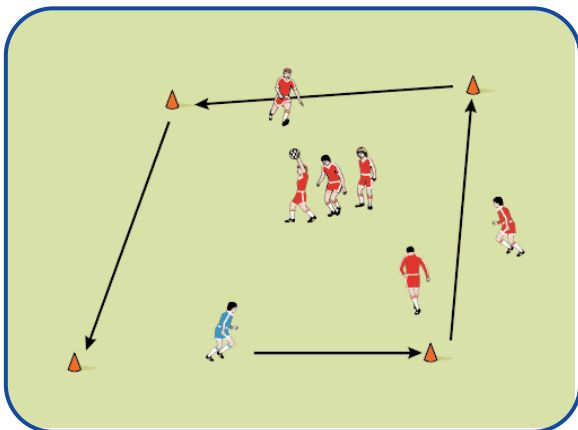


Cooperative Kickball



Implications for the Game

Technical

- For the kicker - kicking with various foot surfaces
- For the fielding team - receiving

Physical

- For the kicker - running speed around the bases
- For the fielding team - flexibility

Tactical

- For the kicker - decisions on ball placement

Social/Psychological

- Everyone receives a turn at bat each inning.
- Cooperative effort by fielding team to get runner out, everyone is involved
- Promotes development of teamwork

Activity Organization:

Divide players into two teams and arrange them on a kickball diamond with bases and outfield.

Play this game like regular kickball except with the following two rule changes:

1. Play with no outs; everyone gets a turn at bat each inning. When everyone has kicked the inning is over.
2. All the teammates of the person who fields the ball quickly form a straight line behind him. Player in front passes the ball over his back to the next person, that person passes back between their legs. Follow an over-under sequence until the last person dribbles the ball to the front.

If the team can complete this task before the kicker gets across home plate, the kicker is out. If the kicker crosses first, score one run. Play as many innings as you desire. Depending on the skill level of your group, you may want them to use only soccer skills when receiving the ball or allow them to use their hands.

Related Activities

- Bridge Passing
- Edge of the World
- Open and Close Gates