



A Soccer-Inspired Hybrid Sports Company.

Physical Education Game & Activity Guide



What P.E. teachers are saying about Kickit:

“I am excited to continue teaching Kickit to my students. I introduced it this year just to test it out. I will definitely be making a purchase to support a full teaching unit on foot coordination skills. The ball is just perfect. It’s light weight and not intimidating for students to kick and head.”

-Kristin G.

“As a PE teacher during hybrid teaching with small class sizes This has been awesome! I recommend it to anyone. Giving this to everyone I know that has kids this Christmas”

-Julie R.

“This is a great indoor activity for us. It doesn't require much space and the nets go up quickly. Easy to set up and take down. Most importantly, the kids loved it!”

-Greg W.

[Click To Shop Our P.E. Bundles Here](#)

Table Of Contents:

Intro: How To Fit Kickit Soccer-Tennis Into Your Program

Games: Beginner To Advanced

1. Kick-Bounce Circles
2. Kick-Bounce “Egg Toss” Doubles
3. Kick-Bounce “Egg Toss” Quads
4. Kickit Soccer-4-Square
5. Over The Net
6. Let’s Kickit! (Beginner & Advanced)
7. King’s/Queen’s Court
8. Volley Vortex

How To Order For Your Program

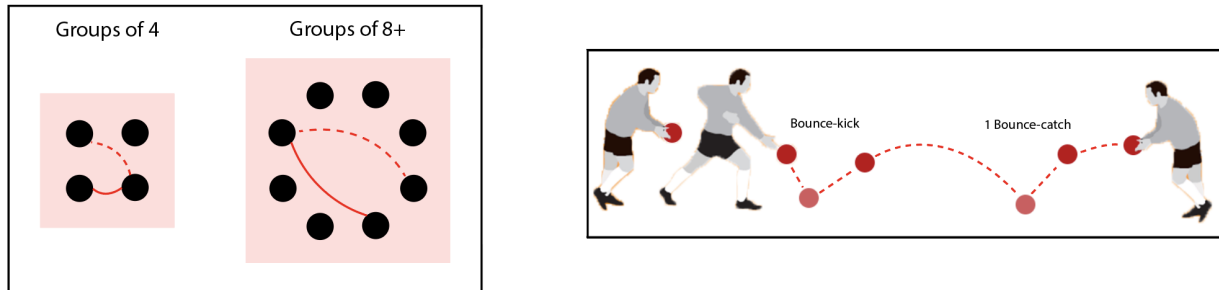
How To Fit Kickit Soccer-Tennis Into Your Program

Kickit Soccer-Tennis is like playing Soccer on a Tennis court. You can kick our specially engineered soccer-tennis ball back and forth over a net until points are scored. With Kickit Soccer-Tennis, students can learn dexterity and fine motor skills while having fun at the same time. (Click To Watch The Video Below)



Games: Beginner to Advanced

1. “Kick-Bounce” Circles (Beginner)



Kickit Soccer-Tennis Balls needed: 1 per group

Number of players per group: 4 – 8 (Great for engaging everyone all at once
splitting class up into groups of 4's or 8's)

Ball Air-Pressure: Medium. We recommend inflating the ball only to 75% of capacity for engaging all skill levels. It is much easier to control like this as the ball doesn't bounce as high or as far.

Set-up: Circle up. Player with the ball starts by holding the ball with two hands. Drop the ball and kickit as it bounces upward so that the ball bounces in the middle on the way to the opposite side of the circle. Try to get everyone to kick it and bounce it to the other side. Try playing in a numbered sequence to up the stakes i.e. #1 passes to #5 who passes to #3 etc.

Tips for success:

- Teach about the Plant Foot. If a player is right footed, then their left foot should act as the “plant foot” (see image below). Setting your plant foot forward, hold the ball out in front of you and slightly to the right of your plant foot where your right foot will kick, drop the ball, and swing your back foot forward and through the ball as if you're taking a large step forward, making contact with the ball on your way. An easy way to remember this is in 3 steps: 1. Plant foot forward 2. Hold ball straight out in front 3. Drop the ball and step forward kicking the ball.

