

QUAD BALL

EQUIPMENT NEEDED: Indoor soccer ball, 4 bowling pins, end baskets, 4 cones for soccer goal and pennies (red, yellow, orange, green, black).

OBJECT: Score in **one** of the 4 different ways; make a basket, catch ball over end line like in football, kick a goal like in soccer or kick the ball and hit a bowling pin down. Teams get one minute to score, if neither team scores both teams rotate off the floor and two new teams start a new game. If one of the teams score they stay on the court and a new team rotates out for a new game.

Set up: Place bowling pins on the four corners of the court, set up a soccer goal at each end. Also need end baskets down.

GAME: The game is started like a soccer game with the ball in the middle and a kick off. Teams cannot score on kickoff and the kickoff must go forward. Two of the games (basketball & football) the points are scored with the ball in your hands and two of the games (soccer & bowling) the points are scored with the ball at the feet. Teams only have to score one way (one minute) and they stay on the court, the team that does not score rotates off the court.

The players cannot run with the ball, they cannot dribble like in basketball but they can dribble like in soccer. The players **may not** pick the ball up off the floor but they may kick it up to themselves or kick it up to a teammate. The ball may bounce **one** time and still be caught, if the ball bounces twice it must be kicked. The ball must be caught without a bounce in order to score like in football. If the ball is in the players hands they may throw it to a teammate or drop kick it to get the ball to the opposite end of the floor.

If a player is shooting at the basket and the ball misses the basket but goes into the soccer goal it is not a score because the ball came from the players hands. A player may not throw the ball at the bowling pin they must kick the ball and hit the pin over.

Quad ball is a non-contact sport. Players should use basketball rules such as: body contact is a foul. If a player is fouled, his team receives the ball out of bounds.

To make the game more co-ed like, I usually make rules like boys can only throw it to a girl. Boys must only play defense against the boys and girls play defense against the girls. Boys may not steal the ball from the girls. Teams off court can be working on cardio exercises like jumping jacks, burpee's, mt. climber etc.