**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?**

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[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*.



**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 PylonBalloon Dribble Relays | Knock Beach Ball In BasketKnock Soccer Ball In Basket | Kick Par?? |

3 x 5 minutes = 15 minutes

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

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| --- |
| Equipment: |
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| **Item** |  | **Details** | **Quantity** | **Subtotal** |
| --- | --- | --- | --- | --- |
| [**QuadriBall - QuadriBall**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiSkdpVl9WNWZwQUxJN25fREpuQVEtN28zQnZRIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvdGVhbS1idWlsZGluZ1xcXC9xdWFkcmliYWxsP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiOThiMTQ2M2JhMTZjNGZmY2FlNTRjNTM5ZGU5OGU2MTVcIixcInVybF9pZHNcIjpbXCJkZjNjZjIwY2FiMTU1N2I4YjRjYWI4ZmIxYmQ4M2YzOTdiMGE4ZGY2XCJdfSJ9)Item No: 34-526Availability: In Stock | Price:Unit: | C$475.00Set | 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: 58-146Availability: In Stock | Price:Unit: | C$149.00Set | 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: 93-013Availability: In Stock | Price:Unit: | C$125.00Set of 36 | 1 | C$125.00 |
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| [**Heavy-Duty Balloons - 12" dia**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiOUhCd3BGOHhsamlKQkJIS0lva0htc2hKaF8wIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvZmllbGQtZGF5XFxcL2hlYXZ5LWR1dHktYmFsbG9vbnM_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCI5OGIxNDYzYmExNmM0ZmZjYWU1NGM1MzlkZTk4ZTYxNVwiLFwidXJsX2lkc1wiOltcIjQzNmFhZjFjNmIyYzM3YTYyYjgzZmZmNDg0ZWYyZjA1Y2EyZTQzN2NcIl19In0)Item No: 92-570Availability: In Stock | Price:Unit: | C$13.00Pkg of 100 | 1 | C$13.00 |
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| [**SmartSeat Stools - Individual Stool**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiOXd1Z25qR1VGYVc4WmsyeUEzWVBSQXU1MzAwIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZlLWNsYXNzcm9vbVxcXC9zbWFydHNlYXQtc3Rvb2w_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCI5OGIxNDYzYmExNmM0ZmZjYWU1NGM1MzlkZTk4ZTYxNVwiLFwidXJsX2lkc1wiOltcIjRhNzRiMDc0YjE0N2QzZDIyZWY3ODU0ZmUyOWJmZjRlMGVjNmY4ZjRcIl19In0)Item No: 54-865Availability: In Stock | Price:Unit: | C$105.00Ea | 1 | C$105.00 |
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