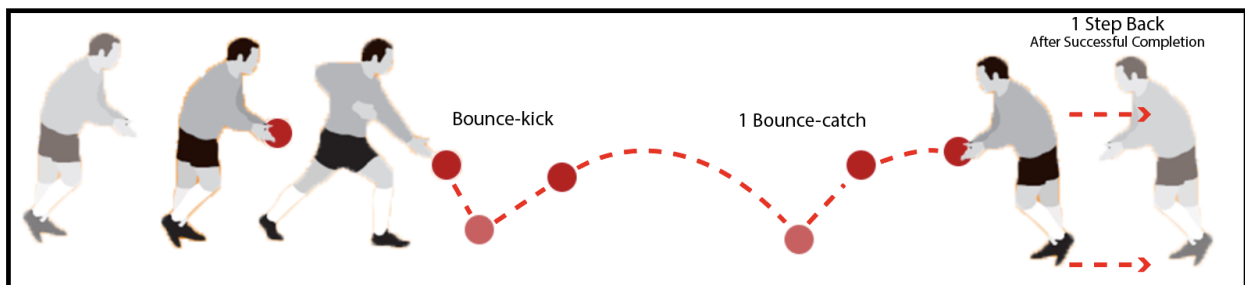


- Emphasize kicking it *softly* in the beginning. Some will want to punt the ball. We want to keep it controlled and in the circle.

Other variations for more engagement:

- Set a 5 minute timer and see which group gets the most consecutive kicks.
- **(Beginner)** Allow more bounces. i.e. bounce 2X before you kick it back up.
- **(Advanced)** Eliminate all bounces.

2. Kick-Bounce “Egg Toss” Doubles (Beginner)



Kickit Soccer-Tennis Balls needed: 1

Number of players: 2

Set-up: Start by holding the ball then drop it and kick the ball after it bounces upward, aim to have the ball bounce 1X before getting to your teammate. After one full back and forth, both players take one step backwards and repeat. See how many steps back you can take before the Kickit Soccer-Tennis Ball is dropped or bounces more than 1X in between.

You can split the class into two groups A's and B's and all A's start on the baseline spread out by 5 yards and all B's facing A's 3-4 feet in front. B's can take large steps backward with each successful back and forth.

3. Kick-Bounce “Egg Toss” Quads (Beginner)

Kickit Soccer-Tennis Balls needed: 1 per group

Number of players: 4

Set-up: 4 players start standing across from each other 3-4 feet apart in a square. One player kicks it in the air to the other player to catch it. The other player catches it and kicks it back. All players must kick and catch at least once. After one full rotation, all players take one step backwards and repeat. See how many steps back/how big your grid can become before the Kickit Soccer-Tennis Ball is dropped.

4. Kickit Soccer-Four-Square (Beginner)



Kickit Soccer-Tennis Balls needed: 1 per team of 4-6 players

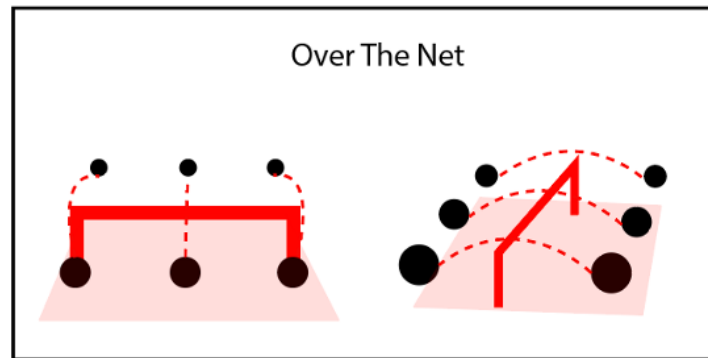
Kickit Soccer-Tennis Nets needed: None

Set-up: Create a 4 quadrant grid using cones or court lines. Play the game of Four-Square! Except you can only use your hands to start the serve. Once the ball is in play, the goal is to kick, thigh/knee, chest, or head the ball back onto another grid space. The ball must bounce in a grid to count. Once a player makes it to the Kings Square they can begin scoring points. First to 11 wins the game!

Other variations for more engagement:

- Set a timer and the player who scores the most points in the end, wins!
- Rotate Kings to new courts after every 3 points is scored

