Hacky Sack is a mixture of twitch skill and strategy; you have to position your character in the right spot and time your hits, and use the correct footwork to control the sack respectively.

You can move up down left or right with the arrows keys.

You have 4 types of hits:

Outside Left

Inside Left

Outside Right

Inside Right

How do you pass the sack? AI can randomly pass it, with some feedback/warning "Heads up!"

Maybe hold Shift + footwork/kick to pass..?