**Long Kick**

**EQUIPMENT:** soccer balls or dodgeballs, pylons

**PLAYING AREA:** field

A screenshot of a video game

Description automatically generated

**SET- UP:**

* Have students find a partner and a ball to share. Then have them spread out across the field.

**OBJECTIVE:**

* The objective is to kick your ball to your opponent’s end zone.

**RULES:**

* Start at the center line.
* You are only allowed to touch the ball with your feet.
* Alternate kicks with your partner. You kick once toward your opponent’s end zone. Then they kick it back in the opposite direction toward your end zone.
* After each kick, the ball must come to a complete stop.
* If you touch the ball while it’s moving, your opponent gets two kicks in a row.
* Follow the teacher’s instructions about how you are to kick the ball (examples – regular kick, kick with your non-dominant foot, kick backwards with your heel, kick while laying down). Change kick types every couple of minutes.
* If you get the ball to one of the end zones, go back to the center line and try again but switch directions.

**GAME VARIATIONS:**

* Have more than one person on a team and take turns kicking.
* Use a different type of ball, such as a beach ball.

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