

KABOOM KICKBALL SKILLS & DRILLS

1. KICKING

SKILL –

- a. Use shoelace part of shoe to strike ball.
- b. To kick the balls on the ground have head and knee over the ball.
- c. To kick the ball in the air lean back.
- d. Aim by pointing your non-kicking foot in the direction you want your kick to go.

DRILL – Kicking Stacks

Equipment Needed: Kickball

Set Up: No set up needed.

How To

1. Place players into stacks.
2. The players should spread out to half field.
3. They kick the ball from one end to another.

2. THROWING/FIELDING GROOUNDERS

a. THROWING SKILL –

- Bring arm back in circular motion.
- Step with opposite leg forward.
- Opposite arm points towards target.
- At top of circular motion, L shape is created with throwing arm.
- When releasing ball, throwing arm should go down across their body, and back leg brought forward.

a. CATCHING GROUNDERS SKILL –

- Be on toes.
- Butt down, knees bent, and body behind the ball.
- Once ball reaches player, lower hands down to clamp the ball.

DRILL – Partner Fielding

Equipment Needed: Kickball

Set Up: No set up needed.

How To:

1. Place players into pairs.
2. Then split them into stacks.
3. Once players are in partners, have them throw and catch back and forth.

4. If there is a wall, have them line up in stacks and throw the ball at the wall.
5. Once they are comfortable throwing work on fielding ground balls.
6. One player rolls the ball to their partner.
7. Then they field it and roll it back to their partner to field.

3. **THROWING/CATCHING POP UPS**

SKILL –

- a. Keep eyes on the ball.
- b. When judging a fly ball, players should always move back before moving forward.
- c. Two hands to catch ball in front and overhead.

DRILL – Partner Pop Ups

Equipment Needed: Kickball

Set Up: No set up needed.

How To:

1. Place players into partners
2. Then split them into 2 stacks.
3. Have them do partner Pop-Ups.
4. One player throws the ball up in the air and the second player tries to catch it.
5. If this does not work then the Instructor throws pop ups, each player taking a turn catching them

4. **RUNNING BASES**

SKILL –

- a. Run through first base.
- b. Rounding bases.
- c. Stealing bases: two-step lead, never cross feet, run with head down.
- d. Home Run Trot.

DRILL – Running Tree

Equipment Needed: Cones

Set Up: Have a baseball diamond set up if there is not one available.

How To

1. Players should run single, double, triple, homerun.
2. Instructor should pretend to be a pitcher, while a player is on first trying to steal a base.
3. Instructor should pretend to come to stretch, pick players off, or throw home.