

POSTSEASON PLAYBOOK



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RED SOX COACHES
BOX

POSTSEASON PLAYBOOK

DEAR PLAYERS & COACHES,

THE 2021 RED SOX SEASON WAS SPECIAL. THIS WAS THE TEAM THAT WAS NOT EXPECTED TO HAVE A WINNING RECORD, BUT THEY DID.

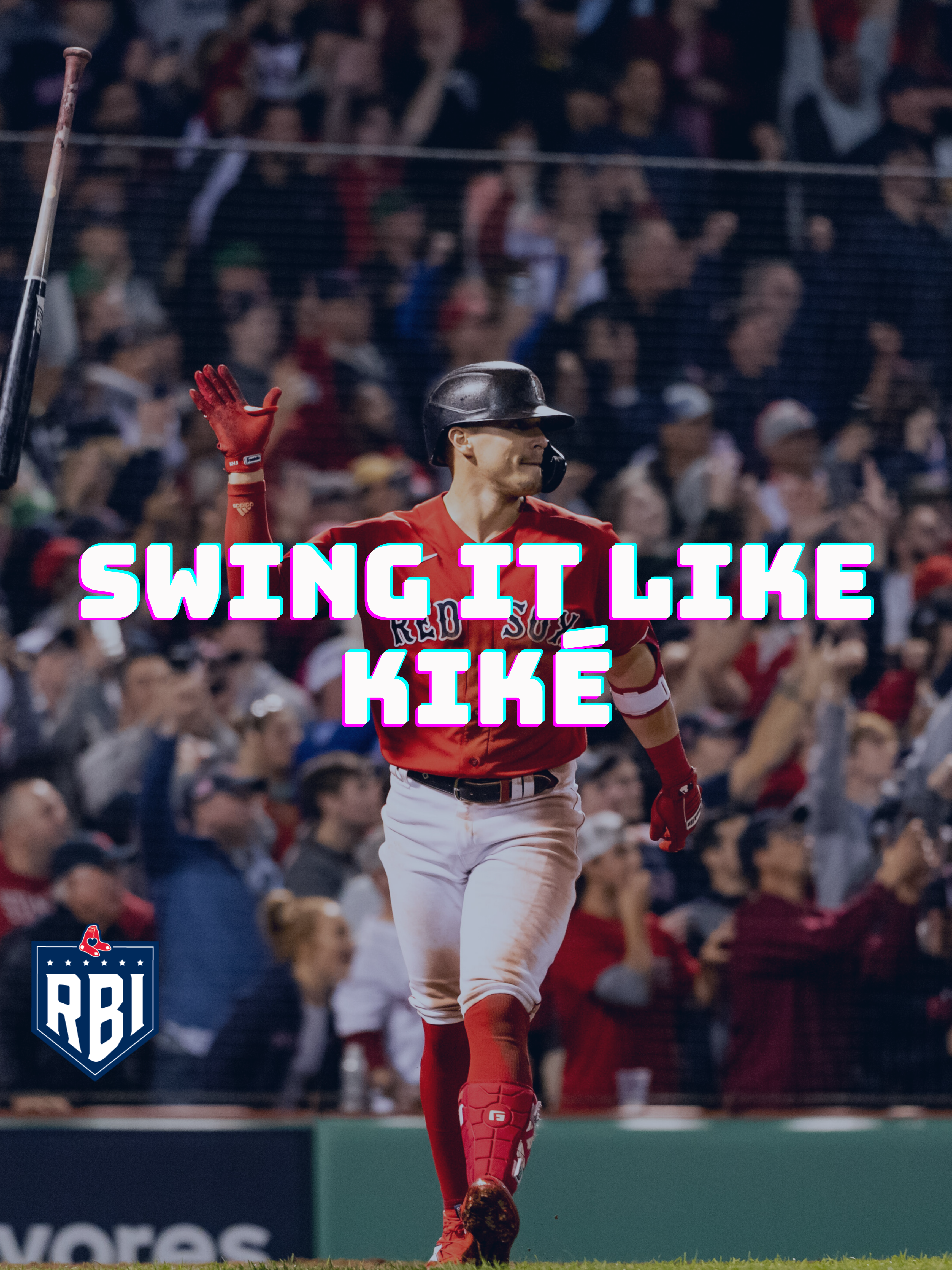
THIS WAS ALSO THE TEAM THAT WAS NOT EXPECTED TO MAKE THE POST SEASON OR REACH THE ALCS, BUT THEY DID THAT TOO.

THE 2021 RED SOX TEAM EMBODIED THE NOTION THAT WE ARE NOT LIMITED BY THE EXPECTATIONS OF OTHERS.

ALTHOUGH THE JOURNEY TOWARDS THE ULTIMATE GOAL CAME UP SHORT, IT WAS STILL A POSTSEASON THAT SET A PRECEDENT OF EXCELLENCE THAT WON'T BE FORGOTTEN ANYTIME SOON.

ENJOY THIS SELECTION OF DRILLS BASED ON SOME OF THE EXCITING MOMENTS FROM THIS POSTSEASON. IF THERE IS ANYTHING THIS POST SEASON CAN SHOW YOU, IT IS THAT THERE'S ALWAYS TIME TO STEP UP YOUR GAME!



