

KABOOM KICKBALL

Kaboom Kickball

Join OTA for this playground favorite! Knock it out of the park with a big kick and use those same feet to motor around the bases. This program is all about playing the game. More game time equals more fun! The class will focus on teamwork and sportsmanship, topped off with some HIGH FIVES! Sign up today!

Skills to focus on: Kicking, throwing, catching grounders, catching pop ups, and running bases

Facilities: Gym or outdoor

Safety: No fielder should be in front of the pitcher (Instructor). There are no 'burn-outs' or 'pegging'. Make bases a larger square area to avoid runners and fielder colliding. Make sure players waiting for their turn to be 'at-bat' are safely away from home-plate or getting in the way of play.

Tips: Kickball is a kid favorite. Be careful of making lopsided teams. Find ways to keep the score close. We recommend instructors are all time pitchers. Starting games with everyone getting a practice kick is a good way to get all the kids comfortable before the game starts. Don't assume every kid knows how to play; always review the rules.

Skills/Drills

1. Kicking
2. Throwing/Fielding Grounders
3. Throwing/Catching Pop Ups
4. Running the Bases

Games

1. Kickball
2. Tag Ball
3. Home Run Derby
4. 500
5. BP (Batting Practice)
6. Ground Ball Eliminator
7. Numbers Game
8. Mine-Mine
9. Race Track
10. Cut Off
11. Around the Corner and Headed for Home
12. Big Play
13. Rounders Race
14. Go Long
15. Long Run
16. Race to First Base
17. Fair Catch