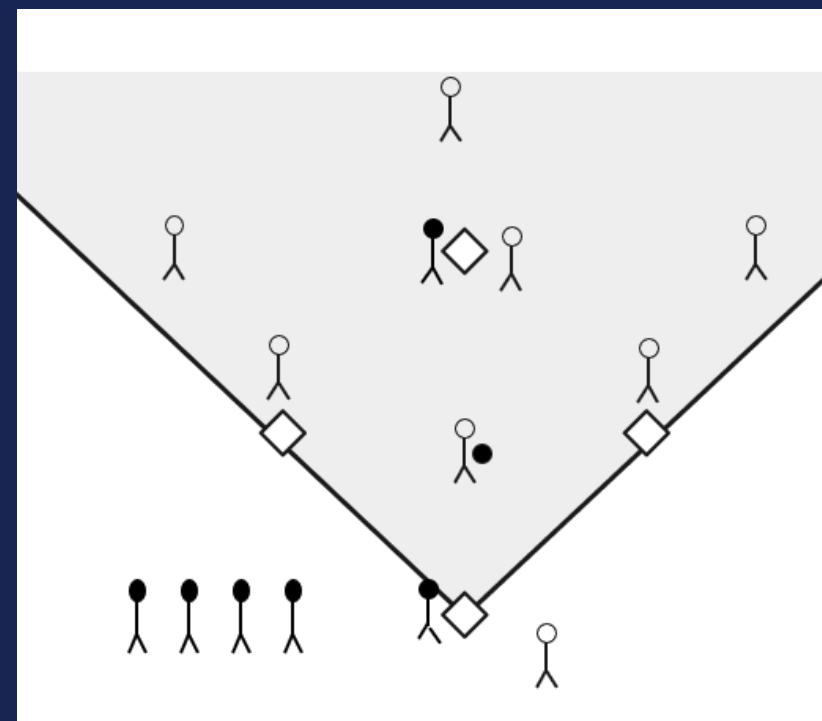


COACHING GUIDE

KICKBASE

Rules, flow & coaching tips

A simple guide for coaches who will introduce kickbase to participants for the first time.



What is Kickbase? —4 Steps to know—



- Throw it, Kick it, Run it
- Simple enough for first-timers
- No special skills required

◆ Easy 4 Steps

The field & teams

Team A kicks & runs.
Team B defends.

Offense Kicking & Running

When Team A makes
2 outs, sides switch.