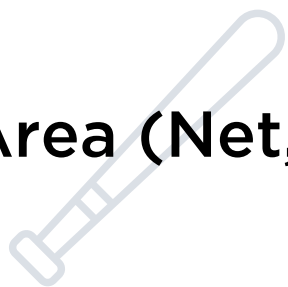


SWING IT LIKE
KIKÉ



Equipment Needed:

- Ball
- Target Area (Net, Hula Hoop, etc.)
- Bat



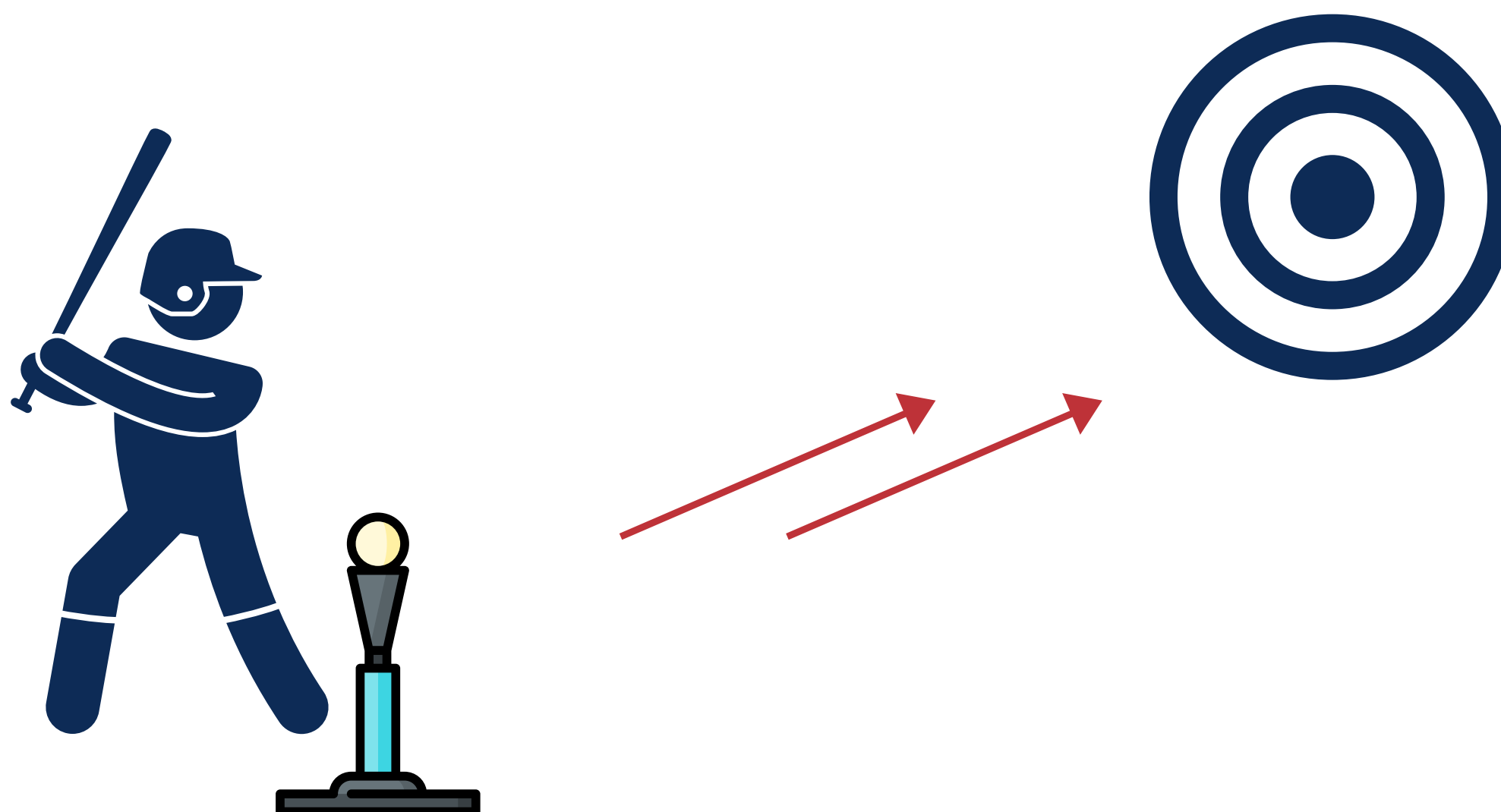
HITTING



TEE TARGET PRACTICE

Setup:

- Set up batting tee on home plate and lay out a target area (net or hula hoop) In either LF, CF, RF. Distance of the target area can vary depending on the experience level and age
- Place a bucket of balls around home plate



Instructions:

- Take 10 swings to try and hit the target area. You can use this point system to score yourself
 - Hitting a target area = 10 Points
 - Line Drive/Hard Hit Ball to any area of the field = 5 Points
 - Solid Contact = 1 Point
- After 3 rounds, see how many points you racked up! Be sure to move the target area around to help in learning how to hit to all fields

FENWAY FUNDAMENTALS

Hitting can get very complicated very fast. Sometimes the best thing you can do to improve your success at the plate is to just keep it simple! Focus on a simple task like "Hit the ball hard to Centerfield" and swing away. Then make adjustments as you go. What we're doing in our swing does matter, but what matters most is finding a way to compete and accomplishing the task at hand.



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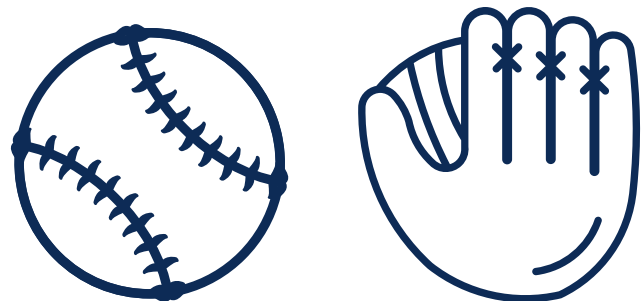
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**RELAY LIKE KIKÉ &
XANDER**



Equipment Needed:

