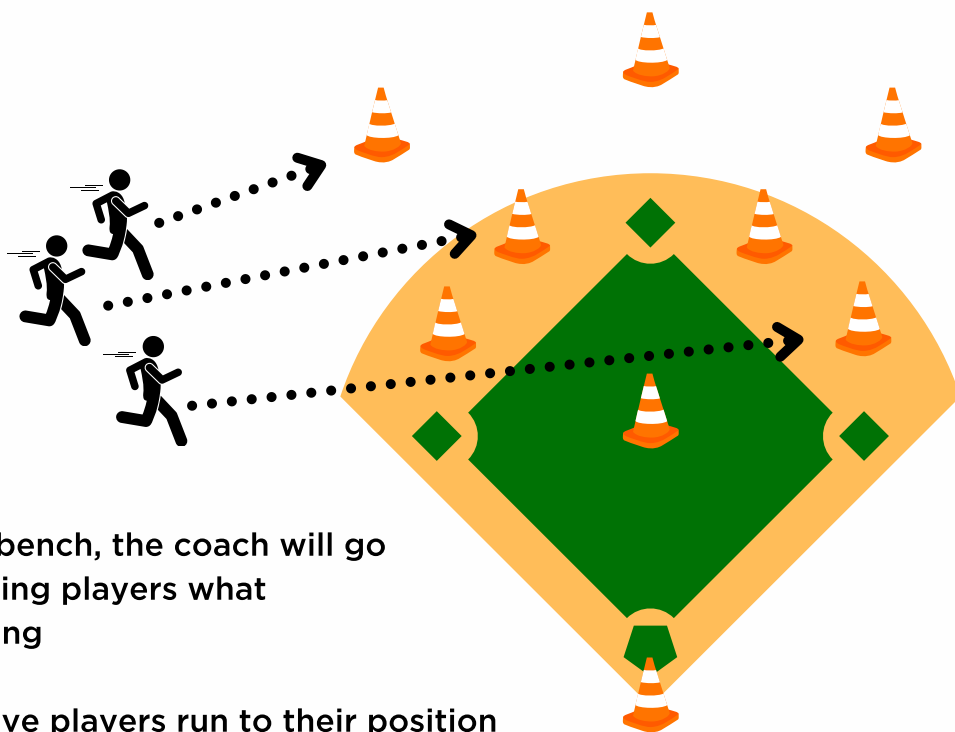
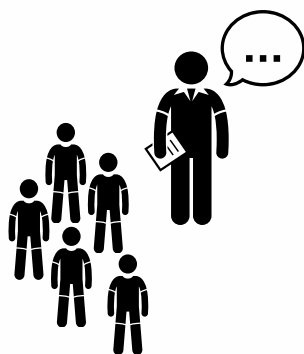
**TYPE: FIELDING**

**DIFFICULTY: EASY**

**DRILL DESCRIPTION**

**Setup:**

- Place cones at positions to show where players should stand



**Instructions:**

- With the team on the bench, the coach will go through the lineup telling players what position they are playing
- Coach says "Go" to have players run to their position
- Making sure every player goes to the correct position, players get in ready position for the inning
- After a few seconds, coach yells "3 outs" and the team runs back to the dugout
- Repeat with players going to different positions



**Equipment Needed:**

- Throw-down bases
- Bats (plastic or foam)
- Cones
- Balls (plastic or foam)
- Bucket

