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SPEED BALL

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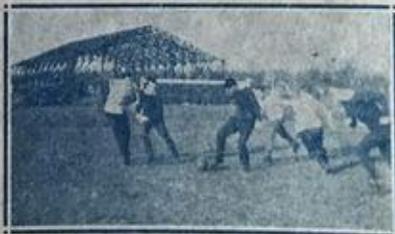
Price 25 cents



OFFICIAL RULES



COACHING HINTS



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History

The game of speedball was developed by E.D. Mitchell at the University of Michigan in the early 1920's because of the need for a vigorous activity that was readily available to all skill levels. By combining the footwork of soccer, the passing of basketball, and the throwing and kicking of football, he developed a new sport, speedball.

Aerial or Fly Ball

A ball that has been kicked into the air is referred to as a fly ball or an aerial ball. A fly ball that has been caught may be passed from one player to another as in basketball or moved by a forward pass as in football. It can continue to be played in this manner until it again touches the ground becoming a ground ball. A player catching a fly ball is allowed to take one step in making a pass if the ball is caught while the player is standing still, or two steps if the player caught the ball while running.

Ground Ball

A ball that is in contact with the ground is called a ground ball, whether it is stationary, rolling, or bouncing. The ball remains a ground ball, even though it may bounce into the air, until it is lifted into the air by a direct kick. A ground ball can be kicked, headed, or played by any part of the body except the hands and arms.

Basic Skill Development

Dribbling – advancing the ball with the feet while the ball is on the ground.

Foot Pick-ups – used to convert a ground ball to an air ball. The foot must be used to convert the ball, not another body part.

Air Dribble – passing the ball to yourself. Remember that players can only use **ONE** air dribble before passing or grounding the ball.

Field Goals – basically, a goal scored as in soccer. They must be shot from outside the end zone.

Individual Pick-ups

One-Foot Pick-ups – the player places the ball in front of the foot. With a single leg, kick up from under the ball and catch it as it leaves the ground.

Terminology

1. **Foot Dribble** – a means of moving the ball downfield by a series of short kicks or taps. The only way to advance a ground ball.
2. **Penalty Kick** – a place kick that is stationary, played after a foul is committed. Accuracy is essential, and various kicks are needed to best play past the goalkeeper.
3. **Punting** – a skill employed to advance the ball downfield quickly to a teammate in an attempt for a quick score. Any fly ball that is caught can be punted any time during play.

THERE ARE SEVERAL WAY TO SCORE. WE WILL VARY THE WAYS TO SCORE AND THE POINTS AWARDED FOR EACH METHOD OF SCORING THROUGHOUT THE UNIT TO MAKE IT MORE INTERESTING AND TO CHANGE THE GAME UP A LITTLE. EACH GAME THE SCORING GUIDELINES WILL BE ESTABLISHED, SO PAY ATTENTION BEFORE THE GAMES STARTS.

ALSO, ANY VIOLATIONS MAY RESULT IN THE OFFENDING PLAYER BEING SENT TO THE PENALTY BOX FOR A PRE-DETERMINED AMOUNT OF TIME, LEAVING HIS/HER TEAM AT A DISADVANTAGE IN NUMBERS FOR THE LENGTH OF THE PENALTY.

**LET'S GET
READY TO PLAY
SPEEDBALL!!!**