**Speedball Tactical Games Approach**

**Lesson**

**Equipment:** cones, speedball balls (soccer or softer balls)

**Grades 5-12**

**National PE Standards:**

**Standard 1**-The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

**Standard 2**-The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

**Standard 3** -The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Standard 4** - The physically literate individual exhibits responsible personal and social behavior that respects self and others.

**Standard 5 -** The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

**Instructional Objectives:**

**Cognitive:** Students will understand how to properly use various passes and have the concept of space awareness while attempting a pass.

**Psychomotor:** Students will be able to perform an under hand, over hand, and chest pass.

**Affective:** Students will play speedball under the modified rules exhibiting acceptable levels of personal and social responsibility.

**Instant Activity:** Practice with your team using one foot and two foot self-air passes.

**Group Juggle:**

**Tic Tac Toe:**

**Drill #1 Circle Passing**

* Students form two evenly circles.
* Two students go to the middle with one ball. Student passing the ball follows the ball and prepares for future receiving this pass and move rotation goes all around the circle with new players coming to the middle each time to receive the ball.
* Competition can be timed on how fast the ball is rotated through the whole group back to the starting point or between two circles to see who can get through it the fastest.
* Two more go to the middle (4 total) and same passing pattern is used again with 2 balls being used at one time. Advanced- Add another ball with this being the 3rd ball (6 players in the middle or even 4 balls, 8 players in the middle).

**Drill #2 Passing drill/passing peer assessment checklist** (Combine with another team. Coach checks off peer assessment while team performs passing drill. Coach calls out passes.)

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Coach Coach

• Each team in two lines (facing each other).

• Player 1 in line A passes the ball to Player 1 in line B.

• Player 1 in line B passes to player 2 in line A.

• Follow pass and go to the end of the opposite line.

* Switch with the coach/captain as needed.
* Coach calls the next pass when teams are ready.

**Lesson: Maintaining Possession of the Ball**

**Tactical Problem:** Maintaining Possession of the Ball

(Resource: Instructional Models Handbook PIPELINE 2010)

**Lesson Focus:** Passing and receiving balls using the under hand, over head and chest pass.

**Objective:** Make accurate and firm short passes and support the ball carrier.

**Initial Game:** Set up a field with boundaries and a half-way marker. Each team member must complete a pass to a teammate while playing against an active defense. In order to score every team member must complete a pass and they must cross the centerline. Each team can only use a passing technique indicated by the teacher (e.g. under hand pass, over hand pass, or chest pass). 1st 2-3 minutes only underhand passes. 2nd 2-3 minutes only over hand passes and 2-3 minutes only chest passes. Once a team completes a pass to every teammate using the specific pass indicated by the teacher **and** crosses the center line; then 1 point will be rewarded to that team by the official.

**Goal:**

* + Use a variety of accurate passes using all prescribed types.
  + Players move to get open using the entire field to receive a pass.
  + Players execute quick and short passes in order not to get intercepted.

**Conditions:**

* + Active defense: Students can block the pass in the passing lane and are permitted to use all defensive techniques including intercepting the opponent and marking.
  + Change of possessions occurs when: The ball touches the ground. The ball goes out of bounds. A team uses and illegal pass. A team scores a point.
  + A team must complete a pass to each one of their teammates and they just cross the centerline.
  + Once a team completes a pass to every teammate using the specific pass indicated by the teacher then 1 point will be rewarded to that team.

***Question & Answer:***

**Q: What do you need to do to be successful in earning points in this game?**

*A: Need to execute short, fast and accurate passes.*

**Q: What were the main conditions for scoring?**

*A: We had to take advantage of all the players and had to use the over hand, under hand and chest pass*

**Q: What do you need to do to receive consecutive passes**

*A: Move into an open space and get away from the defense.*

**Q: How do you execute the overhead pass**

*A: Hold ball with both hands above the head, elbows out to the sides.*

Extend the arms and flick the wrists, fingers pointing down.

