

SPEEDBALL

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.

Nature of the Game

The game of speedball is played in an area the size of a soccer field. A soccer ball is used in play. The game begins with a kickoff at the center of the field. The ball is advanced down the field either by dribbling soccer-style, passing player to player as in basketball, or punting as in football.

Safety/Etiquette

1. Do not randomly kick the ball when several players surround the ball.
2. Use caution in defending an opponent using a pickup. Contact could cause serious injury.
3. No spikes or cleats are allowed.
4. Be aware of the field surface. Check for dampness and rough surfaces.
5. Keep the field clear of glass, trash, rocks and loose dirt.
6. Be aware of other players on the field when reaching for a fly ball.
7. Rough play **will not be tolerated.**

Facilities/Equipment

Soccer field

Soccer balls

Two soccer goal nets

Game Rules/Scoring

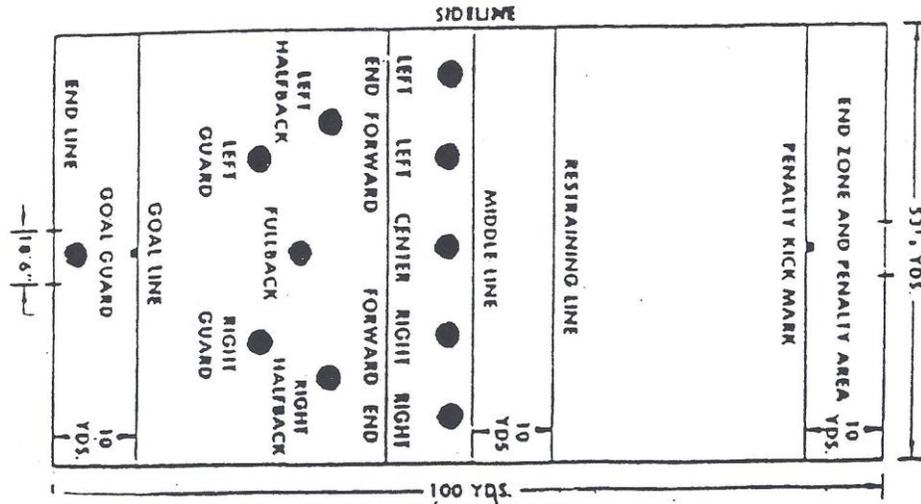
1. A game consists of four quarters.
2. Each team is allowed three timeouts per game.
3. A team consists of eleven (11) players.
4. Fields are 100 yards in length. Restraining lines are marked on each half of the field, 10 yards from the middle line. Goal lines are marked 10 yards from the end of each field for touchdowns.
5. Scoring is accomplished by one of the four following methods:
 - Field Goal** – worth three (3) points. The ball is kicked into the soccer goal.
 - Touchdown** – worth two (2) points. The ball is passed into the end zone from the field of play. You cannot pass within the end zone for a touchdown.
 - End Goal** – worth one (1) point. The ball passes the players end line.
 - Penalty Kick** – worth one (1) point. The point is awarded for different offenses. The player kicks from the goal line. The goalie is the only player inside the penalty area.

Playing the Game

The ball is put into play from the center of the field by a free kick to the opposing team. After going out of bounds, the ball is put in play by the opposing team with an overhead throw or punt. In the event of a tie ball, a jump ball (as in basketball) is played between the two contesting players.

Field Diagram

Field Diagram



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 **two consecutive** air dribbles 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.