- Gloves
- Balls



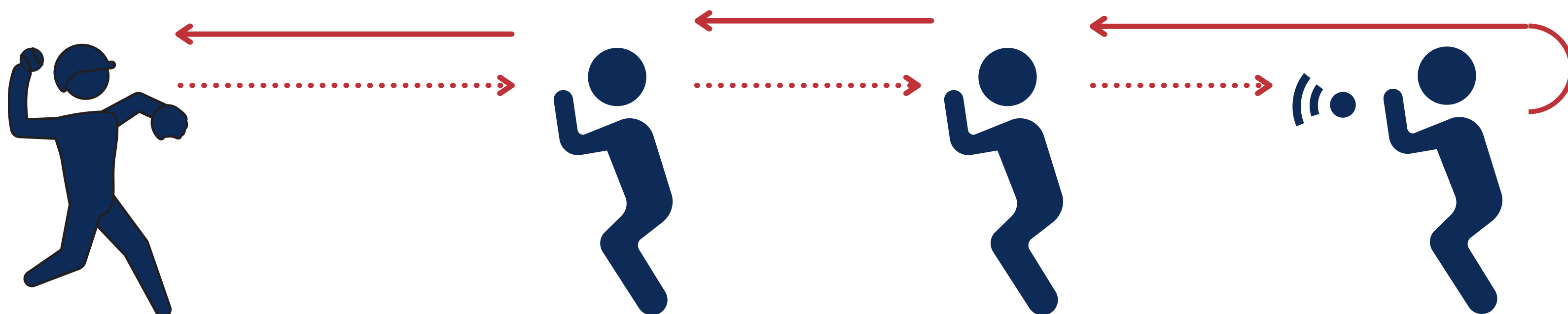
DEFENSE



SOX RELAYS

Setup:

- Group players in equal teams of 3-5 and have them stand in line 20-60 feet apart from each other (Distance adjusted depending on age/experience)
- The first player at end of each line starts with a ball



Instructions:

- The player with the ball begins by throwing to the closest partner
- Player receiving the throw is setup with glove at chest height & positioned slightly on their glove side
- Player must catch ball and with quick feet, turn athletically and throw to the next partner
- When the player at the opposite end catches the ball, that player will throw to the next partner reversing the direction the ball was originally traveling until it reaches the initial starting player

FENWAY FUNDAMENTALS

Athletes should aim to stay light and athletic on their feet. This will make it easier to move to the spot of the ball if it is thrown off line and set your feet. Players should also start to turn their body towards their target as they catch the ball. This way, they are already in line with their target and can create momentum for their throw. Their eyes should stay on the ball during this move.



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**BUNT IN THE CLUTCH
LIKE ARROYO**



Equipment Needed:

- Balls (bucket)
- Targets (spare buckets)
- Bats



HITTING



BUNTING TARGET PRACTICE

Setup:

- Bucket of balls placed in line with Home Plate, around 10-15 feet away
- Two empty buckets placed down the foul lines on their side with the open end facing home plate approximately 15-20 feet away
- Players waiting to hit are spread out on the field and help clear field after each hitter



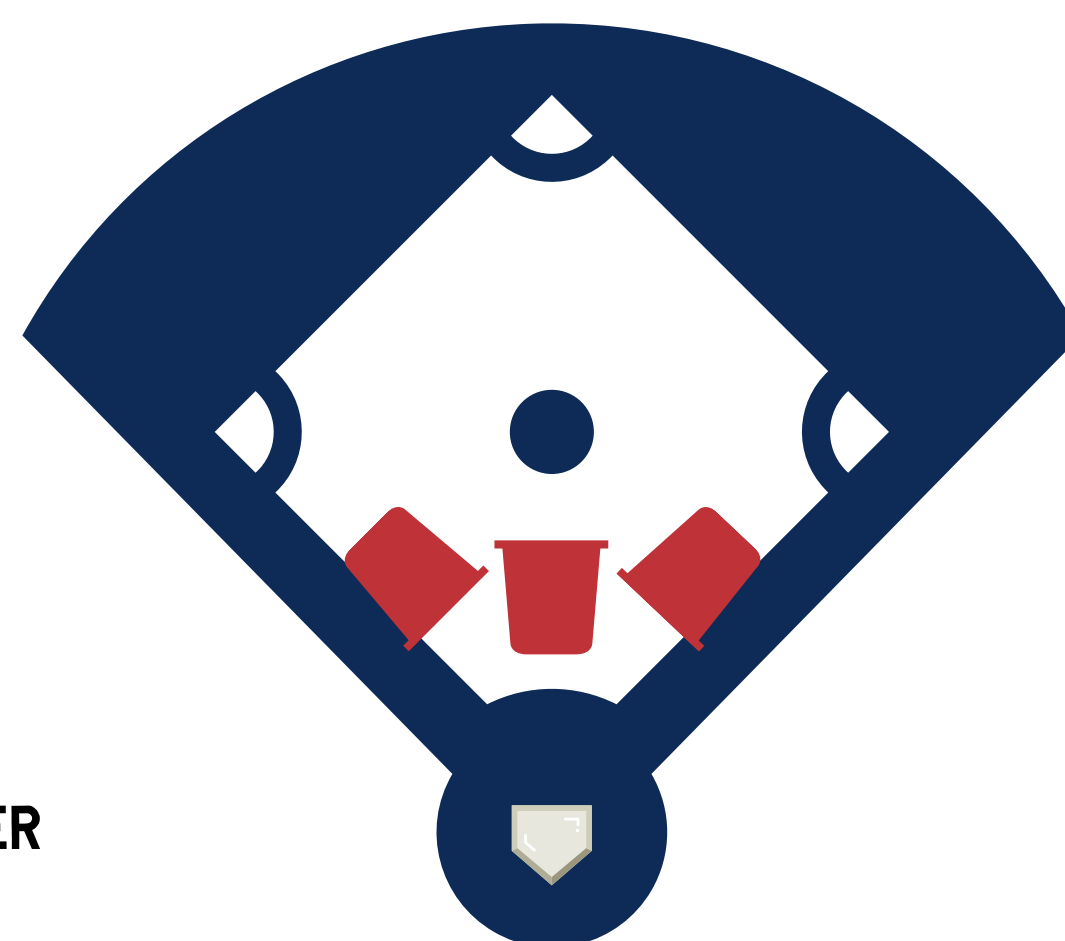
+5 BUNT INSIDE 1ST/3RD BASE BUCKET

+4 HITTING 1ST/3RD BASE BUCKET

+3 SUCCESSFUL BUNT TO 1ST/3RD BASE SIDE

+1 SUCCESSFUL BUNT HIT IN FRONT OF THE CATCHER

+0 BUNT HIT DIRECTLY TO PITCHER OR FOUL



Instructions:

