

KABOOM KICKBALL GAMES

1. Kickball

Equipment Needed: Kickball, Cones

Set Up: Set up a kickball field.

How to Play:

1. Divide the class into 2 teams
2. 1 team will be batting first and 1 team will be in the outfield first.
3. This game is traditionally played outdoors but can work just as well indoors in a gym.
4. Give each team a name; i.e. - New York Knicks vs. New York Yankees.
5. The Instructor should be the all-time pitcher until he/she feels comfortable having a player be the pitcher.
6. The pitcher rolls the ball to the batter, the batter kicks and runs to first base, etc.
7. In order to get the batter out, the outfield must throw it to the base the batter is running to, or can tag runner with ball. (NO PEGGING! The batter cannot be out if an outfielder throws the ball at them directly.)
8. The game is played just like baseball, but instructor can determine outs, strikes, etc.
9. Runner may also be out if ball is thrown back to pitcher before runner gets to base.

Tips:

- Gym Rules- If the batter kicks the ball to the other side of the gym against the wall it is a homeroom.
- If the batter kicks it into a basketball hoop it is a grand slam, and (3) If the batter kicks the ball and it hits the ceiling the batter is out
- A line of cones should be stretched from first base to third base. No player in the field is allowed to stand in front of that for fielding purposes and safety.

2. Tag-Ball

Equipment Needed: Cones, Balls

Set Up: Create a rectangular boundary with cones.

How to Play:

1. Half of the players have a ball, half do not.
2. One player is "it."
3. Only players without a ball can be tagged.
4. With cooperation and communication the players can protect each other by passing the balls to each other.
5. You may increase the number of players who are "it."

Tips:

- If players drops ball being passed to them, they are out.
- If Instructor determines that a bad throw was made, that player is out.

3. Home Run Derby

Equipment Needed: Cones, Balls

Set Up: Create a "homerun area" boundary with the cones.
Each Instructor should have their own group.

How to Play:

1. Players get 5 tries to kick a home run.

Tips:

- Players waiting to hit should be in the field.
- Players may not cross into the "homerun area" to stop a ball from being a homerun.

4. 500

Equipment Needed: Kickball, Cones

Set Up: No set up needed.

How to Play:

1. Players are to spread out in the outfield.
2. Instructor kicks or throws pop-up balls toward the outfield.

Tips:

- Fly ball is worth 100 points. Ground ball is worth 50 points.
- When a player gets to 500 points they play come in to kick balls.

5. BP (Batting Practice)

Equipment Needed: Kickball, Cones

Set Up: Create playing field with cones

How to Play:

1. Designate players into fielding positions.
2. Instructor then pitches batting practice to the kicker.

Tips

- After a fair amount of kicks, hitter goes into field and fielder comes into hit.
- Points should only be given for making contact with the ball, no matter how it is hit.

6. Ground Ball Eliminator

Equipment Needed: Kickball, Cones

Set Up: Set up playing field. There should be one stack (line) at shortstop and one stack (line) at second. Instructors will be kicking (or rolling) ground balls alternating turns between each line.

How to Play:

1. Divide players into 2 teams, have each team line up behind one of the cones in the field.
2. First player in line steps forward.
3. Instructor kicks or rolls grounders to players for them to field.

Tips:

- At first, players may stay in line if they just keep the ball in front of them.
- During later rounds players can be eliminated if they bobble the ball.
- Instructors may incorporate throwing to a player or Instructor after fielding the ball.

7. Numbers Game

Equipment Needed: Kickball, Cones

Set Up: Create a rectangular boundary with cones.

How to Play:

1. Divide the class into 2 teams and give each team its own set of number's i.e. - 1- however many are on the team.
2. Assign names to each team – ALWAYS ASSIGN NAMES!! i.e. - the Dragons vs. the Tigers.
3. Each player will have a same number as one other player on the other team.
4. Call a number and throw out two balls.
5. The players from the different teams with the same number must run out and get a ball, and make a throw to the designated spot or player.
6. Each player gets one throw.
7. Whether they make it or miss it, they have to collect the ball, and return it to the Instructor as fast as possible, then return to their team.

Tips:

- Award points for a player who runs back to his/her team faster than the other player and for cheering louder.

