



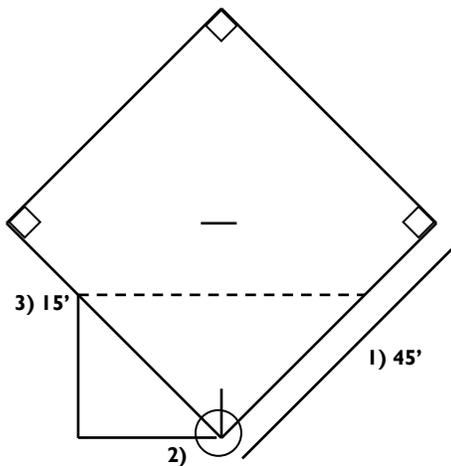
YOUTH KICKBALL RULES AND REGULATIONS

RULE 1: GENERAL KICKBALL RULES

1. A kicked ball must go past the 15' line or it is a foul ball.
2. All players should play in the field. Positions should be: pitcher, catcher, 1st base, 2nd base, 3rd base, short stop, and outfielders. Players should be taught to stay in and play their own position.
3. The coaches will roll the ball to the players. Fielders must stay behind the restraining line until the ball is kicked.
4. Each kicker will be allowed a maximum of 4 unassisted kicks to kick the rolled ball outside the restraining line.
5. The player will be allowed to kick a dead ball placed at the front of home plate after the 4th attempt.
6. All fielding positions must rotate each inning. Fielders should be encouraged to learn and play all positions. Teach your players to play each position.
7. The kicking team will kick until they have kicked one time through their entire line up.
8. Outs will be called; however, players will remain on base.
9. Coaches must declare the last kicker prior to any play resulting from her/his turn at bat.
10. Play will be stopped when an out is made or the ball is returned to home plate creating a force play on the last kicker of the inning.
11. All players kick once during each inning. It is recommended that you switch the order each inning so different children get to kick first/last.
12. The coach may utilize parent assistants (limit 4) on the field during offense and defense to help instruct players, but they may not touch the ball.
13. Runners are not allowed to advance more than one base on each kick. The defense should field the ball and throw to the appropriate base on each kick.
14. No sliding, leading off, or stealing.
15. The game is complete after 3 complete innings or a fifty minute time limit (whichever comes first).

RULE 2: KICKBALL FIELD LAYOUT

- 1) Base Distance 45'
- 2) Bating Circle
- 3) Restraining Line 15' - For safety, all players must remain behind this line until the ball is hit. The ball must go beyond this line to be fair.



KICKBALL EQUIPMENT

1. The City of Peoria will provide the following equipment for check out by the head coach:
 - a. 2 Kickballs
 - b. 3 Bases
 - c. 4 Cones

If any of your equipment is broken or unsafe, please contact the City as soon as possible so it can be replaced. Please return equipment to your site supervisor on the last day of the season.

GENERAL TIPS

1. Always break your kids into small groups to work on drills.
2. Switch groups every 10-15 minutes to keep the kids interested.
3. Play lot of games and get the parents involved!



