

SPEEDBALL

Safety

1. Ball should not deliberately be kicked into an opponent at close range.
2. Always watch where the ball is.
3. Be courteous to fellow players and opponents.

Care of Equipment

1. Soccer balls should be inflated to correct pressure.
2. Do not sit on soccer balls
3. Soccer balls should be kept in an equipment bag and stored when not in use.

History of Speedball

Speedball was formulated when a desire developed to find a game that could serve as a lead-up for field hockey, and a game that could bring enjoyment and satisfaction to participants without having to learn complicated rules or techniques.

Speedball developed as a new game that combined soccer, basketball, hockey and the opportunity for players to run with the ball.

For ten years speedball was in an experimental stage. Then in 1950, the first rule book was published with the help of girl's physical education classes at Edison High School in Stockton, California. Although speedball was originated as a game for girls, it has grown more popular in the boys' classes as well. Speedball can be adapted to any grade level from elementary to college. Participants enjoy it, and do not have to spend a great deal of time learning the rules or the game.

Techniques of Speed-A-Way Soccer Skills

1. Kicking
 - a. punt
 - b. drop kick
 - c. stationary ball
 - d. moving ball
2. Dribbling
3. Heading
4. Trapping
5. Passing (on the ground)
6. Tackling

Basketball Skills

1. Passing (in the air)
2. Catching
3. Defensive Skills

Speedball Skills

1. Conversions
 - a. 2 feet to self
 - b. 1 foot to self on a stationary ball
 - c. 1 foot to self on a rolling ball
 - d. 1 foot to teammate
2. 2. Air Dribble – Juggle

Touch Football Skills

1. Tagging
2. Evasive techniques while running

Officials

1. 2 umpires
2. 4 linesmen
3. time-keeper
4. scorekeeper

The Game

1. 4 quarters - 8 minutes each
2. 2 minutes between quarters - 10 minute half
3. Toss of coin decides who kicks and receives
4. Goals are changed at halftime
5. Game started with a kick-off from the center line
 - a. ball must be kicked forward at least the distance of its own circumference
 - b. the player who kicked the ball may not touch it again until it
6. has been touched by another player
 - a. all players except the kicker must be 5 yards away from the ball
 - b. all players must stand behind the center line until the ball has been kicked

Time-out

1. May only be taken by the team which has possession of the ball or when the ball is dead
2. May be called by any player
3. 3 time-outs of one minute each shall be allowed by each team during a game

Scoring

1. Field Goal - 3 points
2. Def: Kicking the ball between the opponent's goal post from within the
3. striking circle
4. Touchdown - 2 points
 - a. Running across the end line with the ball
 - b. Passing the ball to another player over the end line
5. Fouls and Penalties
6. Individual
7. The following infractions are regarded as individual fouls:
 - a. Kicking, tripping, holding, hacking, or blocking an opponent
 - b. Charging, pushing, or obstructing an opponent
 - c. Tagging and repeated touching of an opponent with head, elbow or body
 - d. Entering the game illegally
 - e. Delaying the game
 - f. Traveling with the ball
 - g. Touching a ground ball with the hands or arms
 - h. Juggling the ball more than once
 - i. Holding the ball more than three seconds
 - j. Attempting a dropkick within the penalty area

- k. Drop-kicking for a goal or attempting a forward pass for a touchdown within the penalty area.
- l. Unnecessary roughness, including knocking the ball out of an opponent's hands after it had been legally caught, kicking the ball in the hands of a player who is in the act of converting a ground ball into an aerial ball, or using any other form of rough or dangerous play.
- m. Air dribbling the ball more than once

Penalties for Individual Fouls

- For an individual foul occurring outside the penalty area:
 - A free kick where the foul was made during play of a ground ball
 - A free unguarded throw if the foul was made during the play of an aerial ball
 - For a defensive player making a contact foul within her own penalty area or behind her own team's goal line, a penalty kick is awarded. For a non contact foul one indirect free kick is awarded.
 - For an offensive player within her own penalty area making a foul, an indirect free kick is awarded.
- For an offensive player committing a foul while behind the opponent's goal line, a free kick or throw is taken on the goal line opposite the place where the goal occurred.
- In the case of a double foul made anywhere on the field including the penalty areas, a toss-up is used between the two offenders and occurs at the spot of the fouls. For a double foul occurring behind a goal line, the toss-up between the two offenders occurs on the 5 yard (4.57 m.) line opposite the place where the fouls occurred.

Team Fouls

Team fouls include the following infractions:

1. Taking more than three time-outs
2. Having more than 11 players on the field of play at one time
3. Failing to report to the officials before going into the game

Penalties for Team Foul

One penalty kick is awarded for each team foul. In the case of a double foul two opposing players jump for the toss-up.