8. Mine-Mine

Equipment Needed: Cones, Ball

Set Up: Create a triangle space with cones

How to Play:

1. One player should be positioned at each cone
2. Instructor will throw pop ups and call out player who should catch it.
3. Ball should be thrown in order to land in the middle of the triangle.
4. Once player gets a turn, rotate new players into triangle

Tips:

- Be sure to emphasize safety for this game.

9. Race Track

Equipment Needed: Cones

Set Up: Set up playing field with cones

How to Play:

1. One player stands at each base.
2. The rest of the players stand in a line at home plate.
3. First player at home throws to the player at first.
4. Once you have thrown to a base, you replace the player you threw to by running to that base.
5. This continues all the way from first to home.
6. After throwing the ball from third to home, the player that was on third goes to the back of the line at home plate.

10. Cut Off

Equipment Needed: Kickball, Cones

Set Up: Set up cones every 10 yards apart, 3 or 4 cones
Create multiple lines of cones.

How to Play:

1. Divide the class into groups of 3 or 4 (depending on the amount of cones you set up).
2. Have one player at each cone.
3. Object of game is to relayed ball from one end to the other end by throwing to each player at a cone.

Tips:

- Emphasis should be placed on catching the ball with two hands, making the exchange sideways, throwing to the next player's chest, and doing it quickly.
- If a ball is overthrown or dropped, it has to go back to the beginning.

11. Around the Corner & Headed For Home

Equipment Needed: Balls, Bats

Set Up: Create a base path from second to home.

How to Play:

1. A line of players should be at 2nd to be runners.
2. Place catcher next to home plate area (not on) to be target for throw home.
3. There should be a line of outfielders.
4. Instructors hit (or throw) balls into the outfield area while runners try to score from 2nd.
5. Fielders should collect ball and throw to target before runner scores.

Tips:

- Target should not be on home plate for safety reasons.
- If playing in a gym, players should field ball off wall.

12. Big Play

Equipment Needed: Kickball, Cones

Set Up: Set up playing field with cones

How to Play:

1. Instructor sets up scenarios for players to make tough plays.
2. Situational plays.

Tips:

- Diving grounders, backhands, sliding catches, diving catches, over the shoulder.
- Players should be encouraged to try new things and be creative... but make the play.
- Should start with just fielding plays, then work into making throws.

13. Rounder's Race

Equipment Needed: No equipment needed.

Set Up: Set up playing field with cones

How to Play:

1. Divide the class into 2 teams.
2. Have one team start on home and one team start on 2nd.
3. 1st players from each team should have a ball in their hand.
4. On a signal each team will start running around the bases.
5. After each player runs around the bases, he/she will hand the ball to the next player.
6. 1st team to get all players completely around the bases wins.

14. Go Long

Equipment Needed: Kickball

Set Up: One stack of players for each coach

How to Play:

1. First player in line starts with ball
2. With a quick toss to the Instructor the player takes off and runs in a line for an over the shoulder catch.

Tips:

- Compare this to a receiver in football scoring a touchdown pass.

15. Long Run

Equipment Needed: Cones

Set Up: Create a playing field with cones.

How to Play:

1. Divide the class into 2 teams.
2. Each team should be in a straight line in an area on either side of home plate.
3. 2 players step up to the plate and begin a race.
4. One player begins running down first baseline, one player runs down third baseline.
5. The winner is the player to reach home first.
6. Each player should get a turn.

16. Race to First Base

Equipment Needed: Kickball, Cones

Set Up: Create a playing field with cones

How to Play:

1. Place a player at 1st base and a player at 2nd base.
2. One player is at home plate (this is the “runner”).
3. The Instructor kicks (rolls) the ball to 2nd base.
4. At the same time, the “runner” sprints to 1st base.
5. Object is to see if the 2nd baseman can throw the ball to 1st baseman before the “runner” gets there. (1st baseman must catch the ball to count as an out.)

Tips:

- There must be 1 base for the 1st base player and a different base next to it for the “runner” to avoid collisions.
- Instructor should vary where they kick (roll) the ball (a little to the left, a little to the right).
- Have 3 lines of players off to the side (1 for 1st base, 2nd base, and “runner”). After each play, switch players

17. Fair Catch

Equipment Needed: Kickballs, Cones

Set Up: No set up needed.

How to Play:

1. Select player to punt the kickball into the rest of the players whom are standing down field.
2. Players may also do place kicking as opposed to punting.
3. If a receiving player catches the ball, they may then take a turn kicking.