



# Speed Ball

Tactical Problems

Attacking A Goal

Maintain Possession

Create Space

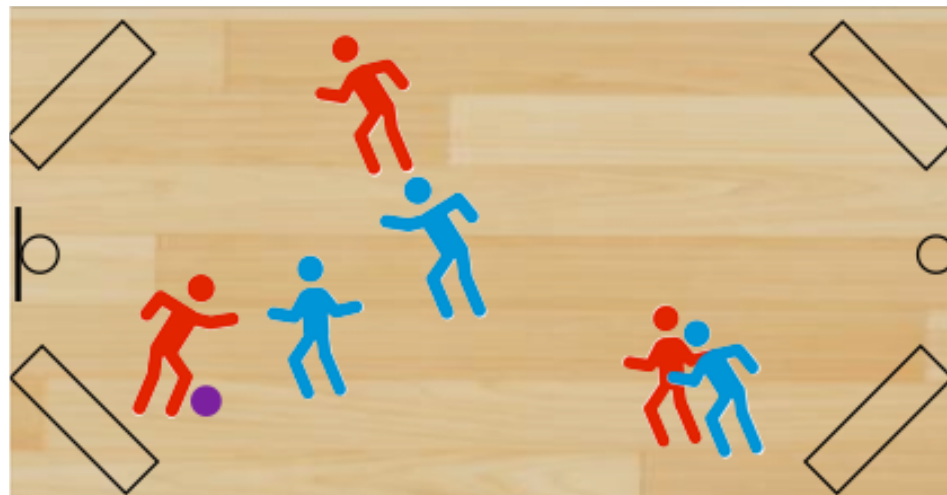


## Rules of Play

- Class is divided into two groups
- Each team has a basketball net at the end line of the playing area and two goals (bench, hockey net, etc.) for each end corner of their half of the playing area.
- Teams pass the ball around in the air, like in basketball (but no bounce pass).
- If the ball falls to the ground, it is now played as a soccer ball.
- A player may kick a ball into his or a teammates hands, but may not pick up the ball.
- If a ball is kicked or thrown into the basket, that team receives 2 points.
- If a ball is kicked into a corner goal, that team receives 1 point.
- The goal is to score more points than the opponents.

## Variations and Progressions

- Number of passes before scoring
- Time limits
- Points (ex.:3 points per basket made, 2 points for goal scored or ball hitting basket's rim, 1 point for ball hitting backboard).
- Types of passing.
- Allow ball to touch floor once.



## Game Info

### Equipment

Playing Area, Basketball hoops, Goals (benches, hockey nets, etc.), Pinnies, Ball

### Safety

No body contact, Proper Kicking, Kicked ball stays below knees

## Tactical Talk

*What does your team do to successfully score a goal?*

*What does your team do to maintain possession of the ball?*

*How do you move to get away from a defender?*