**Sending and Receiving With Feet**

***DRAFT—Still developing games and agenda…***

Dr. John Byl

Sending and receiving with feet are important manipulation sending and receiving skills. We will engage you with skill-building games, with innovative equipment, that will help students enjoy learning these skills. Be prepared to participate.

**Want More?**

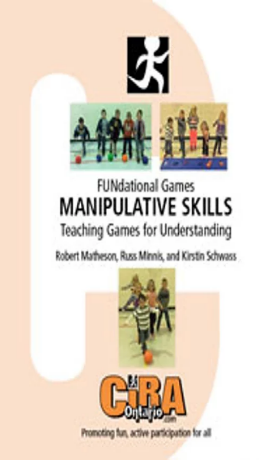
[JOHNBYL50@gmail.com](mailto:JOHNBYL50@gmail.com)

[www.canadago4sport.com](http://www.canadago4sport.com)

[www.gophersport.com](http://www.gophersport.com)

Twitter & Instagram => @canadago4sport (Tuesday posting of a new game)

Great Book—“What to Look For” copied from: CIRA Ontario’s, *Manipulative Skills*.

[](https://www.ciraontario.com/product-page/fundational-games-manipulative-skills)

**Key cues for Sending:**

**Kicking** – players propel an object by striking it with a foot

**What to Look For**

Preparation Stage

* Does the player start by standing behind the ball?
* Is there a quick movement towards the ball that includes planting the non-kicking foot beside the ball?
* Are the eyes on the object to be kicked?
* Is there a step towards the object with the kicking foot?

Kicking Stage

* Does the kicking leg swing freely from the hip?
* Is the whole movement balanced?
* Does the player lean into the kick?
* Is contact made with the instep or shoelaces?
* Is contact made just below the center of the object being kicked?

Follow-Through Stage

* Does the kicking leg continue towards the target and across the body?
* Are the arms used to maintain balance?

Agenda:

5 minutes

Go to Open Spot

6 x 4 minutes = 24 minutes

-30 participants

|  |  |
| --- | --- |
| Kick Pylon (groups of 3) | Kick Beach Ball In Basket |
| Balloon Dribble Relays (groups of 3)  <https://www.canadago4sport.com/Manipulative-Send/Balloon-Dribble> | Kick Soccer Ball In Basket |
| Kick Par | ?? |

+ 30 Participants

|  |  |  |
| --- | --- | --- |
| Kick Pylon  Balloon Dribble Relays | Knock Beach Ball In Basket  Knock Soccer Ball In Basket | Kick Par  ?? |

3 x 5 minutes = 15 minutes

|  |  |  |
| --- | --- | --- |
| Cricket KickIt  <https://www.canadago4sport.com/strike/Cricket-Kickit> | Quadriball  <https://www.canadago4sport.com/invasion1/Quadriball> | ???? |

