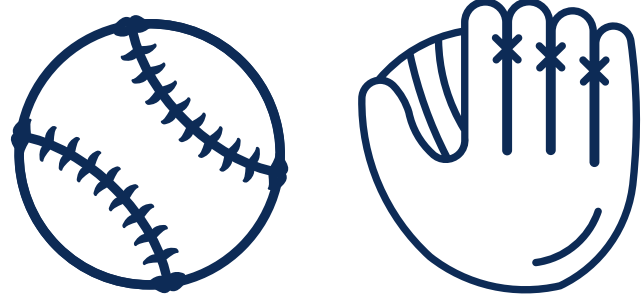


## Equipment Needed:

- Gloves
- Balls



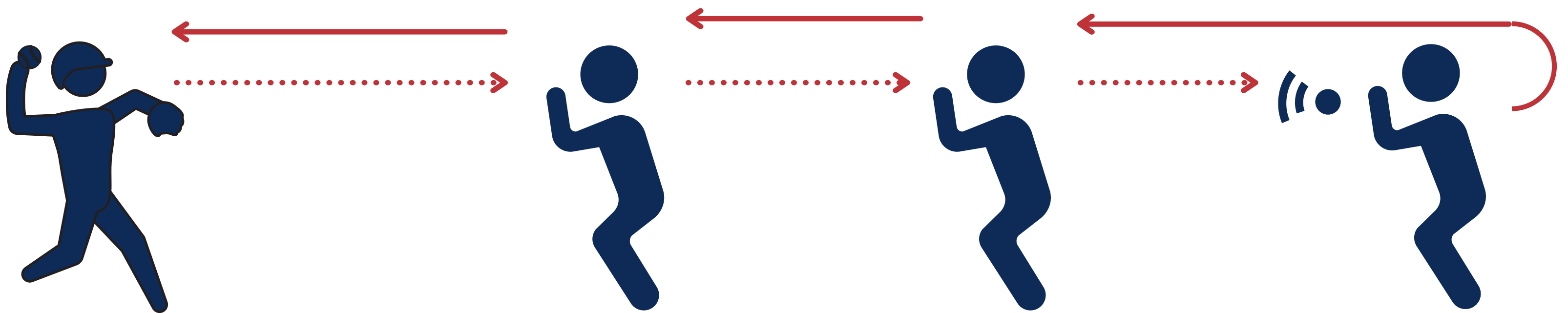
# DEFENSE



## 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.



**RED SOX**  
FOUNDATION™

COACHES BOX  
PRESENTED BY



For More Resources

[RedSoxFoundation.org/CoachesBox](https://RedSoxFoundation.org/CoachesBox)