

*LET THE GAMES BEGIN!*

**KOOSH**<sup>®</sup>  
**PADDLE BALL**

**GAMES  
BOOKLET**

For Ages 5 And Up

# GAME SUGGESTIONS

## ONE PLAYER GAMES:

### *Bounce 'Til You Drop*

Using one of the paddles, bounce the Koosh Ball at least as high as your head. See how many times you can bounce it before you miss. Challenge yourself with your best score or challenge a friend.

### *Variations On Bounce 'Til You Drop:*

#### *Twist And Bounce*

This game has an interesting twist. First bounce the Koosh Ball off of one side of the paddle and then twist the paddle around and bounce it off of the other side. Keep alternating sides until you miss.

#### *One Stuck*

In this game you are stuck! You can move your right foot, but your left has to stay stuck in the same place. Keep bouncing the ball until you miss or you move your left foot.

#### *High Bounce*

On every third bounce try to hit the Koosh Ball as high as you can. When the high flying ball comes down, bounce it lightly twice and then bounce it high again. With practice you can try a high bounce on every other bounce or even on every bounce. Just make sure you have a large clear area to play this game!

## TWO PLAYER COOPERATIVE GAMES:

### *Hit Or Miss*

The two players paddle the Koosh Ball back and forth, working together to keep it in the air. See how many times you can volley the Koosh Ball back and forth before one of you misses. Once you get good at a close distance, move 5 or 10 feet further apart and try again.

### *Two Stuck*

Play this like Hit Or Miss, but add one element of difficulty. Each of you can only move one foot. The other foot must remain stuck in one spot.

### *Double Kick Bouncer*

Just like Kick Bouncer, but each player must hit the ball three times in the air with their paddle and then kick it to the other player. The other player must catch the ball in the air with their paddle, bounce it in the air three times and then kick it back to the other player.

### *Double High Bounce*

Players take turns hitting the Koosh Ball straight up in the air, as high as they can. You may want to hit the ball lightly a few times before each high bounce. Make sure you have a large clear area for this game!

## **MORE ONE PLAYER GAMES:**

### ***Body Twist***

Bounce the Koosh Ball off your paddle and then turn around quickly until you are facing your original direction again. Do this fast enough so that you can hit the ball again as it comes down.

### ***Left Hand-Right Hand***

Bounce the Koosh Ball up and then move the paddle into your other hand before the ball comes down. Hit it and then move the paddle back into your other hand. Keep moving the paddle from one hand to the other after every hit.

### ***Two-Handed Bounce***

Instead of one paddle, try two paddles! Holding one paddle in each hand, bounce the Koosh Ball at least as high as your head with your right hand and then bounce it back with your left hand. Keep bouncing it from one paddle to the other until you miss.

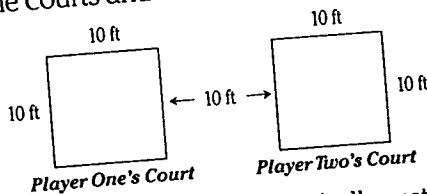
### ***Kick Bouncer***

This game is a real kick! First bounce the Koosh Ball in the air three times with your paddle. Then kick it in the air with your foot! Then bounce it three times with your paddle again. Keep alternating between bouncing the Koosh Ball with your paddle and kicking it with your foot.

# TWO PLAYER COMPETITIVE GAMES:

## *Competition Koosh*

Lay out a playing court similar to the one below. Try experimenting with the size of the courts and the distance between them to see what you like best.



The players take turns serving the ball. The ball must be served with an underhanded hit from behind the player's court. A point is awarded to the player who can hit the Koosh Ball into the other player's court without having the ball returned. However, if the ball falls out of bounds the receiving player is awarded the point.

## *Catch And Hit*

This game is similar to Competition Koosh, but in this game the players have the option of catching the Koosh Ball with their hand or hitting it back on the fly. If a player catches a ball, they may immediately serve it from anywhere in their court.

## *Koosh Badminton*

You can play Koosh Paddle Ball using a Badminton or Volleyball net. Play using rules for Badminton or Volleyball; or make up your own rules! You may also want to change the size of the normal playing area.

# KOOSH<sup>®</sup>

## PADDLE BALL

### NOTE:

If you lose the Mini Koosh Ball that comes in your Koosh Paddle Ball set, replacements are available in a variety of colors at most local retailers. Koosh Paddles are designed for play only with mini-sized Koosh Balls. Regular size Koosh Balls will work, however mini-sized Koosh Balls are much easier to play with and will go much further.

**Caution: Using anything other than Koosh Balls could be dangerous or could damage your Koosh Paddles.**

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