|  |
| --- |
| Equipment: |
| | **Item** |  | **Details** | **Quantity** | **Subtotal** | | --- | --- | --- | --- | --- | | [**QuadriBall - QuadriBall**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiSkdpVl9WNWZwQUxJN25fREpuQVEtN28zQnZRIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvdGVhbS1idWlsZGluZ1xcXC9xdWFkcmliYWxsP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiOThiMTQ2M2JhMTZjNGZmY2FlNTRjNTM5ZGU5OGU2MTVcIixcInVybF9pZHNcIjpbXCJkZjNjZjIwY2FiMTU1N2I4YjRjYWI4ZmIxYmQ4M2YzOTdiMGE4ZGY2XCJdfSJ9) Item No: 34-526 Availability: In Stock | Price: Unit: | C$475.00 Set | 1 | C$475.00 | | [**Soft-Stix™ Cricket Set - Soft-Stix™ Cricket Set**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoid2lFQ0thUkVBdW9DenRHZDQ2S2lwc015RHJNIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZpdGllc1xcXC9zb2Z0LXN0aXgtY3JpY2tldC1zZXQ_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCI5OGIxNDYzYmExNmM0ZmZjYWU1NGM1MzlkZTk4ZTYxNVwiLFwidXJsX2lkc1wiOltcImRiM2RmZDU3NGU3YzRlYzVkNzZmYWExMGZjZDFiNTAxMGRmODcxODRcIl19In0) Item No: 58-146 Availability: In Stock | Price: Unit: | C$149.00 Set | 1 | C$149.00 | | [**ProTuff Half-Cones - Rainbow Set, 5"H x 12" dia**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiSVk3alZ5YzM3MERISTBXUWs5a2ZUMDMzZGtRIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3VwcGxpZXNcXFwvY29uZXMtbWFya2Vyc1xcXC9wcm90dWZmLWhhbGYtY29uZXM_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCI5OGIxNDYzYmExNmM0ZmZjYWU1NGM1MzlkZTk4ZTYxNVwiLFwidXJsX2lkc1wiOltcIjE4M2YwNDM3ZTMzOTFjM2Y2YmE3OWJhM2RhY2Q4ZDAzMzZjMmY2MTRcIl19In0) Item No: 93-013 Availability: In Stock | Price: Unit: | C$125.00 Set of 36 | 1 | C$125.00 | | [**Kowabunga! Beach Balls - 12" dia**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiMTlzYzBfdkNkd1AzUjl4ekVaRS1aY0JJeXo4IiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYmFsbHNcXFwva293YWJ1bmdhLWJlYWNoLWJhbGxzP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiOThiMTQ2M2JhMTZjNGZmY2FlNTRjNTM5ZGU5OGU2MTVcIixcInVybF9pZHNcIjpbXCJkM2E2MzQ1MTdiOGY1NmUzZDQwNjY5OTAyMmFhZGY5NGNiZmZkNjYwXCJdfSJ9) Item No: 71-590 Availability: In Stock | Price: Unit: | C$44.00 Set of 6 | 1 | C$44.00 | | [**Heavy-Duty Balloons - 12" dia**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiOUhCd3BGOHhsamlKQkJIS0lva0htc2hKaF8wIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvZmllbGQtZGF5XFxcL2hlYXZ5LWR1dHktYmFsbG9vbnM_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCI5OGIxNDYzYmExNmM0ZmZjYWU1NGM1MzlkZTk4ZTYxNVwiLFwidXJsX2lkc1wiOltcIjQzNmFhZjFjNmIyYzM3YTYyYjgzZmZmNDg0ZWYyZjA1Y2EyZTQzN2NcIl19In0) Item No: 92-570 Availability: In Stock | Price: Unit: | C$13.00 Pkg of 100 | 1 | C$13.00 | | [**Magnus Carry-All Cart Basket - Magnus Carry-All Cart Basket**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiYXRWeWNZZDlLNzJ5SGFtN21CN05VYWZzQ1E4IiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3VwcGxpZXNcXFwvc3RvcmFnZVxcXC9tYWdudXMtY2FycnktYWxsLWNhcnQtYmFza2V0P3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiOThiMTQ2M2JhMTZjNGZmY2FlNTRjNTM5ZGU5OGU2MTVcIixcInVybF9pZHNcIjpbXCIzNTJmMjc3NzAwNDRjNWZiODRhM2ZjYWE0ZTllYTRlZGE5ZTRlYTljXCJdfSJ9) Item No: 82-000 Availability: In Stock | Price: Unit: | C$19.00 Ea | 4 | C$76.00 | | [**SofStriker Indoor Soccer Balls - Size 4**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiTW9nd2Q3MWVsRUtpRVc1cXYyUndERlI5SXFvIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3BvcnRzXFxcL3NvY2NlclxcXC9zb2ZzdHJpa2VyLWluZG9vci1zb2NjZXItYmFsbD91dG1fc291cmNlPXRyYW5zYWN0aW9uYWwmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZW1haWwtY2FydFwiLFwiaWRcIjpcIjk4YjE0NjNiYTE2YzRmZmNhZTU0YzUzOWRlOThlNjE1XCIsXCJ1cmxfaWRzXCI6W1wiNWMwMTY1YTcwNTg4Mzc0ZTQ5YjYzMTU3OGUyZTYyMDRiYjdiODk5ZVwiXX0ifQ) Item