- Hitters get set in batters box to receive 5 pitches from the coach
- Hitters aim to bunt the ball in play to score points based on where their bunt goes
- The player, or team, with the highest total after 3 rounds wins

FENWAY FUNDAMENTALS

Many hitters fall into the trap of trying to "push" the ball with the bat when bunting. This can result in mis-hits and issues when trying to get the bunt down. Instead, focus on "catching" the ball with the bat. This will help soften contact and help create better bunts!



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**PITCH BIG LIKE
PIVETTA**



Equipment Needed:

- Gloves
- Balls



THROWING



ROCKER THROWS

Setup:

- Players partner up and stand about 10-15 feet apart from each other
- One partner starts with ball. Thrower will start with their feet spread a little wider than shoulder length apart, knees bent, and with their glove side shoulder and leg pointing towards their partner



Instructions:

- Thrower will start with their weight centered. They'll then rock their weight onto their back leg, and then drive their body (and arm) through their target
- Players should perform this movement at their own pace and work to be athletic in their movements. The goal is to deliver a crisply thrown ball to their partner's chest/glove
- Throw for 10 minutes before increasing distance

FENWAY FUNDAMENTALS

Our lower body is one of the most important pieces when it comes to making a strong and accurate throw. It provides stability, power, and helps make sure we aren't tasking our arm to do all of the work. This drill is a great way to help your athlete's understand how to use their body (not just their arm) to make strong throws.



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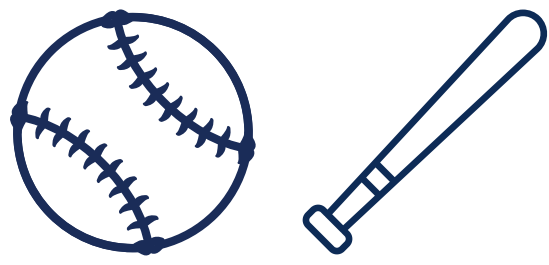


**SLAM IT LIKE
SCHWARBER**



Equipment Needed:

- Ball
- Bat
- Batting Tee



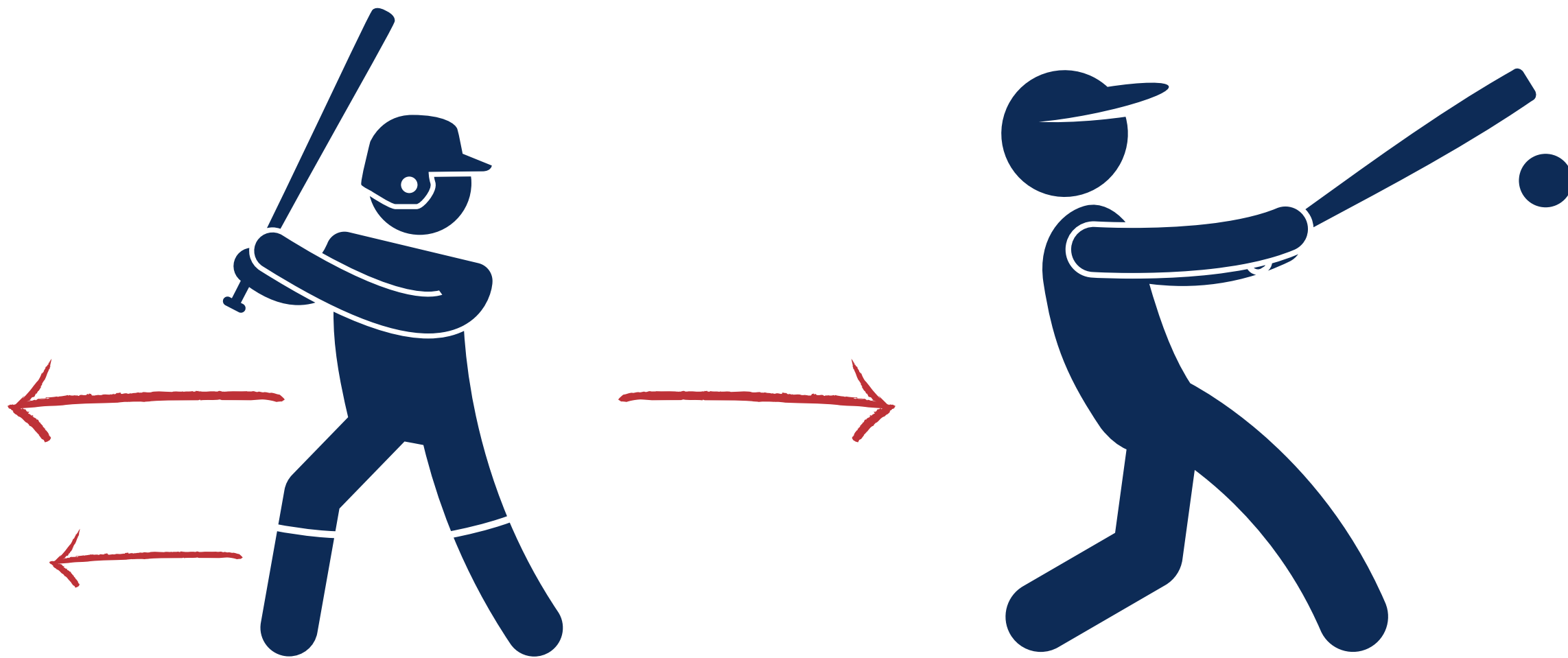
HITTING



STEP BACK SWINGS

Setup:

