

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!

PLAY BALL

What you'll need:

Anything to play catch or hit a ball with! If you don't have typical baseball gear, we encourage you to use your imagination.



What now?

Simply go outside and play! For some warm weather fun, use water balloons as your baseballs and hit them in the back yard! Ever play "hot potato"? Use a water balloon to play catch with your family - whoever pops the balloon first owes ten jumping jacks!



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