No: 62-200 Availability: In Stock | Price: Unit: | C$209.00 Set of 6 | 1 | C$209.00 | | [**SofStriker Indoor Soccer Balls - Size 5**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiTW9nd2Q3MWVsRUtpRVc1cXYyUndERlI5SXFvIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3BvcnRzXFxcL3NvY2NlclxcXC9zb2ZzdHJpa2VyLWluZG9vci1zb2NjZXItYmFsbD91dG1fc291cmNlPXRyYW5zYWN0aW9uYWwmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZW1haWwtY2FydFwiLFwiaWRcIjpcIjk4YjE0NjNiYTE2YzRmZmNhZTU0YzUzOWRlOThlNjE1XCIsXCJ1cmxfaWRzXCI6W1wiNWMwMTY1YTcwNTg4Mzc0ZTQ5YjYzMTU3OGUyZTYyMDRiYjdiODk5ZVwiXX0ifQ) Item No: 62-202 Availability: In Stock | Price: Unit: | C$215.00 Set of 6 | 1 | C$215.00 | | [**KickPar Set - Individual Goal Set**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiOWJLdU53eWVRc1RLaEtCU00xX1ZndGNiTzNJIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZpdGllc1xcXC9raWNrcGFyLXNldD91dG1fc291cmNlPXRyYW5zYWN0aW9uYWwmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZW1haWwtY2FydFwiLFwiaWRcIjpcIjk4YjE0NjNiYTE2YzRmZmNhZTU0YzUzOWRlOThlNjE1XCIsXCJ1cmxfaWRzXCI6W1wiZTUwYTUwMDdmZGZmOTQzNjI1N2JjMDQ4Y2IwOTYxMDkyYTNiYWVlNVwiXX0ifQ) Item No: 58-916 Availability: In Stock | Price: Unit: | C$139.00 Set | 3 | C$417.00 | | [**Compact Inflator - Compact Inflator**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiWkZFaGR6Z1N3U2p5RDFScmxxYkkxX1U0YVFBIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3VwcGxpZXNcXFwvaW5mbGF0b3JzXFxcL2NvbXBhY3QtaW5mbGF0b3I_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCI5OGIxNDYzYmExNmM0ZmZjYWU1NGM1MzlkZTk4ZTYxNVwiLFwidXJsX2lkc1wiOltcIjBmYmQ4NjdjMDAyNzgyNjBkMzZmZWQ1NzllYWU4NzdmNTdiMmNhZmRcIl19In0) Item No: 66-620 Availability: In Stock | Price: Unit: | C$135.00 Ea | 1 | C$135.00 | | [**SmartSeat Stools - Individual Stool**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiOXd1Z25qR1VGYVc4WmsyeUEzWVBSQXU1MzAwIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZlLWNsYXNzcm9vbVxcXC9zbWFydHNlYXQtc3Rvb2w_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCI5OGIxNDYzYmExNmM0ZmZjYWU1NGM1MzlkZTk4ZTYxNVwiLFwidXJsX2lkc1wiOltcIjRhNzRiMDc0YjE0N2QzZDIyZWY3ODU0ZmUyOWJmZjRlMGVjNmY4ZjRcIl19In0) Item No: 54-865 Availability: In Stock | Price: Unit: | C$105.00 Ea | 1 | C$105.00 | | [**StudyRocker Floor Chairs - Individual Rocker, Black**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiNkh2amdWcXEtdEY1aDh5SWR4QWNacVdnWk53IiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZlLWNsYXNzcm9vbVxcXC9zdHVkeXJvY2tlci1yb2NrZXItY2hhaXI_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCI5OGIxNDYzYmExNmM0ZmZjYWU1NGM1MzlkZTk4ZTYxNVwiLFwidXJsX2lkc1wiOltcIjNhNzY2NjkwNDBhN2I4ZWE2ZWYwZDgxZWEyNjA3ZDkzMzVkZTY0OWVcIl19In0) Item No: 50-849 Availability: In Stock | Price: Unit: | C$165.00 Ea | 1 | C$165.00 | | [**Teach-nique™ Soccer Banners - Teach-nique™ Soccer Banners**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoic0JZRDg5MnhNeFRxRTdFUEZ1ZzZVaDVtNzFrIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvZ3ltLXBvc3RlcnNcXFwvdGVhY2gtbmlxdWUtc29jY2VyLWJhbm5lcnM_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCI5OGIxNDYzYmExNmM0ZmZjYWU1NGM1MzlkZTk4ZTYxNVwiLFwidXJsX2lkc1wiOltcIjk3ODE5MGUxZTZmMGQ4Yzc3Mzg0NjA2MjJiM2RjNzY2ZTk2NTcwYTFcIl19In0) Item No: 49-253 Availability: In Stock | Price: Unit: | C$215.00 Set of 4 | 1 | C$215.00 | |