- Hitters hit Into a net, fence, or open field
- Hitters will start in comfortable stance at the tee. Their front knee should be In line with the center of the tee



Instructions:

- Hitter takes an athletic small step backwards (think towards the backstop) and lets their weight shift back to their back leg/backside.
- After a slight pause, the hitter puts their front foot down and explodes through the ball
- The goal is for solid hard contact and line drives to all fields
- This is accomplished through good rhythm, staying smooth, and engaging the lower half to generate power and stability in their swing

FENWAY FUNDAMENTALS

Our lower body is very important when it comes to generating balance and power in our swing. If we can't stay balanced or athletic, it's going to be very hard to crush the ball! Focus on staying relaxed and smooth as you step back, then work to fire your lower half through the ball.



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**MASH LIKE
MARTINEZ**



Equipment Needed:

- Ball
- Bat
- Batting Tee



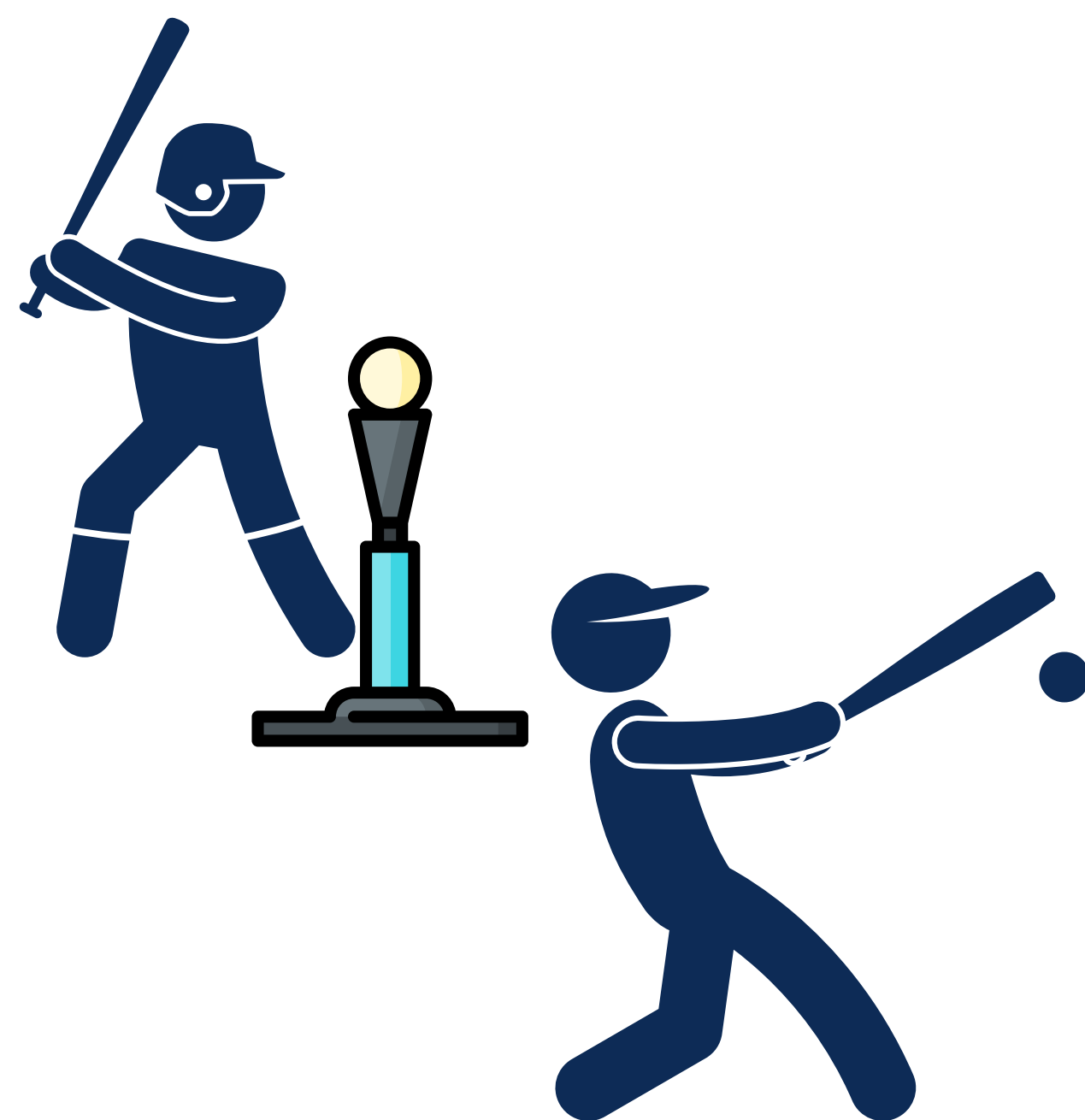
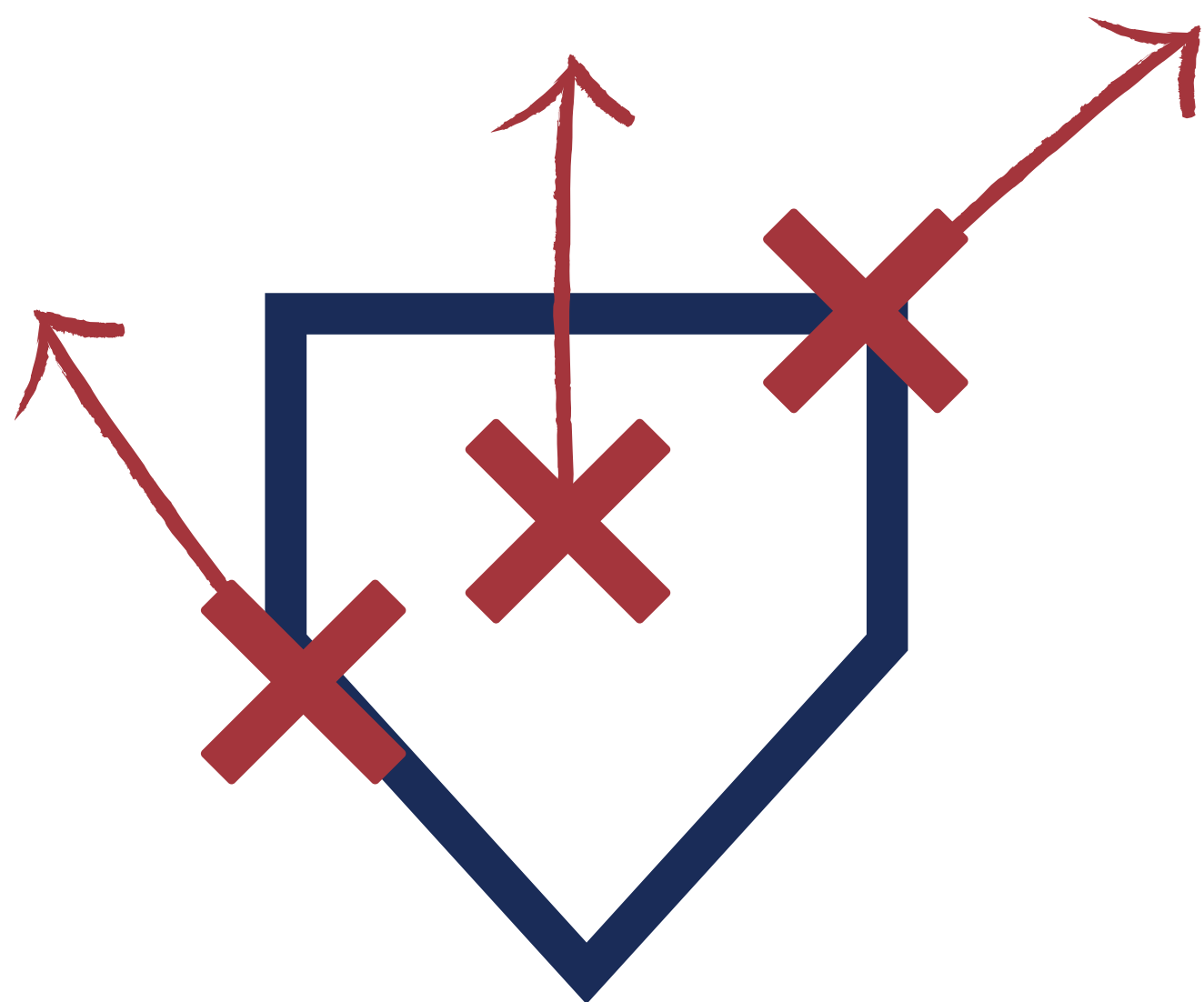
HITTING