**MINI-GAME**

**AGE RANGE: 5-12**

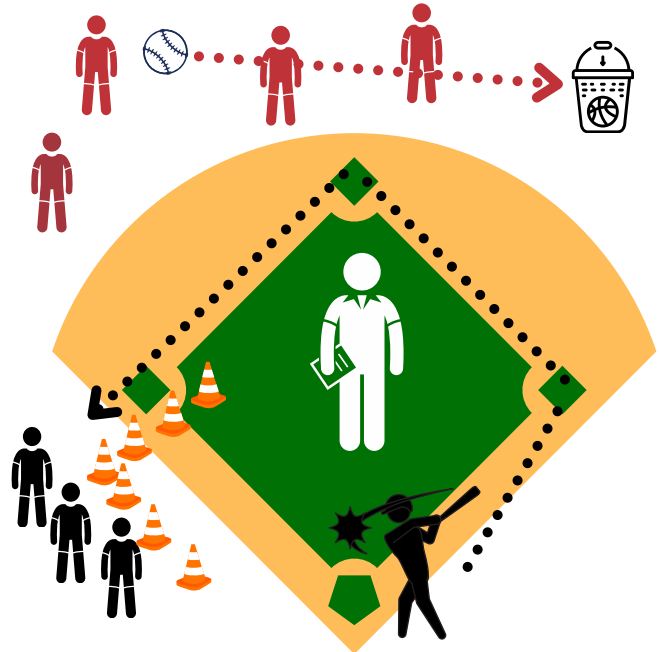
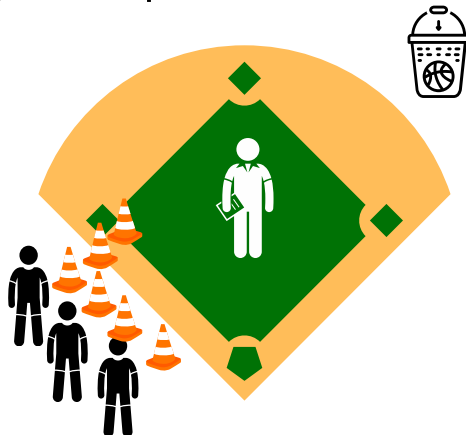
**TYPE: HITTING / FIELDING**

**DIFFICULTY: EASY**

**DRILL DESCRIPTION**

**Setup:**

- Throw-down bases are put in a diamond at a shorter distance where youth can quickly get from home to 3rd base where cones are set up and a bucket is randomly placed on the field
- Players are split into 2 teams



**Instructions:**

- Coach soft tosses balls to hitters
- Hitters take 2-3 swings before the coach announces the batter is running
- The hitter hits the ball and aims to run to 3rd base before the defense gets the ball in the bucket
- Batter scores if they get to 3rd base first, batter is out if defense gets ball in bucket before batter gets to 3rd base
- Teams do not switch when there are 3 outs, every player hits at least 1 time before switching





**Equipment Needed:**

- Balls (soft or plastic)



**PLASTIC BALL TAG**

**AGE RANGE: 5-12**

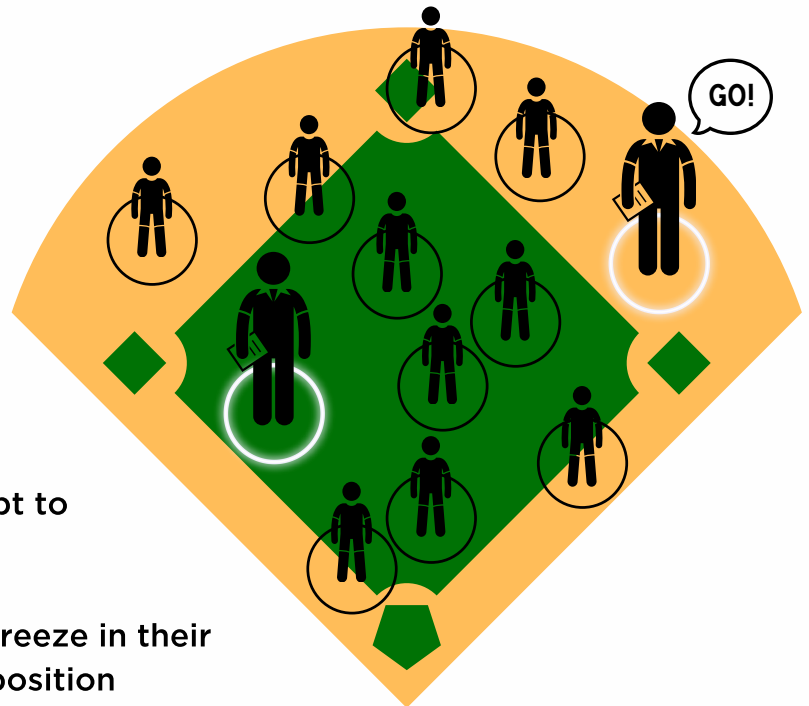
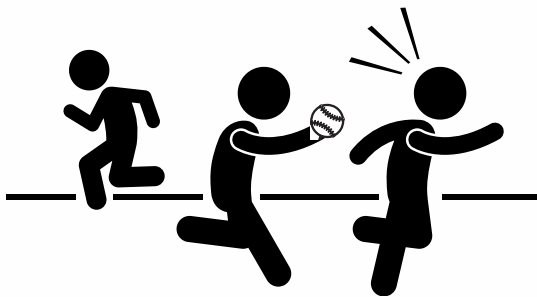
**TYPE: ACTIVITY**

