



# **SPEEDBALL STUDY GUIDE**



## **History**

In 1921, Elmer Mitchell, an intramural director at the University of Michigan, created a game of speedball. Mitchell wanted a game that taught basic skills that could be utilized across a number of activities. Speedball combines the basic skills of soccer, football, and basketball, and it is played outdoors on a football or soccer field.

## **Rules**

A regulation game is played with 11 players, consisting of 5 forwards, 3 halfbacks, 2 fullbacks, and a goalkeeper. The forwards are generally offensive positions while the other play defensive roles. The length of the game consists of four 12-minute quarters.

When the ball is on the ground, soccer rules apply (players may not touch the ball with hands or arms). When the ball is in the air (aerial ball) basketball rules apply. When forward passing the ball or scoring points, football rules generally apply. Players may not run with the ball, but are able to take 3 steps when advancing the ball. An aerial ball may be passed and caught from player to player, however, once the ball hits the ground it must remain on the ground until it is kicked and in the air by another player or lifted to oneself or team player by the use of the kick-up skill.

A punt, place kick, throw-in or drop kick is used to put the ball in play following an end line out-of-bounds.

When two opponents catching the ball at the same time and thereby causing it to go out-of-bounds, or committing a double foul, results in a tie ball. The ball is put in play by a toss-up between the two players.

When a foul is committed, a free kick is awarded. When a foul is committed within the penalty area, a penalty kick is awarded.

To start the game, a kick-off will take place in the center of the field, all players approximately 5 yards away from the ball. Kick-offs are used at the beginning of each quarter and after each score. Player taking the kick-off may not touch the ball again until another player plays it.

## **Players**

*Goalkeeper* - plays near goal, within the penalty area, in front of the end line, to prevent the opponents from scoring.

*Fullback* - defend one-half width of the field around the penalty area

*Halfbacks* - play the entire field, marking attackers on defense and following forwards offensive play

*Forwards* - play from their own halfback line to opponent's goal and are responsible for advancing the ball in an attempt to score.

## Terminology

*Aerial Ball* - a ball that is legal to play with hands; the ball is raised into the air from a kick or a pass when it has not yet touched the ground.

*Dodges* - tactics used to avoid tackles



*Ground Ball* - a moving or stationary ball on the ground

*Throw-in* - is used to put the ball in play following a sideline out-of-bounds. The player throwing the ball must stand behind the sideline and throw the ball into the field with any kind of one-hand or two-hand throw. It may be played as an aerial ball or as a ground ball. No goal may be scored directly from a throw-in.

*Trapping* - stopping a moving ball with the body or feet

*Volley* - playing the ball with the head or any part of the body except hands, forearms, and feet before the ball touches the ground.

## Scoring

In *regulation game*, scoring is as followed:

**2 points - Field Goal** - ball advances across the goal line between goal posts and under the crossbar.

**2 points - Touchdown** - is made when the ball is thrown by offensive team from a point outside the penalty area and is caught by a teammate behind the opponents goal line. No touchdown is given if ball is caught between the goal posts.

**2 points - Drop Kick** - scored by dropping the kicking the ball, after it strikes the ground, over the crossbar between the goal posts. This kick must be taken from outside the penalty area.

**1 point - Penalty Kick** - is scored by drop-kicking the ball from behind the penalty kick mark. The ball passes between goal posts and over the crossbar.

In *Physical Education class*, scoring is as followed:

**2 points - Field Goal** - ball advances across the goal line, into the soccer net by any means except throwing it in with your hands.

**1 point - Touchdown** - is made when the ball is thrown by offensive team and is caught by a teammate behind the end line on either side of the soccer net. No touchdown is given if the ball is caught in the soccer net area or behind it.

**\* A goal cannot be scored directly following a kickoff.**

