



PART NO. B2750-06 Printed in Hong Kong **Made In CHINA**

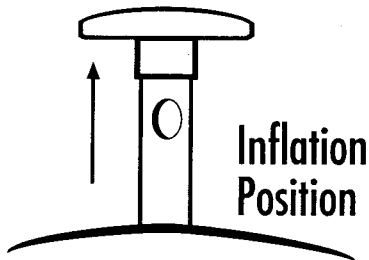
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INFLATION INSTRUCTIONS

- 1** Look for the plastic circle in the ball. That is the inflator. Pull it up to the "inflation position," but **DO NOT** pull all the way out of the ball.
- 2** Note that the air holes are on the **SIDE** of the inflator. Put the inflator far enough onto your mouth so that the holes are inside too, and **BLOW!**
- 3** When the ball is inflated to the desired softness, **QUICKLY** push the inflator back into the ball. That's all there is to it!



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National
ALLIANCE
For Youth Sports

Start Smart™ Sports Development Program

Every Koosh Jr.™ product includes a fun and easy way to teach your child the 5 basic skills needed to succeed in sports. Start Smart™ is a proven program, developed by leading sport physiologists and motor skill specialists, with easy-to-learn activities that build confidence in a positive and encouraging way. This program is critically acclaimed and used in recreation departments and schools around the world.

Start Smart™ encourages:

- a positive learning environment
- building confidence and self-esteem
- keeping it simple
- positive feedback
- striving for success
- completing tasks before continuing

By purchasing this product you are taking an important step in the development of your child as a confident, successful athlete. Completing the activities described in this booklet is the first step.

Your next step is to learn more about the National Youth Sports Alliance and how to get you and your child involved in one of their programs. To find out more information, please call 1-800-729-2057 or visit their web site at <http://www.nays.org>.

National
ALLIANCE
For Youth Sports

...America's leading voice in making sports positive and safe for children.

Kicking Development Activities

Each of these activities should be successfully completed by the child 8 out of 10 times before moving on to the next exercise. If the child becomes frustrated move on to another activity and then comeback.



"Start Smart teaches the basic skills that any child needs if they are going to be successful in sports."

David Hopson
Physical Education Teacher
Naples, Florida

Recommended Equipment for Kicking Activities:

- Koosh Jr.™ Soccer Ball or Boingo™ Ball
- Marker Cones, Milk or Plastic Soda Containers
- Marking Tape or Chalk



S K I L L S
B O O K L E T

While teaching the kicking activities described below, have the child strive towards developing the following techniques:

Kicking the Ball

- Step behind and to the side of the ball
- Leg back, knee bent, toes pointed
- Swing leg forward, straighten knee at contact
- Contact ball behind and in center with shoe laces for long and low kicks
- Arms out to side during kick

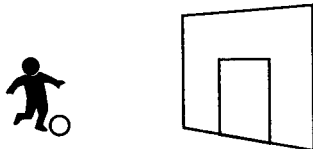
Stopping a Rolling Ball

- Turn toes out, foot flexed
- Watch ball to foot
- Keep foot flexed and “give”

Kicking Pre-Test/Test Evaluation:

These tests should be administered prior to starting the Start Smart™ program and again at the end of the program. This will enable you to gage your child’s improvement over the course of the program. See the next page for scoring.

Set Up/Equipment Requirements and Instructions:



On a large wall at least 10 ft high by 20 ft wide, mark a rectangle 6 ft wide by 8 ft high. Use the Koosh Jr.™ Soccer Ball or Boingo™ Ball.

Place the soccer ball on the 20 ft. line. The child should stand behind the line, run up to the ball, and kick it as hard as possible to hit the target area. Have the child perform the task several times in order for you to get a good evaluation of his/her skills.

Scoring

Use the scoresheet below for the qualitative assessment:

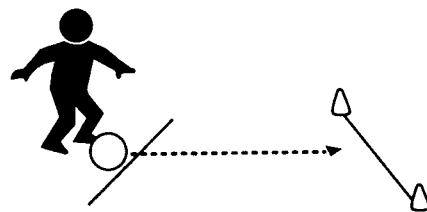
Give a (✓) for each component that is observed and an (X) if the component is not observed

TASK COMPONENTS	PRE-TEST	POST TEST
Non-kicking foot is slightly behind and to the side of the ball		
Kicking leg is brought back behind the support leg with knee bent		
Body is leaning slightly backwards away from the target area		
Kicking leg swings forward and straightens during contact		
Foot contacts the ball in the center of ball with top of foot - not the toes		
Arms are extended at sides for balance during the kick		

The goal should be that your child achieve all (✓) marks.

