



Learning Speedball Through a Tactical Approach

by

James Mandigo, Ph.D., & Joanna Sheppard, Masters Student/ BPE
Department of Physical Education & Kinesiology
Brock University



Presented at:
OPHEA Kids' Health Conference

Session Agenda:

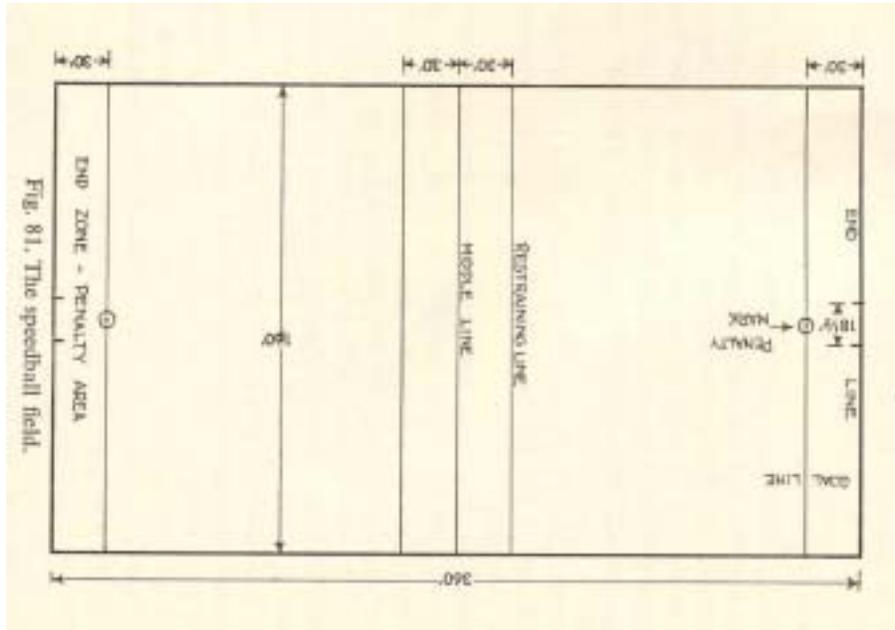
1. Play the game first (Jo)
2. Tactical structure of invasion games (James)
3. Pedagogical principles (James)
4. Activity to Exaggerate Maintain Possession/ Regain Possession (Jo)
 - ◆ Can't Touch This
 - ◆ Triangle Soup
5. Go back to playing Speedball (James)
6. Summary of how Pedagogical Principles were Used (Jo)



Speedball

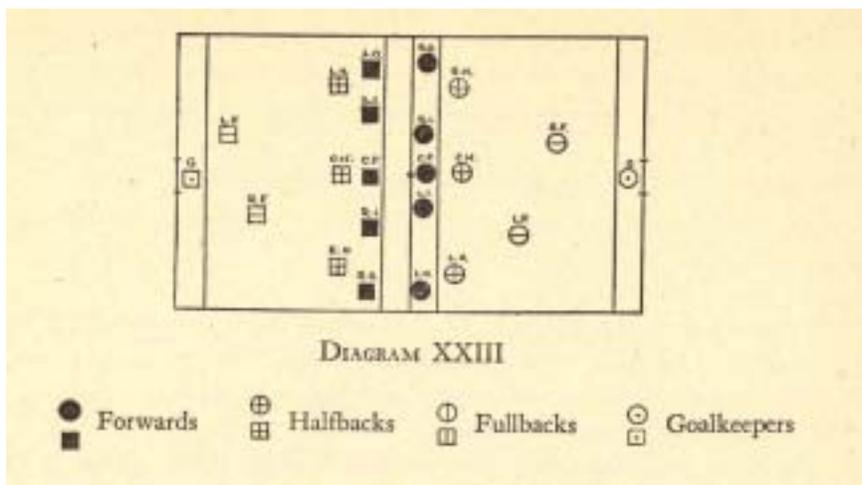
Speedball combines the techniques, strategies and tactics of soccer **and** basketball, with the additional skill of a “kick-up.”

Playing Area:



Standard speedball field is the size of a football field – 360 by 160 feet. The 50 yard line is used as the centre line, and the two 40 yard lines are the restraining lines. Area may be modified for environment (e.g. indoor play).

