

#1 Assemble goal per assembly instructions and place goal in a flat area.

Download Assembly Guide at kickin-it.com







 $\frac{\#2}{}$ Mark a spot ~20 ft. from the goal where you will throw from.

Note: The throw distance may be adjusted for varying ages and skill levels!







- #3 Find some friends and take turns throwing the ball into the goal! Points System below.
 - If you throw the ball into the center net, you earn a TOUCHDOWN! (7 points)
 - If you throw the ball into the outer net, you earn a FIELD GOAL! (3 points)
 - Take turns until one of the players scores 35 points to win the game. Each player must complete their turn for each round started.