**DIFFICULTY: EASY**

## DRILL DESCRIPTION

**Setup:**

- Coaches pick a spot on the field with a plastic ball in hand
- Players then find a spot staying a few feet away from each other



**Instructions:**

- On "GO", players run and attempt to not be tagged by the coach
- If a player is tagged, they must freeze in their hitting stance or ready fielding position
- Players can unfreeze and run again when tagged by a teammate
- Play until all players are tagged or players tire out
- Change boundaries to entire field, fair territory, or infield only to keep it fresh or allow soft tosses by coaches to extend the tag range



Equipment Needed:  
(none)

## POSITION FITNESS

AGE RANGE: 5-8

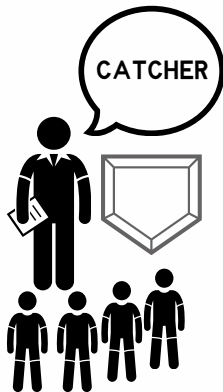
TYPE: AGILITY

DIFFICULTY: EASY

## DRILL DESCRIPTION

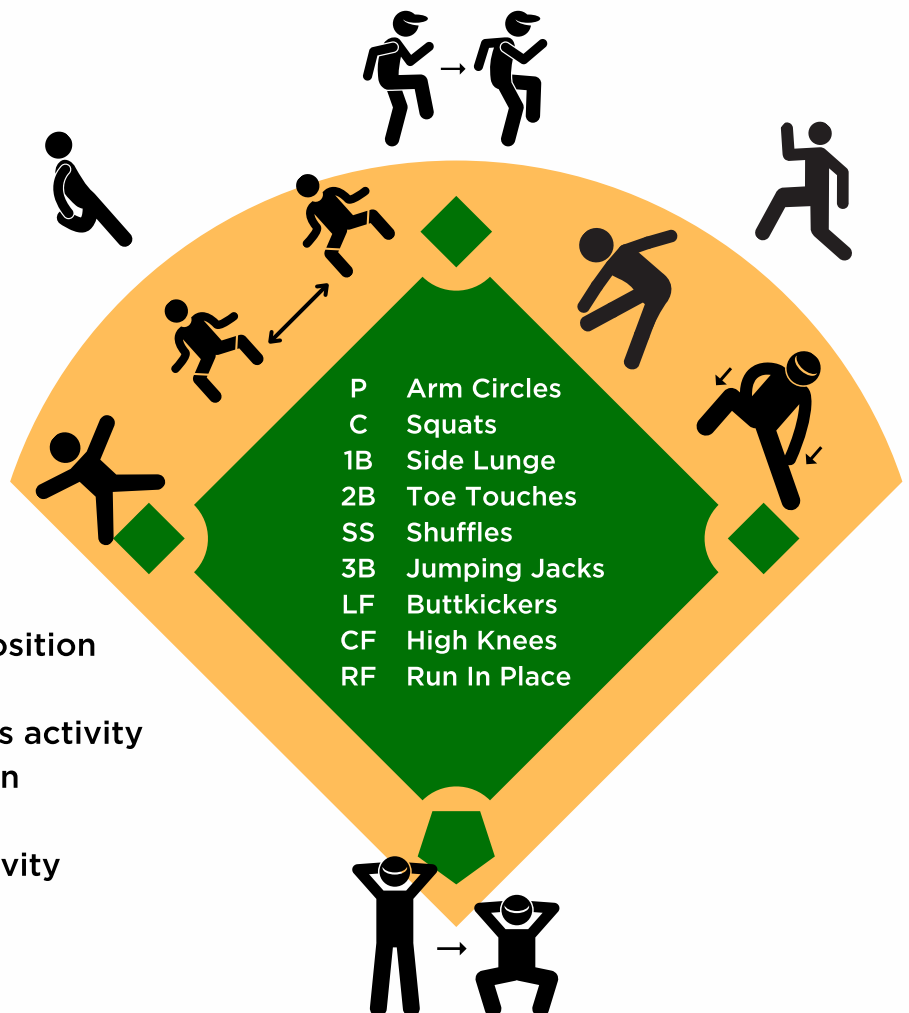
### Setup:

