Footbag Games

Games for one person:
Freestyle: Use your head, shoulders, legs and feet (not your hands) and make up interesting routines.

Kick Back: Kick the footbag against a backstop, like a wall. A firm footbag is needed for it to bounce back.

Games for two or more:
Runbum: Players run in one direction while kicking the footbag back and forth. If it hits the ground, return to the starting point. See how far you can get. This can be done for traveling and kicking practice.

Footbag Tennis: Two people play footbag ball tennis with a net allowing the bag to only touch below the knees.

Air Time: Two players attempt to keep the footbag airborne as long as possible. Players start by kicking one time each, then two times, three times, and working up to five kicks each. Upon reaching five, players work back down to one kick.

Passing Footbag: Two players pass the footbag to each other across a 10 foot distance as many times as possible. One kick per pass.

Copy Cat: Stand in a circle. Each kicker does the previous kick the same way as the person before and then does his/her own kick or sequence of kicks. The next kicker repeats the previous kicks and adds one more, and so on.

The Monkey: One player is the monkey and stands in the middle of the circle. The other players kick and pass the footbag. If an outer rim player kicks the footbag and the monkey makes foot contact with it, the player who made the intercepted pass is now the new monkey and moves to the middle.

Truffle Shuffle: Stand in a circle. Someone serves the footbag normally, but after anyone kicks it, he or she has to immediately move into a new position in the circle.

Shift to a Handbag:
The above games can also be modified using hands instead of feet.

Sources: