



ACTIVITY SAMPLE:

# SPEEDBALL



## Activity name

Speedball

## Activity overview

Structured open gym, intramural league

## Division

Elementary or secondary

## Facilities

Gymnasium, outdoor activity area, or field

## Equipment

Soft-skin ball, pinnies for half of group, two nets

## Safety

Refer to the information on [Supervision and Safety](#) in the About Intramural section for support in establishing supervision ratios and rules of play for this activity.

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## Activity instructions:

- Divide group into two teams, and divide teams into two shifts. Begin the game with Shift A playing and Shift B on the sideline. Switch shifts every 5 minutes.
- No one sits down! Participants on the sidelines are still part of the game; they can move along the sideline looking to catch a pass from a teammate or make a pass to a teammate.
- The game is a combination of soccer and handball, and it starts with an opening tip-off (or jump ball) like basketball.
- When the ball is on the floor, the game is played like soccer. When ball is in the air, the game is played like team handball.
- Students can catch the ball if they kick it up to themselves or off the wall. They can also put the ball down on the floor if they want to play it with their feet.
- Only the goalies can pick the ball up from the floor.
- Teams get 1 point for a handball goal (thrown into the net) and 2 points for a kicked soccer-style goal.
- For a handball score, attacking students must throw the ball from outside the basketball key area or the crease. There is no crease rule for when the goal is scored with the feet.
- Participants on the sidelines are bound by the same rules. They can score and their points count double, with 2 points for a handball goal, and 4 points for a soccer goal.

## Modifications and variations:

- Speedball can also be played as an open gym activity by establishing new teams every day based on who shows up to play.
- To play without goalies, turn the nets toward the end wall and students must bank the ball off the wall to score points.



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## Notes to supervisor:

- For various ways to modify for the age and skill of participants or to maximize inclusion please see [Step 3: Develop and Implement Your Action Plan.](#)