5. Over The Net (Intermediate)



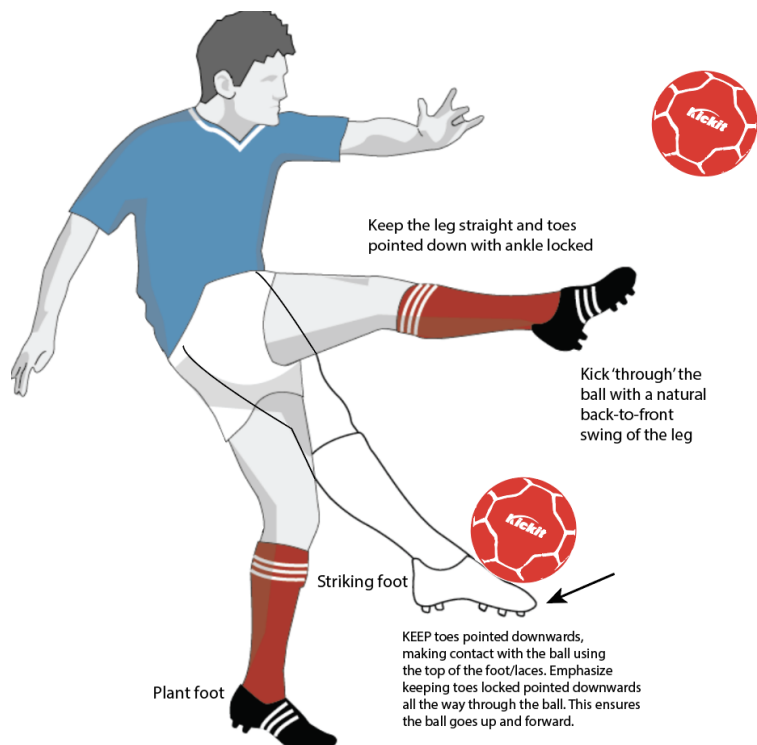
Kickit Soccer-Tennis Balls needed: 1 per team of 2 players

Kickit Soccer-Tennis Nets needed: 1 per group of 4 players.

Set-up: Each pair of players are divided by the net. Facing one another from each side. 2 players on each side standing 3 feet back from the net. In this exercise the players are introduced to the net and are instructed to kick the ball over the net to their partner who catches it. This is a shift from kicking it upwards in the group circle. Now players are asked to be directional with their kick to their partner *and* over the net.

Tips for success:

- Remind about the plant foot mechanics. These are important to learn for a successful service. Review diagrams.



- Introduce other parts of the body to try. Players can use their knees and head to get the ball over the net.
- Introduce different parts of the foot using a cone for added assistance. This variation is similar to tee ball and gives players a chance to explore and isolate their focus to their feet without the distraction of tossing the ball.



Other variations for more engagement:

- Introduce the egg-toss game where after each successful pass and catch, players take a step backwards. See how far they can go kicking it over the plain of the net and catching it.
 - Make it a race to the base line. First team to back up all the way to the baseline and have two successful kicks + catches across the net wins!

***At this stage, two fundamentals have been introduced to prepare players for successful Kickit Soccer-Tennis matches.**

- 1. Understanding the principle of kicking the ball UP in the air to get more time to react to it and for passing it successfully to a teammate.**
- 2. Understanding how to be directional with a ball over a net.**

6. Let's Kickit! (Beginner & Advanced)

Kickit Soccer-Tennis Balls needed: 1 per court

Kickit Soccer-Tennis Nets needed: 1 per group of up to 12 players on a full tennis court (6v6)

Set-up: Formation for each team should be staggered. Players can serve closer to the net to start.

How To Play:

- **Serving:** One team starts with the Kickit Soccer-Tennis Ball. Serving team kicks the ball over the net from the baseline (You can either kick it from your hands or allow a bounce-kick). The ball must bounce on the other side of the net for a successful service. If the ball tips the net on the way over, it is a "Let" or a "Fault" and the server gets 1 more try to re-serve without a penalty. If the serve is unsuccessful again, it is a second fault and a point to the other team. The other team then regains service for the next point.

Beginner Service Baseline: 5 feet from the net

Advanced Service Baseline: 10 feet from the net

- **Scoring:** Points are "Make-it-take-it". If you score, you win/retain the serve. First to **7/11/or 21** points wins depending on skill level and time.

- **Rallies:** To start, play “don’t let it roll”. This means that each side can allow the ball to bounce as many times as they need before it goes back to the other side. The only rule is that you can’t let the ball get to a roll or a stop. If it gets to a roll, bounce, or goes out of bounds, that’s a point for the other team. Progress to the real gam where there’s only a max of 1 bounce per side and 3 touches per team before the ball has to go back over. It is recommended to have at least one “soccer player” or soccer enthusiast per team.