Playing Terms

aerial ball - A ball that has been raised into the air by either a one-or-two-foot kick, a punt, dropkick, kickup, or thrown ball that has not touched the ground.

air dribble - A ball that is tossed or tapped into the air and caught by the same player.

attackers - The team in possession of the ball.

blocking the ball - Intercepting the ball with any part of the body. A player cannot block a ground ball with the arms or hands unless they are in contact with the body.

closely guarded - Being guarded within 3 feet.

dead ball - A ball no longer in play; out-of-bounds, after a score, after a foul, during time out, or a tie ball.

defenders - The team not in possession of the ball.

double foul - Fouls committed at the same time by both teams; a toss-up is awarded.

dribble - Advancing the ball by a series of kicks.

dropkick - Dropping the ball to the ground and kicking it just as it bounces from the ground.

end goal - Passing the ball over the end line but not between the goalposts; counts 1 point for men but does not apply to women's rules.

field goal - Passing the ball between the goalposts and under the crossbar; 3 points for men, 2 for women.

foul - An infringement of the rules for which a free kick, free throw, or penalty kick is awarded the opponents.

free kick - A placekick from which a goal can be scored directly.

free throw - A throw taken by any player on the team that has been fouled during the play of an aerial ball.

goalkeeper - A player whose duty it is to defend the goal.

ground ball - A ball, whether stationary, rolling, or bouncing, that is in contact with **the ground**.

handling the ball - Putting the hands or arms on a ground ball.

indirect free kick - A free kick from which a goal cannot be scored directly.

kickup - The play converting a ground ball into an aerial ball.

own goal - The goal one's team is defending.

own half - The half of the field in which own goal is located.

passing - Means of moving the ball by passes or batting with the hands to another player.

penalty kick - A free kick awarded as the result of a foul; men use a placekick from a drop kick to pass the ball over the crossbar.

place kick - A stationary ball kicked by a player.

punt - A play in which a player drops a caught ball and kicks it before it touches the ground.

trapping - Stopping the motion of the ball by placing the sole of the foot on it, by kneeling on it, or by catching it between the front of the legs and the ground.

volley - A play in which a player fields a fly or aerial ball with some part of the body, such as the head, hip or shoulder.

heading - a means of moving the ball with the head

juggle - a method of advancing the ball in the air

kick-in - a place kick taken from the sideline in the event of an out-of-bounds ball

tackling - method of taking away a ground ball from an opponent

STRATEGY

Offensive

- Players remain in the right position on the field
- Forward line does not go beyond their own 25 yard line; however, better if they don't go behind the center line.
- ahead of opposing halfbacks
- advantageous position for receiving kicks from their teammates
- Variety in scoring is essential
- A series of quick passes in the air allows the wings to get down field to receive a kick.
- If possible, draw opponent before passing
- Use the halfbacks for a backward pass.

Defensive

- On the kick-off, the defensive forward should rush the opposing forward line to try and intercept the ball
- Forwards should not drop back too far
- Punting or kicking the ball far down the field are the best defensive techniques
- Player to player defense is the most effective

- Play the ball as a defensive team

Combination of:

Football - running touchdown, pass touchdown, punt, running with the ball

Basketball - pass, guard, pivot, catching, juggle

Soccer - ground ball, field goal, kick, dribble

Scoring:

Touchdown running or passing - two points

Field Goal - three points (must be kicked from within the striking circle)

Advancing the ball:

- Ground ball - dribble, kick, pass with feet
- Aerial ball - running with ball, passing, juggling
- Conversion of ground to aerial ball:
- Leg lifts (only the toe must leave the ground)
- Roll up
- Lift to partner
- Bounce (ball may be picked up after one bounce, if it has been kicked)

Fouls:

1. picking up a ground ball (goalie may pick up ground ball anywhere)
2. holding the ball longer than three seconds when not moving
3. tagging a player who is not moving (A pivot is not considered a move.)
4. two players guarding a player who has the ball
5. pushing, tripping, charging or striking an opponent
6. Knocking the ball from opponent's hand
7. kicking opponent or dangerously kicking ball
8. standing closer than five yards to the ball on a kick off, free kick, penalty corner or throwing
9. playing the ball after taking a throw in or free kick before the ball has been played by another player
10. running for a touchdown after receiving ball from a throw in from the endline or from within opponent's
11. 25 yard line.

NOTE: A FOUL IS CALLED ONLY IF THE PLAYER WITH THE BALL CANNOT MAKE A SUCCESSFUL PLAY.

Penalties: (for fouls)

- Outside striking circle - free kick for opponents
- Inside striking circle by offense - defense kick in circle
- Inside striking circle by defense - penalty corner (where circle meets endline)
- If a throw in is used, there must be three passes before a touchdown may be scored.
- Out-of-bounds Sideline: throw-in (if within opponent's 25 yard line, there must be three passes before TD.)

- Endline: drop kick, place kick, punt or throw in. If a throw is used, there must be three passes before a TD.