

INDOOR HYBRID BALL

Introduction

What sport might Michael Jordan, David Beckham, Brett Favre, and Gary Hines play if they all got together? They'd probably play indoor hybrid ball! The sport has elements of basketball, soccer, American football, and team handball combined. Hybrid ball allows players of each of these sports to interact and bring their personal styles to the game. While experience in any one of these sports may prove an advantage, it can also be a disadvantage if players cannot expand and learn skills other than those of their preferred sports. Best of all, the sport is simple enough that students can play it on their first day, while also being challenging enough to continue playing it for weeks in a physical education curriculum.

Randy Webb in Knoxville, Tennessee invented indoor hybrid ball. The sport was first played in the physical education classes in Knoxville. Since its inception, indoor hybrid ball has been played in numerous physical education and recreational settings. The sport has increased in popularity because of its unique characteristics, the options to score, the variety of athletic skills utilized, and the amount of cardio respiratory fitness it offers.

Skills Used in the Game

Skills used in hybrid ball include throwing, catching, basketball and soccer passing, basketball dribbling, soccer dribbling, soccer trapping, kicking, punting, team handball goal shot, soccer goal shot, and goalie skills. Skill development appears to be accelerated when students have the opportunity to practice a sport that incorporates multiple sports within the context of one.

Equipment

Hybrid ball requires an 8" web ball or volleyball or a ball that can bounce, but not hurt players when it is thrown into the goal. One ball is needed for every two students in the class for warming up, as well as 8-10 mesh vests to field two teams, and a scoreboard.

Court and Goals

One indoor basketball court is needed. The court or playing area has one basketball hoop and one indoor soccer goal at each end of the court. The goals do not need to be full size. If the basketball court has a mat on the back wall, the mat can be used as a target to score with two orange cones placed on the end lines of each free-throw sideline. If indoor soccer nets or mats are not available, place tape on the back wall making a box the size of a soccer goal and place two orange cones on the basketball end line—one on each side of the free throw sidelines (see Figure 24.5).

Time

- Four 8-minute quarters, 1-minute time-outs, 10-minute halftime for the middle school level
- Four 10-minute quarters, 1-minute time-outs, 5-minute halftime for high school level
- Two 20-minute halves, 5-minute halftime for collegiate level

Start of the Game

Begin the game with a jump ball, similar to basketball, at the center line.