TURN THE BARREL

Setup:

- Players start at the tee and get into comfortable batting stance
- Tee can be moved to various parts of the plate to simulate different pitch locations



Instructions:

- Batter shifts weight to their backside with both feet staying on the ground
- Players with a leg kick may allow their front heel lifting slightly
- Once hitter is ready to swing, they can do so and work to hit line drives to the field depending on where the tee is placed

FENWAY FUNDAMENTALS

Sometimes hitters end up with inefficient movements that limit their ability to make good contact, or they think that they have to swing out of their shoes to hit the ball hard. In reality, some of the best hitters don't look like they're swinging hard at all. That's because they know how to use their body for stability/power, which helps them get the bat through the ball efficiently and with good force.



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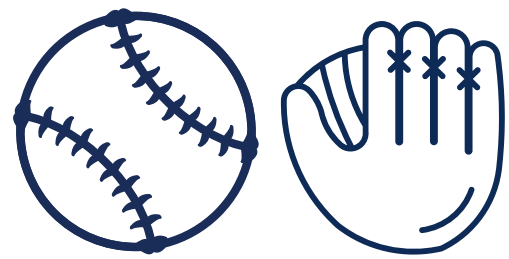
A full-page photograph of baseball pitcher Nate Allen in a Boston Red Sox uniform. He is wearing a red jersey with "SOX" on the front, white pants with a red stripe, and a navy blue cap with a red "B". He is in a dynamic pose, looking towards the left with his mouth open as if shouting or celebrating. He is wearing a brown Wilson baseball glove on his left hand. The background is a blurred crowd in a stadium.

**PITCH LIKE
NATE THE GREAT**



Equipment Needed:

