

KOOSH[®] SPORT BOINGO[®] BALL

TIPS AND GAME BOOK



BASIC BALL SKILLS

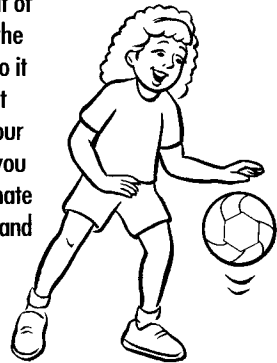
Soccer Dribbling

Tap the ball with the inside of your foot, alternating between your right and left feet while walking in a straight path. As you gain more control of the ball, try to increase your speed while keeping control of the ball. Try a zigzag path or curved path as you get better.



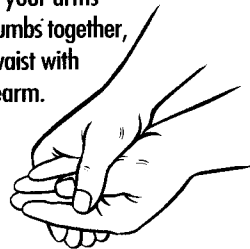
Dribbling a Basketball

Bounce the ball in front of you, trying to control the height of the bounce so it comes back up to waist level and directly to your hand every time. As you get better, try to alternate hands as you bounce it and try to keep looking forward.



Volley Ball Bump

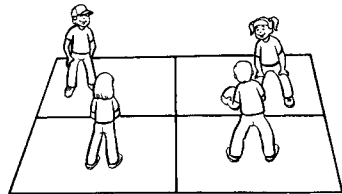
Place one palm inside of the other facing up and cross your thumbs over each other. Stretch your arms directly in front of you with your forearms facing upward. When the ball is hit to you, swing your arms keeping your palms and thumbs together, hitting the ball near your waist with the inside part of your forearm.



GAMES

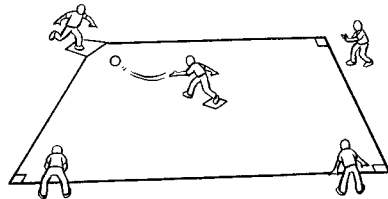
Four Square

With chalk, draw four 10 ft. squares all connected together. Each player should stand in the middle of one of the squares trying to hit the ball out of their square and into another player's square before it bounces twice. If it bounces twice, you're out and a new player gets to play.



Kick Ball

Set up a playing area exactly like a small baseball field. One player gets to kick the ball rolled towards home plate with all the other players in the field trying to catch it in the air. When the ball is caught in the air, the player kicking it is out and returns to the field. Each person gets a turn kicking the ball.



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Part No. T2750-08 **Made in CHINA.** Printed in Hong Kong.