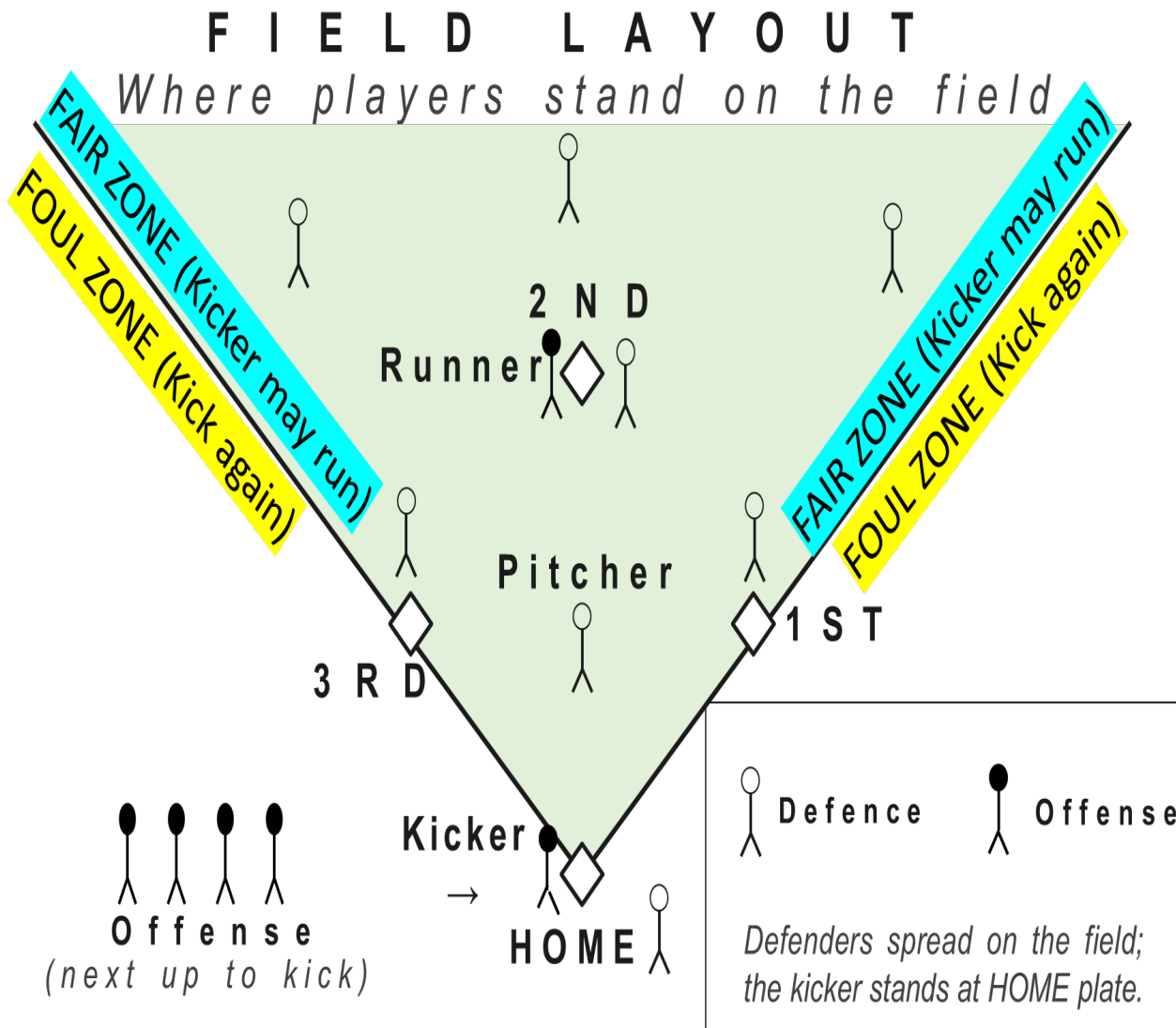
Defense 3 Ways to Get an Out

End of the inning
when Team B makes 2
outs.

Game Flow & Timing

Move on to the
next inning.

01 The Field & The Teams



Two teams take turns

OFFENSE

Kicks the ball and runs the bases to score.

DEFENSE

Spreads in the field and tries to get offences out.

KEY NUMBERS

6–9 players per team

4 bases (Home, 1st, 2nd, 3rd)