- Ball
- Glove



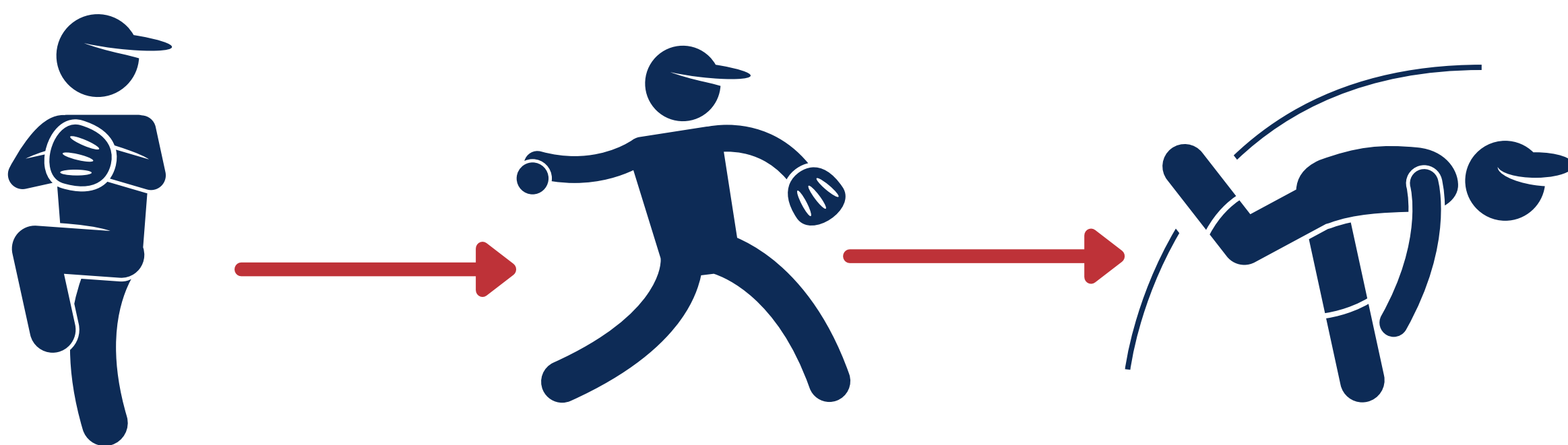
THROWING



LOAD + FIRE THROWS

Setup:

- Great drill for warming up the arm/body and should be done after stretching out in long toss
- Players should grab ball and throwing partner. Set-up 50-60 feet apart from each other with one partner starting with the ball



Instructions:

- From comfortable set position with ball in their glove and a 4-Seam grip, athlete athletically hops onto their back leg, loads up their weight, drive their momentum and body through target delivering the ball on a crisp line to partner's chest
- Athlete should work to highly engage their lower half which will help provide more power, and more stability in their throws
- Pitchers can add variation by starting in a set position, lifting their leg up to balance point, and then slowly bringing lead foot back down to tap the ground. Staying balanced and controlled as they repeat the toe taps 3 times, on the 3rd time, come to balance point and drive momentum through target

FENWAY FUNDAMENTALS

One cue that you can use to emphasize proper lower half involvement is "Drive the Back Hip". The Back Hip in our throwing motion is one of the best sources of power/stability. We aren't looking to just lunge explosively at our target, we want to drive through it as well. We want to feel that our Back Hip is the driver and our arm is along for the ride.



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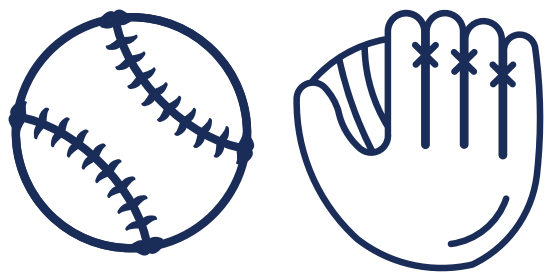
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**MAKE THE GRAB
WITH VERDUGO**



Equipment Needed:

- Ball
- Glove
- Wall (or Cone)



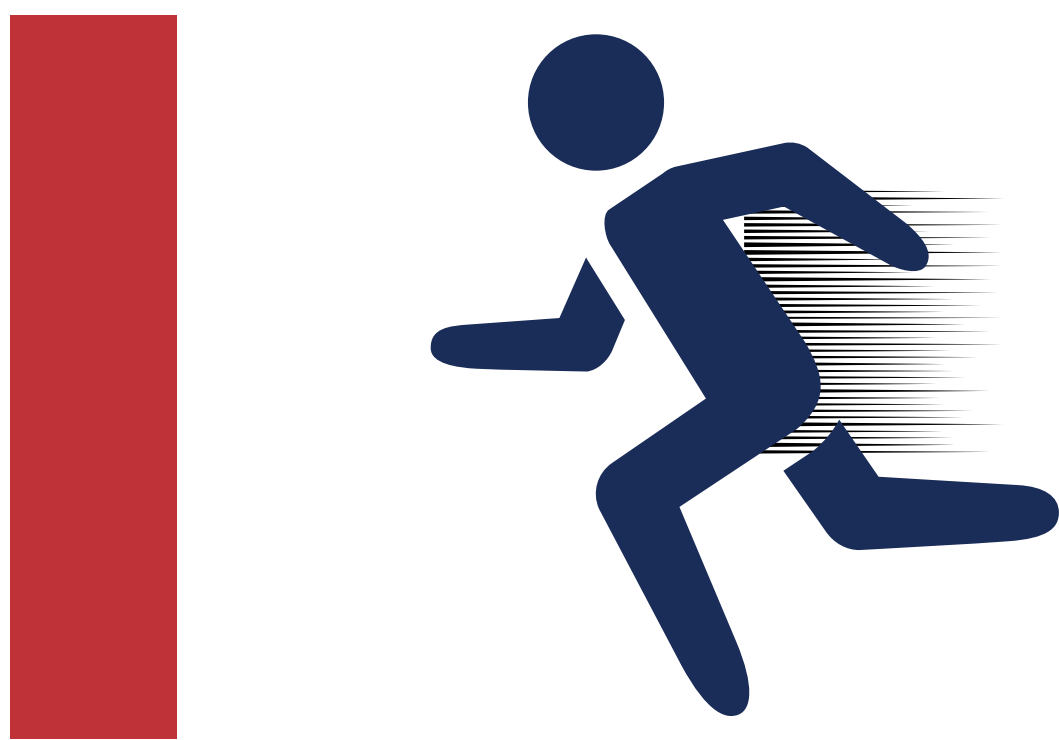
FIELDING



FIND THE WALL DRILL

Setup:

- Find a wall (or set up some cones) and stand about 10-15 feet away
- Coach/Partner starts with a ball while player starts in ready position with their glove



Instructions:

- Coach tosses fly ball towards the wall
- Player turns and runs back towards the wall
- Player works to find the wall with an outstretched hand, and then quickly gets their eyes back on tracking the ball
- Player finds the wall with their outstretched hand, steadies themselves by taking a step to the ball, and secures the catch with two hands
- Repeat with different variations of fly balls for an added challenge

FENWAY FUNDAMENTALS

Some fly balls are not going to provide a ton of time to settle under. On these types of fly balls, Outfielders should be working to use their peripheral vision to spot the wall. The wall will get bigger as you get closer to it! When there isn't time to feel for the wall and settle under the ball, that awareness and athleticism make all the difference in making a catch successfully, and safely.