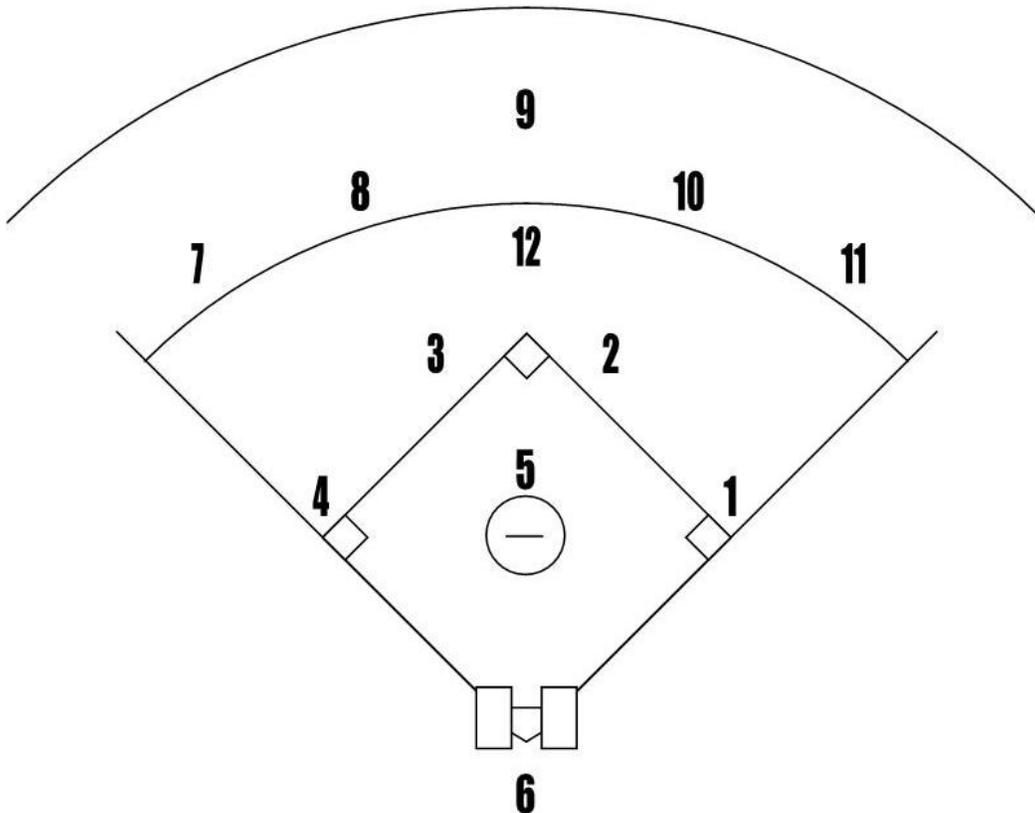
HELPFUL COACHING POINTS AND DRILLS

1. Throwing: Players should position their feet so that they have a wide base and the feet are slightly off-set with one foot in front of the other. The players should be instructed to use an over-the-top throwing technique (ball over their head) and their front foot positioned so that the toe is pointing at their target. Players should be allowed to throw with either one hand or both hands.
2. Catching: Use both hands and catch the ball with the body directly in front of ball.
 - a. **Throwing / Catching Drill:** Have pairs of players face each other, approximately 2 to 4 feet away from each other. On the command of the coach, have one player toss the ball to their partner. Wait until all of the players have caught the ball before giving the command again.
3. Fielding: Players should position their body in boxer's crouch, with their knees slightly bent, their upper body bent slightly forward, their hands out front, but not on their knees.
 - a. **Fielding Drill:** Place all players at positions on the field and kick around to each player and give different situations (runner on 1st, 2nd, etc.) Rotate players so they all learn different positions.
4. Kicking:
 - a. Run towards the kickball and place the foot you are not kicking with about a few inches away or anywhere the 'sweet spot' for your planting foot will vary depending on the person.
 - b. Point your planted foot in the direction you want the ball to go.
 - c. Bring your leg back and swing it forward with your toe pointed toward the ground. Follow through sort of like a ballerina landing from a leap.

KICKBALL FUN GAMES TO PLAY

1. Alien Blasters
 - a. Set up 10 to 15 tall cones in a small circle with several parents ("Ugly Aliens") standing in the middle holding kick balls. The parents would then roll a ball to a player standing on the outside of the circle and kick their ball in hopes of knocking down a cone (or "Alien House"). NO time limit, no counting, just play until all the "houses" have been blown up.
2. Search and Rescue
 - a. Groups of three stand about 20 yards away from the coach or parent. The coach or parent rolls the ball to either side of the player. The player then needs to search for the ball (run towards it), then rescue it (pick it up, then run it back to the coach or parent).

LINE-UP CARD & POSITIONING PLACEMENT



1	=	1st Base
2	=	2nd Base
3	=	Short Stop
4	=	3rd Base
5	=	Pitcher
6	=	Catcher
7	=	Left Field
8	=	Left Center Field
9	=	Deep Center Field
10	=	Right Center Field
11	=	Right Field
12	=	Short Center Field



FIELD POSITIONS

	PLAYER NAMES			
	1 ST INNING	2 ND INNING	3 RD INNING	4 TH INNING
1 = 1 st Base				
2 = 2 nd Base				
3 = Short Stop				
4 = 3 rd Base				
5 = Pitcher				
6 = Catcher				
7 = Left Field				
8 = Left Center				
9 = Deep Center				
10 = Right Center				
11 = Right Field				
12 = Short Center				

BATTING LINEUP

	PLAYER NAMES			
	1 ST INNING	2 ND INNING	3 RD INNING	4 TH INNING
Batter # 1				
Batter # 2				
Batter # 3				
Batter # 4				
Batter # 5				
Batter # 6				
Batter # 7				
Batter # 8				
Batter # 9				
Batter # 10				
Batter # 11				
Batter # 12				