Speedball Positions (similar to traditional soccer)



Common Terminology:

Ground Ball – A ball that is on the ground or has touched the ground since last being played by another player. Ground balls must be played, as in soccer, without the use of the arms or hands.

Fly Ball – this is a ball that rises from a player's foot and may be caught and passed as in basketball. The ball continues to be a fly ball until it touches the ground again. Only a fly ball can be played with the hands.

Kick-up: This is a method a player can use to convert a grounded ball into a fly ball to themselves or a teammate. They can do this by raising it with one or both feet and catching it themselves or they can raise it to a teammate.

Punting: Kicking the ball with the instep as it is dropped from the hands.

Juggling: Tossing a fly ball in the air and catching it (to self or teammate).

Common Ball Handling Skills:

Handling a Ground Ball: Dribbling (as in soccer), kicking, trapping, kick-up.

Handling a Fly Ball (Hands): Punting (as in football), throwing, juggling, dropping (creating a ground ball)

Pre-Playing Rules:

1. Teams consist of eleven (11) players.
2. Goals for the indoor game are the basketball hoops. Outdoors would use the football/rugby goalposts.
3. Either a soccer ball or basketball may be used.
4. **Scoring**: Occurs in 1 of 4 ways
 - a. **Field Goal**: Worth 3 points – scored when a ground ball is kicked or otherwise legally propelled over the crossbar of the net within the sideposts (i.e. over the net but within its width).
 - b. **Touchdown**: Worth 1 point – scored when a player standing in the end zone catches and securing holds a forward pass thrown from the playing field outside the end zone. A touchdown cannot be scored directly from an out-of-bounds pass.
 - c. **End Kick**: Worth 2 point – scored when an offensive player with a grounded ball in the end zone kicks or legally propels the ball over the end line and not between the goal posts. An end zone kick does not count unless the ball is grounded in the end zone immediately prior to being kicked over the end zone line.
 - d. **Drop Kick**: Worth 2 points – scored when a fly ball held by a player in the field outside the end zone is dropped to the ground and kicked over the goal crossbar between the uprights.
 - e. **Penalty Kick**: Worth 1 point – a free kick awarded for an infraction of the rules. It is taken from the penalty mark 10 feet in front of the goal. The ball must pass **under** the crossbar between the goalposts to count. One defensive player may attempt to guard the

goal. He/she must stand on the end line between the goal posts until the ball is kicked. The kicker may only strike the ball once. One (1) penalty kick is awarded for any personal foul by other than a defender in their defensive zone (e.g. personal foul by attack player in other teams defensive zone). Two (2) penalty kicks are awarded for any personal foul by a defender in their defensive zone. The ball remains in play if the second kick is unsuccessful.

5. Game Length – this can vary depending on time available, however, 2-25 minute halves, with 3 time outs per team is adequate.

Playing Rules:

Start or Re-start of Play: This involves using a “kick-off.” Who initiates the game starting kick-off is typically determined by a coin toss. The winner of the coin toss can choose to kick-off, receive or select which goal they wish to defend.

All players must be standing in their own half of the playing area for the kick-off. Players on the team receiving the ball must be standing beyond the restraining line (e.g. 10 yards off the ball) until the ball is kicked. A legal kick-off is one where the ball travels a minimum of 10 yards forward unless first played by an opponent.

After the kick-off each team attempts to advance the ball toward the opponent’s goal line in an effort score goals.

Fouls, Violations and Penalties:

Personal Fouls: Involve personal contact between players – kicking, tripping, charging, pushing, holding, blocking or unnecessary roughness. Four (4) personal fouls disqualifies a player. See penalty kicks above for penalty sanction.

Technical Fouls: Rule infractions not related to player actions – illegal substitutions, delay of game, too many players on the field, taking more than 3 time outs per game. If the ball is in the defending team’s end zone when such an infraction occurs, the team not committing the infraction is given one (1) penalty kick and the ball remains in play if it is missed. If the technical foul occurs while the ball is located in an area other than the end zone, then the team not committing the foul is given one (1) penalty kick, however, they cannot follow up any missed shot. If the shot is missed, the defending team puts the ball back in play with a pass or kick from behind their end zone.

