



FREE PRINTABLE • FOOTBAG

Footbag skills ladder

Ten levels, from a first kick to a first linked run. Tick L and R when a level is done on each foot.

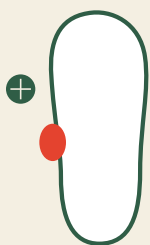
Who it's for: new and returning players. Footbag, often called hacky sack, is a small bag kept in the air with the feet, without hands. Work up the ladder at an easy pace, and practise both feet from day one.

WARM UP FIRST, GO EASY ON ANKLES AND KNEES

March on the spot, circle each ankle 10 times each way and do 10 slow knee lifts per side. Play on flat ground with no holes, gravel or ice, wear shoes that grip, switch feet often and stop if something hurts. General information, not medical advice.

The four basic kicks

Steps are for the right foot; mirror them for the left. Aim for soft, straight-up kicks about chest high, and catch after each kick while learning. Red marks the contact spot.



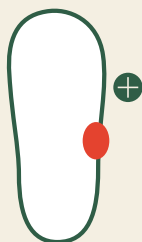
Inside kick

Turn the hips about 45 degrees toward the kicking foot. Lift that foot in front of the other leg so the inside of the foot is flat. Meet the bag with the middle of the instep.



Toe kick

Lift the knee, keep the foot nearly flat and flick the bag straight up with the top of the toe of the shoe. Keep the ankle loose.



Outside kick

Let the bag drop slightly out to the side. Turn the hips away and meet it with the outer edge of the foot. Handy for saving a bag that drifts wide.



Knee kick

Lift the knee to meet the bag just above the kneecap and pop it gently back up. Good for a casual circle; in footbag net, touches at the kneecap or higher are fouls.

Stalls: the next step

A stall catches the bag on the foot and holds it for a moment. Instead of kicking up, move the foot down at the same speed as the falling bag, so it lands softly, then hold for one second and set it back up to the hand. Most freestyle tricks start and end on a stall.

1	Drop and catch 10 inside kicks on each foot, catching after each one.	L ☐ R ☐
2	Toe control 10 toe kicks on each foot, catching after each one.	L ☐ R ☐
3	Two in a row Kick, kick, catch, on each foot.	L ☐ R ☐
4	Alternating insides 10 inside kicks in a row, switching feet each time.	Done ☐
5	Mixed surfaces Inside, toe and outside in one run, on both feet.	L ☐ R ☐
6	Twenty-five 25 kicks in a row with any legal surface.	Done ☐
7	First stall A one-second toe stall on each foot.	L ☐ R ☐
8	Inside and outside stalls A one-second stall on each surface, on each foot.	L ☐ R ☐
9	Fifty 50 kicks in a row, using both feet.	Done ☐
10	Link it A kick or stall on each foot and each surface, in one run without a drop.	Done ☐

Counts follow the goals in Footbag Foundations: build from 5 to 10, then to 50 in a row, on both sides.

Longest-run log

DATE	LONGEST RUN	FOOT

Challenges

- **Weak-foot week:** use only the weaker foot for the first 5 minutes of each session.
- **Clock run:** count kicks in 60 seconds; catch to restart after a drop.
- **Hack count (circle):** count how many times the bag goes all the way round before it drops.
- **Copy the kick (circle):** one player does a kick or stall, the next player tries the same move.