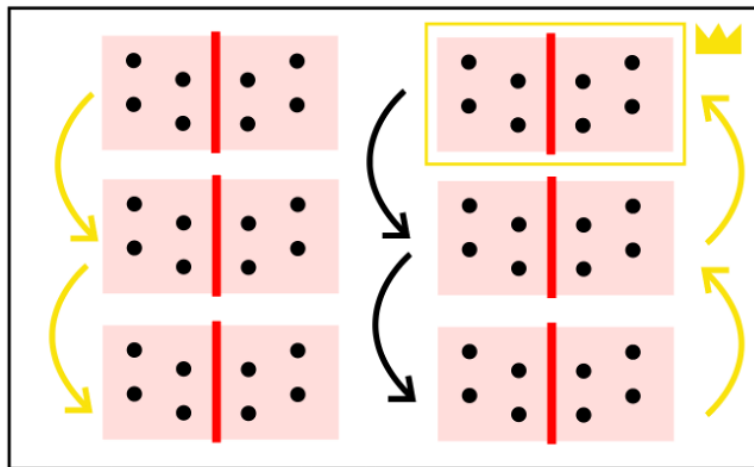
Tips for Success:

- Similar to recreational Volleyball, after every point lost, rotate players clockwise to engage all players in serving.

Other variations for more engagement:

- Increase/Decrease the # of players per team and # of bounces
- Enable/Disable the ability to use hands.

7. King’s/Queen’s Court (Advanced)



Kickit Soccer-Tennis Balls needed: 1 per court

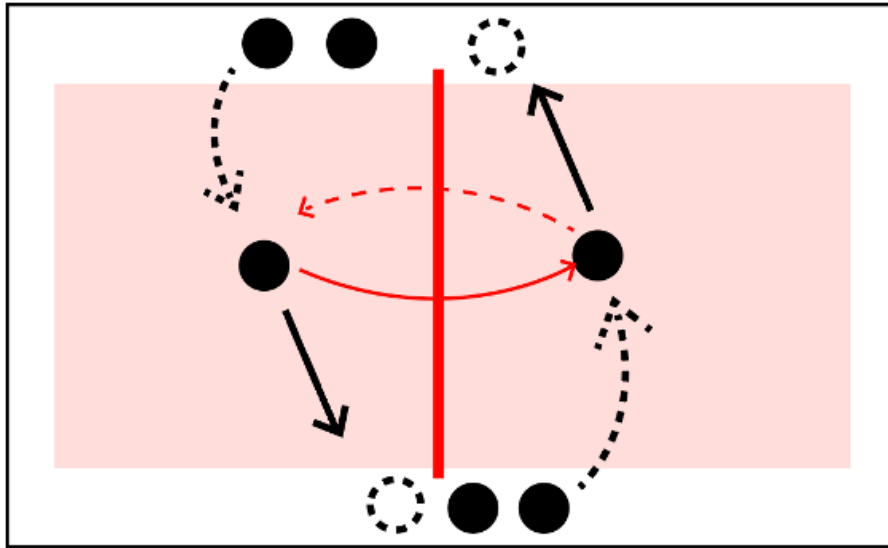
Kickit Soccer-Tennis Nets needed: At least 3 nets. 1 per group of 4 players for 2v2

Set-up: Line up three nets side by side with a 5-10 yard space in between. Place one ball on one side of the court. Create baseline boundaries 10 feet from on the net on both sides. Use the width of the net to inform the sidelines. Stagger players in a zig-zag formation on the court.

How To Play:

- Play Kickit's Soccer Tennis standard rules (noted above), whichever team has the most points in 3 minutes moves up a court (Promotion) and whichever team has the least number of points moves down a court (Relegation). The winning team on the top court at the end of the class is awarded King's/Queen's of the Kickit Court.

8. Volley Vortex (increased cardio) (Advanced)



Kickit Soccer-Tennis Balls needed: 1 per group

Kickit Soccer-Tennis Nets needed: 1 per group of 4-6 players.

How To Play:

- Player 1 serves it to player 2 across the net and then moves off the court clockwise to be replaced by Player 3 who was just standing on the sideline. Player 2 then returns the ball over the net and moves off the court to be replaced by Player 1. The objective is to kick it back over the net as a collective while running around the net.

Tips for Success:

- Kick the ball higher in the air (not farther).
- You can start off by kicking and catching to get the rotation right.
- You can use hands to start as well for any non-soccer players.

Other variations for more engagement:

- Every time a player messes up, they are eliminated until there is only one survivor left!

Let's **Kickit**

How To Order Kickit Products For Your Program:

[Click here for our PE Program Bundles](#)

Our Education-Program Guarantee: We will replace all products Purchased if there are manufacturer defects or if they are broken, no questions asked! We offer special educational discount pricing. Orders will always be shipped within 3-5 business days.

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