

Name/Title: All-Ball Kickball

Purpose of Event: To improve students' abilities to kick for distance using the "shoelaces" of the foot and to dribble using the insides of the feet.

Prerequisites: Prior instruction on kicking a stationary ball into the air with the "shoelaces" of the foot as well as dribbling by using the inside of the foot.

Suggested Grade Level: 2-3

Materials Needed: One soccer-size gator-skin or other foam ball for half the number of students in the class; one soccer goal or folded gymnastic mats to make a goal area; 15-20 cones.

Description of Idea

Before class, set up one soccer **goal** at one end of a large, open playing area. If a net is not available, a folding panelled gymnastics mat can be set up for a goal area. Use cones to set up a curved goal line approximately 8 feet from the goal. Then, set up two parallel lines of cones at the other end of the playing area. The **two baselines** should be approximately 15 feet apart, with each cone on the first baseline having a counterpart on the second baseline.

Students should have already had practice in using the **shoelaces** of the foot to kick the ball into the air as well as how to dribble using the **insides** of the feet. After reviewing these skills, explain and demonstrate the activity as follows:

Half the class is **lined up** at a cone on the first baseline with their ball on the ground. The other half of the class is **scattered** anywhere in the outfield. On your signal, students at the cones all kick their ball forward into the outfield. After they kick the ball they run to their cone on the second baseline and back again to the first. This scores one "**run**". They keep repeating going back and forth, scoring "runs", until the signal is given to stop.

When the balls have been kicked into the outfield, each person finds one ball only to dribble using feet only to the goal. When each person has successfully kicked the ball into the goal (for safety, they should not go across the goal line), this stops the running of the other team. At this time, the teacher can ask each person for their number of runs, and the whole team adds their runs together for a total. Students then **switch** roles, so those in the outfield now get to kick.

Assessment Ideas:

Observe students' abilities to kick and dribble correctly. Students should get many opportunities to kick and dribble, so that you may easily watch each student a number of times.

Teaching Suggestions:

Care should be taken that each student in the outfield collects and kicks one ball only. Discuss with students how, if waiting for others on your team to dribble and kick, one can be supportive rather than negative toward those who are still kicking and dribbling.

Remind students in the outfield to take their time when dribbling -- it is more important to dribble correctly so as to not lose control of the ball. Just kicking the ball and losing control will take much more time, allowing the other team to score more points.

Submitted by **Paul Holman** who teaches at Spence Elementary School in La Crosse , WI . Thanks for contributing to PE Central! **Posted on PEC: 6/7/2001.**

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