

Kickball Resources

Welcome to your coaching resource guide for kickball! This document is designed to support your development as a coach by providing easy access to resources like videos and other tools that break down key skills and techniques of the sport. The links and materials included here will help you teach the game with confidence, clarity, and consistency.

SKILL	VIDEO LINK
Shooting/Striking the Ball	Key Teaching Points for Striking the Ball
Kickball Rules	How to Play Kickball
Throw and Catch	Teaching Underhand and Overhand Throws