

BACKYARD baseball

Presented by 

There's plenty of ways to stay active while staying home. We're here to give you some creative ways to play backyard baseball and practice your playing skills!

BATTER UP

What you'll need:

Baseball bat, large stick, or something to hit with and popcorn kernels or sunflower seeds.



What now?

Practice your hand eye coordination by trying to hit the kernels or seeds. The small target makes it harder to hit! Challenge yourself by also using a stick as your bat.



Share how you're staying active while #boredwithoutbaseball by sharing pictures with @redsox on social media!