**One on One Kickball**

**3-5**

One on One Kickball

* This is a great game to practice kicking and dribble from soccer.
* The object of the game is to retrieve the ball and dribble it back as quickly as possible.

1. This game is played in partners, each partner group needs a ball and a spot, cone, or hoop for home plate.
2. One partner will be the kicker and the other partner will be the fielder.
3. The kicker stands on/near the plate and kicks the ball into the field(the field can be 360 degrees or 180)
4. The kicker then does a designated exercise (see list below).
5. The fielder must get the ball and dribble it with their feet back to home plate to stop the kicker from doing the exercise.
6. The total number of exercises completed is the number of runs scored.
7. The players then switch places and continue.
8. Change exercises with each inning.

Note: the equipment and skill practiced can be changed, i. e. throwing, punting, hockey shot/dribble. Adapted from Rounders https://www.jmu.edu/kinesiology/hpainstitute/documents/2011/The%20Funnest%20Way%20to%20Teach%20PE.pdf

Equipment – one soccer ball or chosen equipment and one spot, cone or hoop (for home plate) for every 2 students.

List of Exercise

Curls ups, push ups, burpies, toe taps (touch one foot at a time to the top of the soccer ball), tick tock (tap the ball back and forth between the feet), squats, toe raises, tuck jumps, or any other activity specific exercise.

Home Plate

360 degree playing area OR 180 degree area