SPEEDBALL Study Guide

Speedball incorporates skills from basketball, soccer, and hand ball.

There are 2 ways of scoring a point in speedball:

1. Shoot the ball into the pug goal or the basket (1 point)
2. Kicking the ball into the pugg goal (2 points)

To start the game of speedball, the 2 centers will stand in the middle for a tip off. A tip off is when the ball is thrown in the middle of the 2 centers and they must jump to try to tip the ball to their own team.

When the ball is on the ground, students must kick the ball only! If the ball is kicked into the air or juggled up to a teammate’s hand, then we continue play by throwing the ball. Students may NOT pick the ball up off the floor with their hands.

Only 3 steps are allowed while the offensive player has the ball in their hand. Any additional steps after that will result in a change of possession.

3 players will be on offense; 3 players on defense; 1 center (can go on both offense and defense); 1 goalie. Once the game starts players on offense cannot switch on to the defensive side (and vice versa) or it will be called offside.

Defensive players may NOT grab the ball out of an offensive person’s hand.

If a point is scored, the play resumes from the crease where the point(s) were scored.

The goalie box is the area around the goal that NO ONE else can step into. Goals scored within the goalie box will not count.