① Kicking the Ball on the Ground for Distance

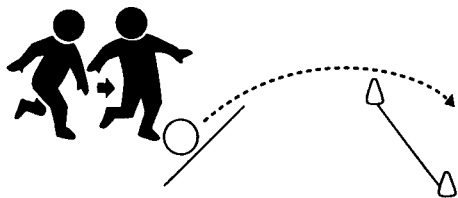
Have the child kick the Koosh Jr.™ Soccer or Boingo™ Ball so that the ball travels along the ground and stops after going the recommended distance. Complete task 8 to 10 times before moving on.



Mark the recommended starting distance of 15ft.

2 Kicking a Stationary Ball in the Air for Distance

Have the child start back behind the ball and take 2 to 3 running steps before kicking. The child should kick the ball so that it passes over the recommended line 8 out of 10 times. Repeat exercise, increasing the distance by 5 feet after child achieves 8 out of 10 kicks at each distance.



Mark the recommended starting distance of 15ft.

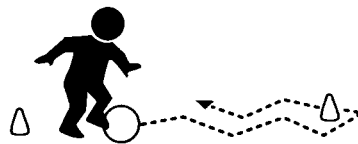
3 Kick and Chase

Have the child kick the ball in the air for distance and then run and chase the ball. When the child reaches the ball, he/she should kick it in the opposite direction as far as possible, then chase it again.



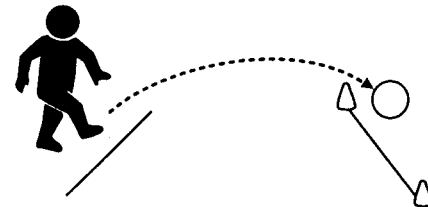
4 Dribbling

While walking from one cone to the other in a straight pathway, the child should tap the ball with the inside of the foot surface, alternating between the right and left foot. As the child demonstrates control, have him/her increase speed but emphasize keeping control of the ball. Challenge him/her to dribble in a zig-zag pathway while moving around the cones.



5 Kicking for Accuracy at a Large Target

The child should kick the stationary ball between two cones, spaced 12 feet apart, from an appropriate distance away (15ft. to start). After the child has mastered the activity move the cones closer together.

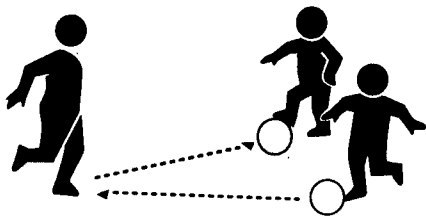


Mark the recommended starting distance of 15ft.

6 Kicking a Stationary Ball and Stopping a Rolling Ball with the Foot

Kick the ball on the ground to the child who is standing the recommended distance away (15ft). The child should stop the ball with the bottom of the foot and then kick it on the ground with the inside of the foot, back to you.

After mastering stopping the ball with the bottom of the foot have the child stop the ball with the inside surface of the foot by "giving" with the ball at contact.



Mark the recommended starting distance of 15ft

7 Dribbling with the Ball and Kicking to a Stationary Target

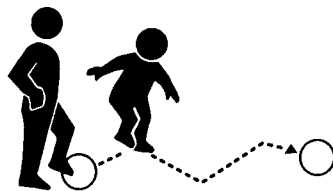
The child should begin at the start line, dribble the ball and kick it to the target (two cones spaced 20 feet apart). As the child is successful have he/she pick up the pace.



Dribble 20 ft., Shoot 15 ft to target

8 Passing the Ball to a Partner

You and the child, while walking in the same direction, should pass the ball back and forth. When the ball is passed to the child, he/she must stop the ball with his/her foot, gain control and begin traveling with the ball before passing it back.



Congratulations! You have successfully completed the Start Smart™ program for Kicking!

Look for these other Koosh Jr.™ products which feature the Start Smart™ Development Program.

Throwing
Koosh Jr.™ Super Squish Football
Koosh® Ball



Batting
Koosh Jr.™ Easy Hit™ Bat & Ball Set
Koosh Jr.™ Great Hit™ Tee Ball



Catching
Koosh Jr.™ Easy Catch™ Glove & Ball Set
Koosh Jr.™ Boingo® Ball



Striking
Koosh Jr.™ Boingo™ Hockey
Koosh Jr.™ Big Boingo™ Golf



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