

Speedball: Review/Skill Sheet Grading

	Participation	/24
Name _____	Skill development and application	/6
	Use of strategy	/6
Class _____	Knowledge	/12

Skill 1: Dribbling

- Foot Position: Using the instep or out step of the foot pushing the ball in the direction of the destination

Skill 2: Chipping

- Foot position: Dig toe under ball
- Leg position: Upward movement with knee bent passing ball to self or teammate

Skill 3: Chest Pass

- Hand position: Both hands on sides of ball
- Arm position: Arms bent with elbows pointing out.
- Forward Movement: Push ball from chest extending arms to target teammate.

Skill 4: Pass/Throw ins

- Hand position: both hands on the ball
- Feet position: Both feet must stay on ground
- Body position: Arch back and get body moving forward

- ✓ Is able to use skills in practice situations
- ✓ is able to use skills in defensive game situations
- ✓ is able to use skills in offensive game situations

Total skill development and application _____ /6 _____

- ✓ Applies defensive/offensive strategy in positioning
- ✓ Applies defensive strategy in game play
- ✓ Applies offensive strategy in game play

Total game strategy _____ /6 _____

Vocabulary:

Arial Ball: The legal conversion of a ground ball using the feet to lift or kick it into the hands. When the ball is in the hands, it can be thrown, passed, and caught as in football and basketball.

Ground Ball: When the ball is on the ground, it is played as it is in soccer with skills of dribbling, kicking, heading, or trapping.

Field Goal: Propelling the ball with the feet or body (no hands or arms) into the goal.

Touch Down: Throwing the ball across the goal line to a teammate who catches it in the end zone.

Drop Kick: Drop kicking the ball over the goal crossbar from outside the end zone.

Goal Kick: When a team misses a goal shot, or kicks the ball beyond their opponents' goal line. The ball is placed on the side of the goal where the ball went out.

Corner Kick: When a team kicks the ball across their **own** goal line. The ball is placed in the corner arc at the intersection of the touch line and the goal line. The attacking team will kick the ball.

Rules:

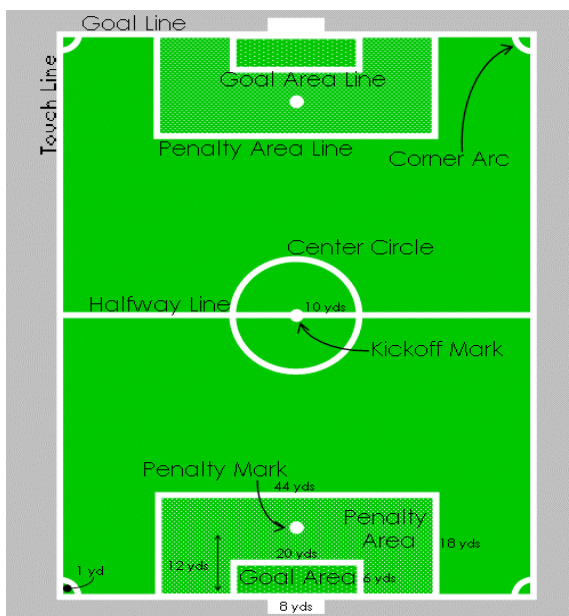
- Game begins with a jump ball
- Each player is allowed 3 steps with the ball once have possession
- Each player is allowed 3 seconds with the ball once have possession
- A team must complete three passes before they are allowed to score
- If the ball goes out of bounds, the opposite team will throw the ball in
- If a team misses a shot on the goal, the opponent will be awarded a goal kick
- If the defense kicks or throws the ball over their own end line, the opponents are awarded a corner kick.

History:

The game originated at the University of Michigan in 1921 as part of the men’s physical education classes. Its designer, Elmer Mitchell, wanted to provide an athletic activity that all of his students could participate in regardless of their athletic ability.

Field:

Outdoor Playing field
(Soccer field)



Indoor playing field
(Basketball court)