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**FLIP THE SCRIPT
WITH
SCHWARBER**



Equipment Needed:

- Balls
- Glove
- Bucket/Net



FIELDING



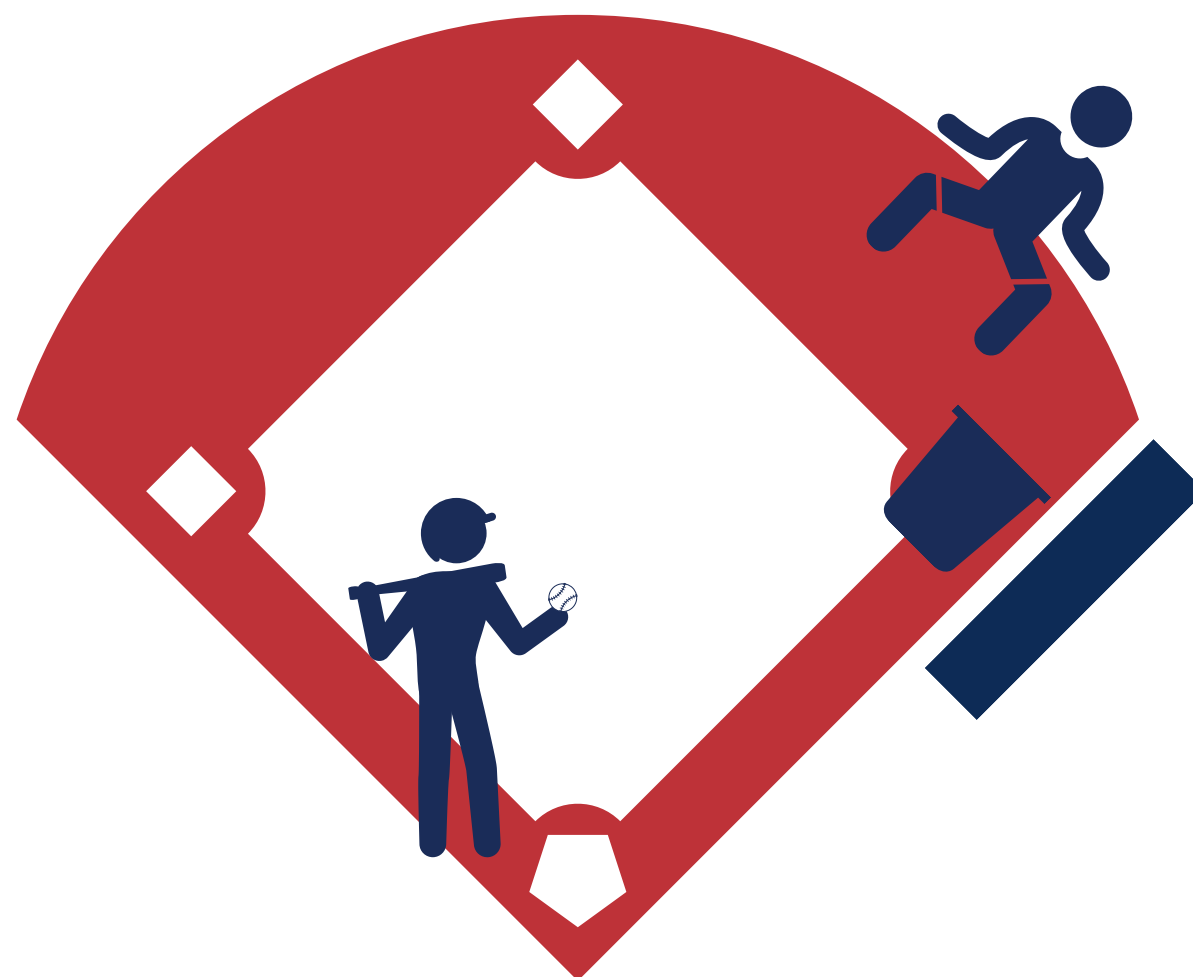
1ST BASE BUCKET FLIPS

Setup:

- Place an empty bucket on 1st Base with fielder lined up In normal defensive positioning
- Coach stands In front of home plate ready to hit ground balls



- +3** BALL LANDS IN BUCKET
- +2** BALL LANDS IN NET
- +1** BALL HITS TOP OF BUCKET
- +0** BALL HITS TOWARDS BOTTOM OF BUCKET OR OUT OF LINE WITH BASE



Instructions:

- When ready, coach hits groundballs directly to 1st Baseman or away from the 1st Base line
- Player works to field the ball cleanly with two hands, then deliver the ball underhand to the Net/Bucket
- This is accomplished by staying low, keeping the fielder's momentum going through 1st Base, and then working to flip the ball with little to no spin (imagine handing the ball off, rather than "winding up" to toss It)
- You can use the scoring system above to keep track of progress!

FENWAY FUNDAMENTALS

Many players will try to toss the ball directly to the pitcher during this kind of play. Although that can work In some scenarios, It's better to work on flipping the ball to the 1st Base bag Instead. This Is an easier target to aim for as a 1st Baseman and easier play for a Pitcher to make as they know exactly where the ball will be, they just have to focus on getting to the bag and making the catch!



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