

Kick Ball Over the Line with Gilbert Bagaman

Warm up Activities:

Pitching Drill: Partners 20' apart will roll their ball to the other at the same time without having the two balls hit and without having their partner move more than one step to retrieve it.

Hot Potato: Throw the ball back and forth with partner as quickly as possible.

Kicking Drill: one partner will pitch slow small bouncy pitches to another partner who will kick a short fly ball directly back for the pitching partner to catch.

Rules for Over the Line Kickball:

1. Only four defenders are allowed at a time to defend the rectangular play area (approximately 50' – 70' wide, with no limit to the depth). There is no limit to the number of offensive players kicking so long as they maintain a consistent kicking order.
2. Ball is rolled by defense to a home plate 30' from the front middle of the rectangular play area. There are no balls or strikes called, and the pitcher must deliver the type of pitch requested by the kicker.
3. Kicker must kick a fly ball over the first line of the rectangular play area; a ground ball results in an "out."
4. A foul ball is one that lands outside the playing area. The 2nd foul ball results in an "out."
5. A failed attempt to catch a "foul" results in a hit.
6. If fly ball is caught, then kicker is "out." If dropped, then kicker is awarded an imaginary 1st base.
7. A homerun is scored if the ball flies beyond uncaught of the last defender.
8. There are only 1st and 2nd bases, the next forced runner scores.
9. Games are played with 4 innings.
10. In the event of a tied score after 4 innings, the team with the greater number of hits will win.