- Players are split into small groups and paired with a coach



### Instructions:

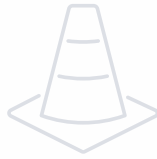
- Coach brings players to a position
- Coach states/explains the position
- Coach demonstrates a fitness activity that correlates to the position
- Players complete fitness activity
- Visit all positions





**Equipment Needed:**

- Cones



**LEFT, RIGHT, CENTER**

**AGE RANGE: 5-8**

**TYPE: AGILITY**

**DIFFICULTY: EASY**

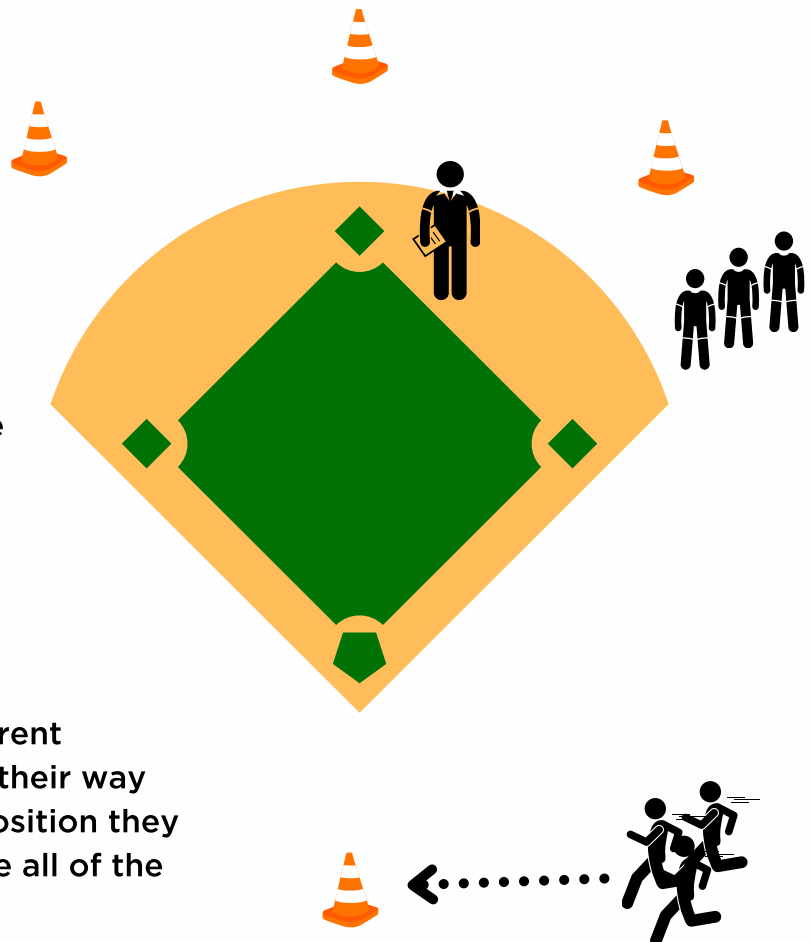
## DRILL DESCRIPTION

**Setup:**

- Players should head to the outfield and stand on a foul line
- Place a cone in Left Field, Centerfield, and Right Field

**Instructions:**

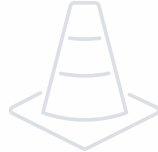
- The coach begins by yelling out one of the outfield positions
- Upon hearing the the position name, the players must run to the cone located at that position without being last
- The coach continues to yell out different positions
- To make it harder, call out a different position while the players are on their way to a position, call out the same position they are already standing at, or include all of the positions on the field