1 ball — kicked, not thrown

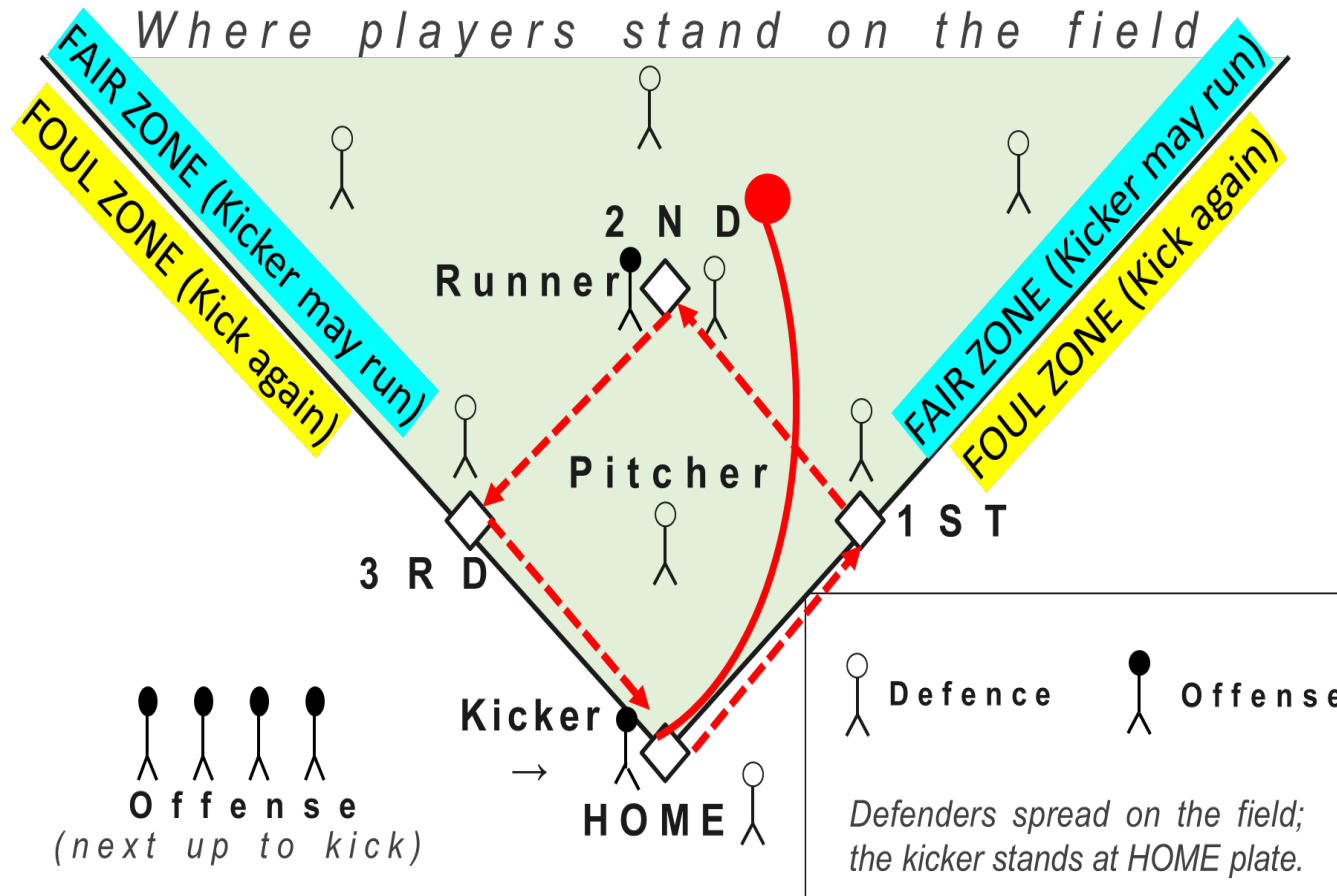
02 Offense — Kicking & Running



ONE COMPLETE LAP = 1 POINT

FIELD LAYOUT

Where players stand on the field



The kicker's journey

- 1 Kick the ball at home plate
- 2 Run to 1st base
- 3 Continue to 2nd, then 3rd
- 4 Cross home plate to score

💡 RUNNERS CAN STOP. A runner can stay at any base and wait for the next kick. But only one runner per base.

03 Defense — 3 Ways to Get an Out

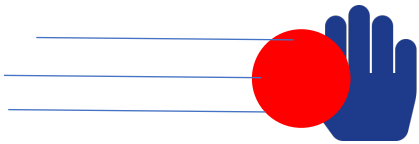


The defense's job: get the offense out. There are three ways to do it.

1

FLY-BALL CATCH

Catch the kicked ball before it bounces.



If a defender catches a kicked ball on the fly (no bounce), the kicker is immediately out.

2

TAG OUT

Touch a runner with the ball while they're off-base.

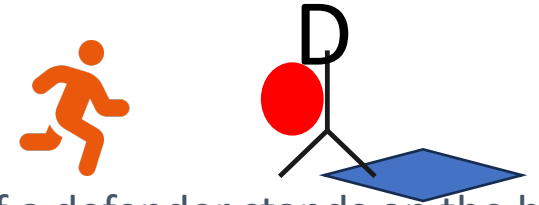


If a runner is between bases (off the base), a defender holding the ball can tag them out by touching them.

3

FORCE OUT

Get the ball to the next base before the runner.



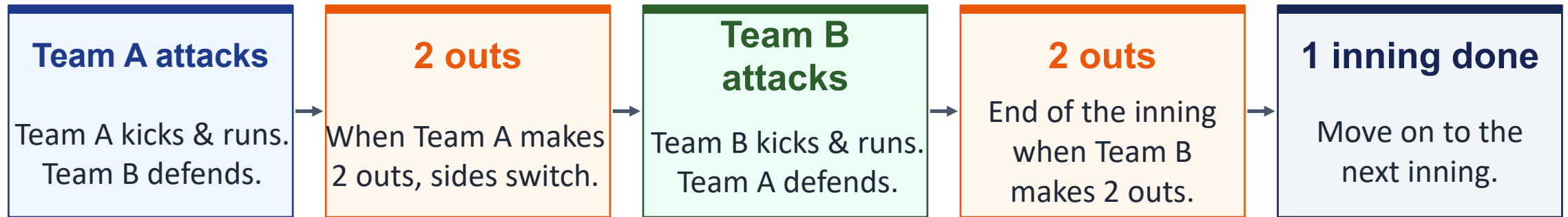
If a defender stands on the base with the ball before the runner arrives, the runner is out at that base.

2 outs in the inning → teams switch sides

04 Game Flow & Timing



How an inning works



Match length

2 outs

...ends an inning's half

6 innings

Standard length of one match

~45 minutes

Typical playing time per match



Coach with confidence

TEACH IN 5 MINUTES

- 1 Show the diamond — point to home, 1st, 2nd, 3rd.
- 2 Demo a kick at home plate, then run to 1st.
- 3 Explain: complete the loop = 1 point.
- 4 Demo the 3 ways to get out (catch, tag, force).
- 5 Play! Stop and explain only when needed.

COACHING TIPS

- ✓ Keep it light. Kickbase is a game first, a sport second.
- ✓ Mix abilities on each team. Skill gaps don't matter much.
- ✓ If a play is unclear, restart it — don't argue rules.
- ✓ Cheer every kick — even weak ones. Confidence comes first.
- ✓ Rotate kicking order so everyone gets equal turns.

Have fun out there. The kids will follow your energy.