Focus on a point on the partner’s shoulders.

Release the ball at the forehand.

**Q: How do you execute the chest pass?**

A: Feet shoulder width apart and knees slightly bent.

Hold the ball with fingers on the side of the ball and thumbs on the back

Hold ball at chest level, elbows to the sides.

Step forward when passing.

Extend arms outward, and flip thumbs downward (backspin).

Focus eyes on target, trying to pass to your partner’s chest.

**Q: How do you catch a pass?**

A: Step out toward the ball when receiving.

Catch ball with both hands, grasping with the fingers.

Pull ball into the chest.

Keep eyes focused on the ball.

***Practice Task:***The original teams will be split up into two groups. Each group will have a defender and two attackers who will try to maintain possession of the ball using the passes the teacher has indicated to use. The 1St 2-3 minutes only underhand passes, 2nd 2-3 minutes only over hand passes, 3rd 2-3 minutes only chest passes and finally the students will be allowed to use any of the three. Depending on ability level the defense can be active or passive or there could be no defense at all but the students would have to maintain a triangle while passing.

**Closing game- Speedball** Play regular game of Speedball adding the rule of 5 consecutive passes in a row = 1 point.

**A few reminders:** In speedball, you may convert from a ground ball to aerial ball. Once the ball is converted to an aerial ball, one self-“air dribble” is permitted before passing to another player.

When receiving an aerial pass on the move, you are permitted two steps before passing to a teammate. The ball may be dribbled and passed on the ground like in soccer.

Change of possessions occurs when: The ball touches the ground. The ball goes out of bounds. A team uses an illegal pass. A team scores a point.

**Scoring for today: Soccer** goal= 2 points Pass= 1 point 5 passes cons. =1 point

This is a wonderfully adaptable game. In addition to playing either indoors or out, teachers and students can vary the scoring methods and points, length of game, number of players, size of field/court

**Speedball – The Game**

**Description:**

Speedball is an invasion game that combines the skills used in basketball, football, and soccer. Traditionally played outdoors on a soccer field, the game can be modified for indoor play on a basketball court. The object of the game is for a team of eleven players (outdoor version) to move the ball (soccer ball) down field into the opposing team’s territory and score a goal in one of three different ways. The ball may be kicked into a soccer goal, drop kicked through ‘goal posts’ or passed into the end zone. When played indoors, the drop kick through goal posts is replaced by shooting the ball into the basket on a basketball court. (Optional)

**Background and Basic Rules of Play:**

E.D. Mitchell at the University of Michigan initially developed the game in the early 1920’s as an activity that all students could play regardless of their athletic experience. In speedball, the ball can be played in the air (similar to passing in basketball or football) or on the ground as in soccer. A ball caught in the air off the foot of another player or by converting the ball from the ground to the air by oneself is played in the air until or unless the ball touches the ground. Once the ball touches the ground, all soccer skills apply to moving the ball. Play starts with a jump ball (as in basketball). The jump ball is also used to put the ball back into play following off-setting penalties, if the ball is ‘tied up’ between two opposing players, or the official cannot determine who gets the ball. After a score, the opposing team gets the ball at half field or half court for a kick off, similar to soccer. The game is played in four quarters, similar to basketball. Each quarter can be up to 12 minutes long.

**Moving the ball**

A player may dribble a ground ball with the feet as in soccer. Once the ball is converted to an aerial ball, a player may use one ‘air dribble’ to self before passing to another player. When catching an aerial pass on the move, a player may take two steps before passing to a teammate. There is typically a time limit for possession of an aerial ball before passing or shooting (e.g. 3 seconds).

**Scoring** (optional)

Typical scoring methods when playing outdoors are as follows:

• Field goal – 3 points

• Drop kick – 2 points

• Touchdown – 1 point.

However, the scoring can be adjusted to suit the players and playing conditions. For example, when playing indoors, the number of players per team would be reduced to five or six and the drop kick would be replaced by a set shot or lay-up.