**Equipment Needed:**

- Balls (plastic, foam, tennis)
- Cones



**BACKYARD CLEANUP**

**AGE RANGE: 5-8**

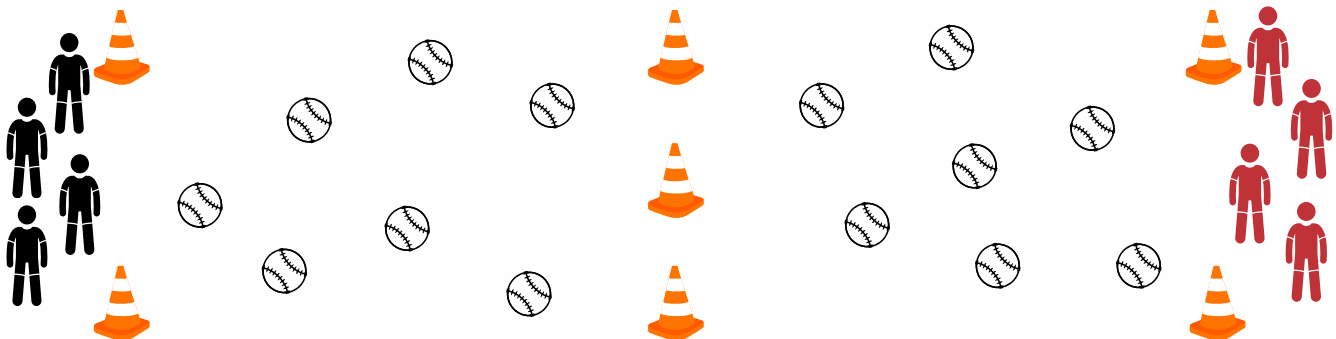
**TYPE: FIELDING / THROWING**

**DIFFICULTY: EASY**

## DRILL DESCRIPTION

**Setup:**

- Use cones to mark off the middle line and starting lines
- Scatter balls (plastic, foam, tennis) evenly around the playing area
- Split players into 2 teams, and teams must always stay on their side



**Instructions:**

- On coach's "GO," the players pick up the balls one at a time and throw them onto the other team's backyard
- Players from both sides do this until time is up
- Games are typically a minute or whatever seems appropriate
- After time is up, teams collect the balls on their side and count
- The team with the least amount of balls in their backyard, wins!



