

SPEEDBALL

About the game:

- The sport involves skills from soccer, football, and basketball.
- The player positions are similar to that of the game of soccer; forwards, midfielders, defenders, and a goalie.

Skills:

- **Jump Ball:** used to begin the game - the ball is thrown-up between two opposing players
- **Ground Ball:** A ball that is stationary, rolling, or bouncing. While on the ground the ball cannot be played with the player's hands
- **Fly Ball:** A ball that is kicked, punted, or passed into the air. While in the air, the ball can be caught
- **Dribbled Ball:** A ball that is dribbled along the ground with a player's feet
- **Air Dribble:** A ball that is thrown into the air as the player is progressing down the field. The ball must be thrown above the head. A maximum of 3 air dribbles is allowed before the player must release the ball
- **Passing:** The ball is thrown from one player to another
- **Punt:** A dropped ball that is kicked before the ball touches the ground
- **Ball Conversions:** methods to convert ball from the ground into a player's hands:
 - o **1 foot pickup** - ball is lifted into the air by placing the foot under the ball and kicking the ball up to oneself or teammate
 - o **2 foot pickup** - placing the ball between the feet and jumping up to lift the ball into the air so it can be caught by the player's hands
- **Throw-in:** used if the ball goes out passed the sideline

Scoring

- Kick into the goal
- Touchdown (throw ball to a teammate in the endzone)
- Throw into the goal

Fouls

- Fouls are similar to that of the game of soccer: fouls result in a change of possession
 - o Air dribble: penalty if not thrown above the head or too many air dribbles are taken (more than 3)
 - o A player picks up the ball directly from the ground using their hands