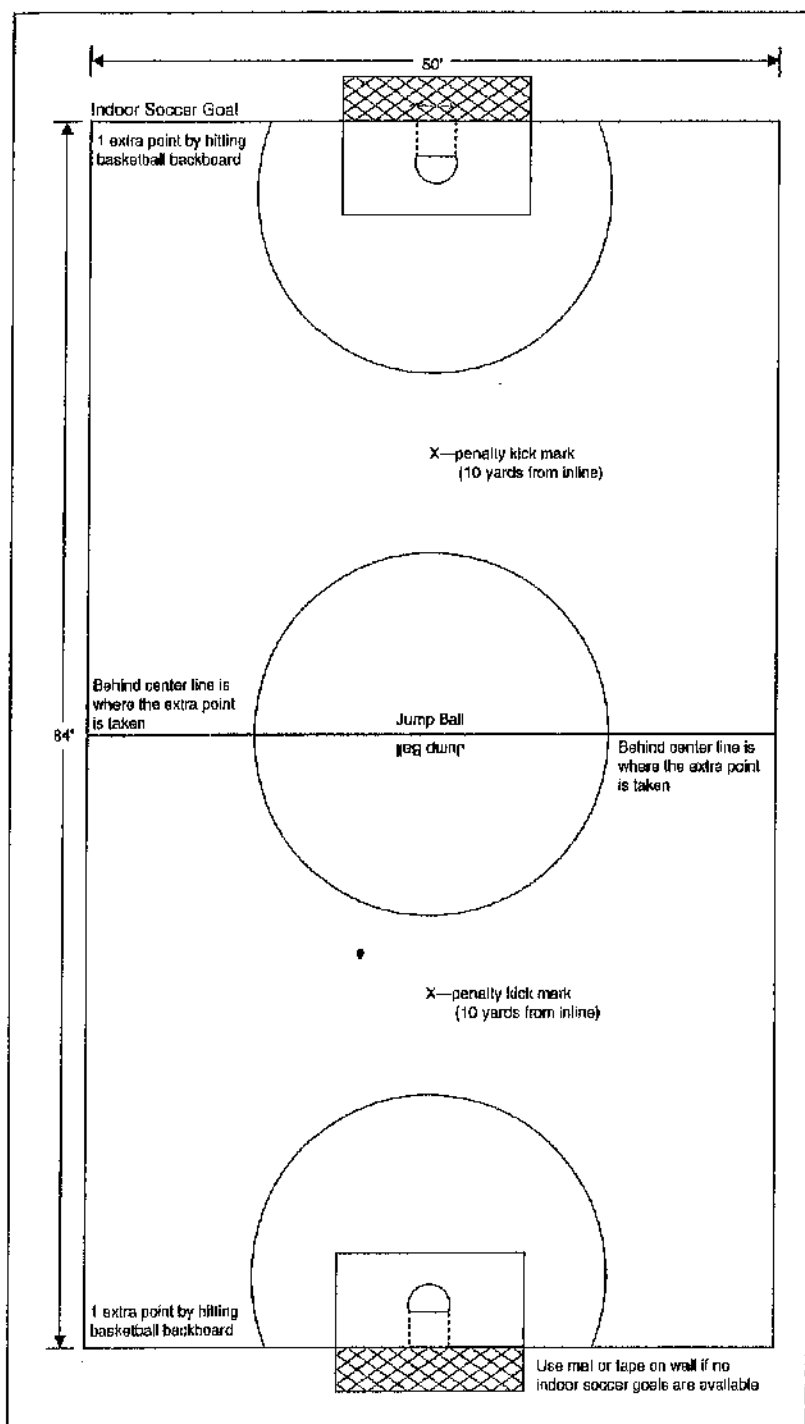


FIGURE 24.5 Hybrid Ball—Played on Indoor Basketball Court

Rules

1. A player can use a basketball dribble or soccer dribble to move the ball down the court.
2. A player can throw the ball to a teammate.
3. A player can kick the ball to a teammate.
4. A player can pick up the ball off the floor.
5. A player cannot double dribble, like in basketball.
6. A player cannot travel, like in basketball.

7. A player cannot run or walk with the ball.
8. A player cannot place a foot in front of the 3-foot line before releasing the ball for a goal.
9. No offensive players are allowed in the key on a free ball.
10. Goalies can switch after each point scored.
11. Offensive players can cut through the 3-point line, except on a loose ball.

Rule Violations If a violation occurs, the ball goes to defending team from the sideline. A player throws the ball into play.

Fouls

- Pushing, tripping, hitting, tackling, kicking, or charging a player.
- Minimal body contact.

Foul Violations

1. First offense on a player results in penalty kick from the 10-yard line.
2. Second offense—the player goes to penalty box for 2 minutes and a penalty kick is awarded from the 10-yard line.
3. Third offense—the player is disqualified and the opposing team gets a penalty kick from the 10-yard line.

Penalty Kick Rules

1. The ball is placed on the 10-yard line.
2. The goalie has to stand on the end line and cannot move until the ball is kicked. Every offensive and defensive player has to be outside the 3-point line at the time of the kick.
3. If the penalty kick is missed, play continues immediately.

Offside Player Violations

1. Only one goalie and one defender are allowed inside the basketball 3-point line when a shot is taken.
2. Offensive players can cut through the key.

Out-of-Bounds Rules (optional for middle school and high school but not college)

1. If the ball goes out-of-bounds, the other team throws the ball from the sideline, like basketball, into play.
2. If the ball goes over the end line off an offensive player, the goalie can throw or kick the ball into play from behind the free-throw line.
3. If the ball goes over the end line off a defensive player, the offensive goalie can kick or throw the ball into play from behind the free-throw line.

Game Modifications Play the game with no out of bounds. The game moves faster, especially for the collegiate level.

Scoring and Points

1. Two points for a throw into the goal from behind the 3-point line.
2. Two points for a kick (not a punt) into the goal from behind the 3-point line.

3. One extra point is awarded when any offensive player kicks the ball from behind the centerline and the ball hits the basketball backboard. The players start behind the centerline but can finish in front of the centerline.
4. Two points for a penalty kick from 10 yards away.

What to Do After the Score

1. When a goal is scored, a player kicks the ball for an extra point.
2. If the extra point is made, the goalie takes the ball and kicks or throws the ball to a teammate from behind the free throw line.
3. If the extra point is not made, it is a free ball.

Camelike Warm-Up

1. Throw the ball to a partner 10 yards away.
2. Basketball dribble the ball with the right hand and left hand, alternating hands.
3. Soccer dribble the ball to a partner 10 yards away. Same drill soccer pass.
4. Three-point zone passing with 3-4 players.
5. Three-point zone passing with 3-4 players. Add defenders.

Goal Warm-Up

1. Three-step approach—throw the ball into goal from behind the 3-point line with right hand. Same drill left hand.
2. Throw the ball into goal from behind 3-point line. Same drill as above but add the goalie.
3. Soccer kick into the goal behind 3-point line. Same drill, add goalie.
4. Throw ball in from end line to outside the 3-point line pass, pass, and shoot. The shooter becomes goalie and rotates through the line.
5. Punt from behind the centerline, aiming for the basketball backboard. As a class, work for five goals. When playing the game with large classes, rotate teams every 6-10 min. Students who are not playing can keep the time and score.



Indoor and Outdoor Hybrid Ball Rules and Game

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