**Equipment Needed:**  
(none)

**RED LIGHT,  
GREEN LIGHT**

**AGE RANGE: 5-8**

**TYPE: BASERUNNING**

**DIFFICULTY: EASY**

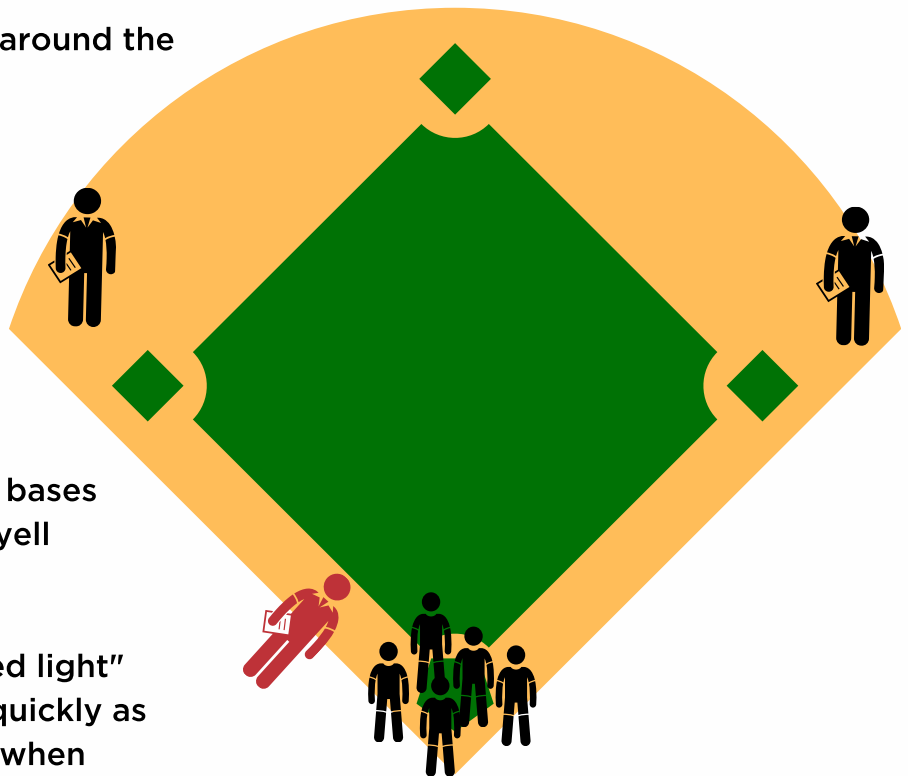
## DRILL DESCRIPTION

### Setup:

- All players begin at home plate with a coach standing on either first base or third base line to see the entire field
- Assistant coaches can be around the diamond to help

### Instructions:

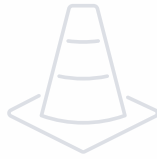
- With the coach's back to the players, the coach begins by saying "green light"
- Players begin running the bases until they hear the coach yell "red light"
- When the coach yells "red light" the players must stop as quickly as they can and begin again when "green light" is yelled
- If a player continues running during a "red light" the coach can send them back to the closest base
- Repeat until a winner crosses home plate





**Equipment Needed:**

- Cones



**CONE RELAYS**

**AGE RANGE: 5-18**

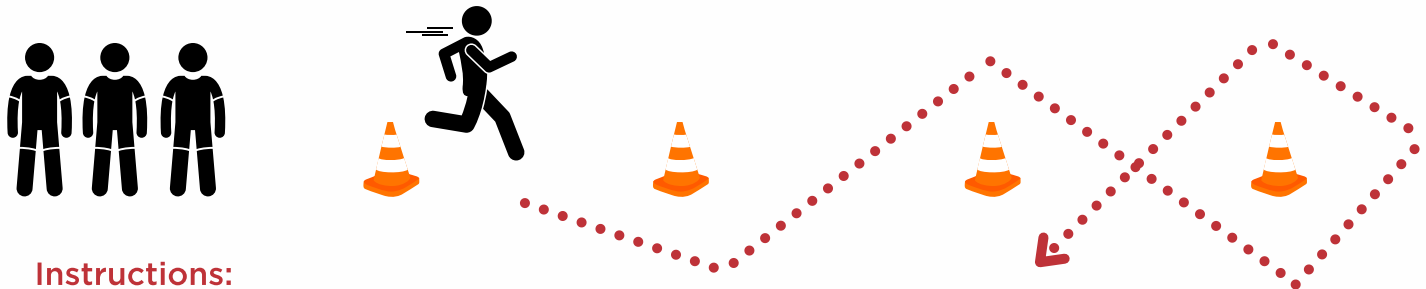
**TYPE: AGILITY**

**DIFFICULTY: EASY**

## DRILL DESCRIPTION

**Setup:**

- Set up 4 lines of cones
- Split players into groups of 4 lining up single file behind the first cone



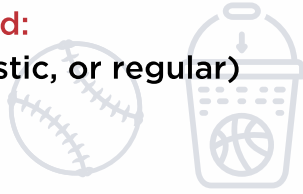
**Instructions:**

- On "Go," the first player zig-zags through the cones
- Upon reaching the end, the player circles the cone and zig-zags back
- Upon returning, the player tags the next player who runs through the cones
- Repeat until each player goes
- First team to have all players finish, wins!
- To change it up and/or make it harder, set up cones in different positions and have players go through cones in a number of different ways to test their agility



**Equipment Needed:**

- Balls (soft. plastic, or regular)
- Bucket



**HIT THE BUCKET**

**AGE RANGE: 5-12**

**TYPE: THROWING**

**DIFFICULTY: EASY**

## DRILL DESCRIPTION

**Setup:**

- Players collect 3-4 balls
- Players create a large circle around a bucket (i.e. players at infield positions or in on the infield grass with the bucket on the pitchers mound)



**Instructions:**

- Players take turns, one at a time aiming to throw their ball in the bucket
- If the ball hits the bucket, 1 out is awarded to the group
- If the ball goes inside the bucket, 3 outs are awarded to the group
- Once the team collectively makes 3 outs, the team wins!
- If 3 outs are recorded before everyone has a chance to throw, see how many innings your team can complete with all balls before collecting