

Name \_\_\_\_\_

## The Art of Hacky Sack

### Short Answer Key

1. "Inside Kicks" involve using the inside of your foot to kick the hacky sack, alternating between your left and right foot.
2. "Around the World" in hacky sack involves kicking the hacky sack in a circular motion around your leg.
3. Hacky sack allows players to invent their own tricks and styles, adding their unique flair to the game, which can be a form of creative expression.
4. The basic rule of hacky sack is to keep the sack in the air using only your feet, knees, and head, without letting it touch the ground.
5. Hacky sack doesn't require a fancy court or expensive equipment and can be enjoyed by people of all ages and skill levels, making it inclusive and accessible.

