

Cardio Kickball
@coachkemmlein

Objective

5 batters kick 5 kickballs in succession and attempt to run around the designated bases prior to the fielding team returning all 5 kickballs to the hula hoop

Field Area

Foul territory marked 15 yds down sidelines

Plate zone width marked with poly spots

Poly spot 3 yds behind plate zone

2 bases marked outside of playing area that students must run around after kicking the ball

Depending on the amount of fielders this distance will vary for the runners each class period

Hula Hoop next to pitcher where all 5 kickballs must be prior to runners making it to the designated home area

Batters

Must stand in line order each inning

Must kick the ball after it rolls past the plate zone spots and before the designated poly spot 3 yds behind

Rules

5 balls pitched successively

2nd-5th ball is pitched immediately after the previous batter makes contact with the ball

After kicking each player must run around the 2 bases

Students kicking a foul ball are still required to run the bases

However the foul ball does not need to be played by the fielding team (only required to return the 4 playable balls to the hula hoop)

Pitches on or outside of the polyspot may be either kicked or punted by batting team

1-Point or 1-Out awarded to the 1st team completing either all runs or returning all kickballs to the hula hoop.

1st team to accumulate 3 points/outs ends the inning and switch fielding/batting positions.

Source: https://youtu.be/IWNgD_aihBQ?list=PL96I-P_3dnnmrj2xdLeqFG8YIIvqq_Tfs