Violations: These are any player infractions of the rules, but do not involve personal fouls – using hands on a ground ball, carrying the ball, violating the kick-off rule, violating any free kick restriction, improper playing of any drop or toss ball (e.g. volleying, kicking or kneeing a fly ball without first catching the ball). Any violation outside the end zone results in the non-offending team receiving the ball out of bounds nearest the point of the infraction (as in basketball). A violation within the end zone results in a penalty kick which, if missed, continues in play.

Skill/ Concept Development & Enhancing Tactical Understanding

Can't Touch This (Maintain Possession/ Get Possession)

- ☆ play 4 vs 4
- ☆ play inside a 10 m x 10 m grid
- ☆ start off playing by throwing and catching
- ☆ can't move when you have the ball
- ☆ if get 5 passes in a row ... score 1 point
- ☆ Cannot grab ball from someone's hands

Tactical Solutions:

- ☆ How do you maintain possession in this game (on the ball/ off the ball)?
- ☆ How do you get possession in this game (on the ball/ off the ball)?

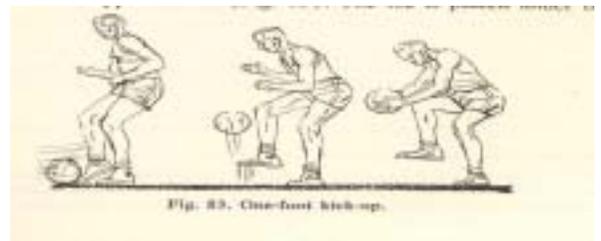
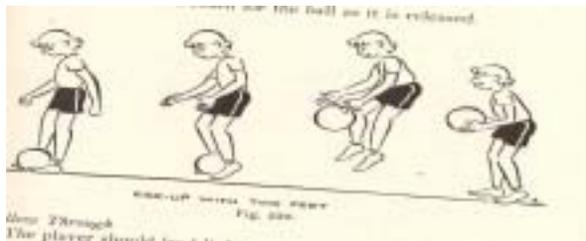
Extend Complexity: Feet only

Extend Complexity: Speedball (hands and feet)

Extend Complexity: Can dribble with ball

Enhancing On the Ball Skills to Maintain Possession: The Kick-Up

- with partner, have partner bounce ball and other partner has to kick ball up to hands
- practice kick-ups with different body parts (e.g., feet, knees)
- practice kick-ups using balls that are rolling, balls off to the side, balls that are bouncing
- what are the mechanics behind kicking the ball straight up to your feet?



Triangle Soup (regain possession)

- ☆ Play 3 vs 1 inside grid
- ☆ 3 offense, 1 on defense
- ☆ One person on offense puts on a pinnie
- ☆ If offensive team can complete a successful pass to the offensive player with the pinnie and receive a successful pass back, score 1 point
- ☆ If defensive player can intercept ball and regain possession to dribble ball outside of grid, they score a point
- ☆ Once defensive player gets possession and dribbles out, they become offense and person with pinnie becomes defender
- ☆ play using hands, then feet, then Speedball skills ... can dribble the ball
- ☆ Discuss role of anticipation and tackling skills on defense and importance of moving ball up the court/ field to score points

Application: Go back to playing Speedball game and encourage incorporation of activities

Teaching Games for Understanding Terminology:

Tactical Problems	Examples of Tactical Solutions	
	On the Ball	Off the Ball
Offensive Maintain Possession Create Space Attack Goal	Passing, Dribbling Give & Go Shooting	Support Width Target Person
Defensive Regain Possession Defend Space Defend Goal	Tackling Goaltending	Anticipating, Marking Marking (Person to Person/ Zone)

Pedagogical Principles:

1. **Sampling:** refers to instructors using different games from the same category and providing students with an understanding of similar tactical problems and solutions.
2. **Game representation:** refers to creating *game-like* scenarios to help facilitate how a particular skill or tactical solution is used within a game.
3. **Exaggeration:** requires instructors to choose a particular focus for an activity (e.g., maintaining a rally) based on its structure (i.e., skills, rules, and tactics) and creating a scenario that exaggerates the concept that is chosen.
4. **Tactical complexity:** based upon the premise that certain tactical solutions are more complex than others and there are certain skills and levels of understanding needed before more complex tactical solutions can be attempted.