

# SPEED A WAY STUDY GUIDE

## History

“Speedball” was invented in 1921 by Elmer Mitchell, a director of intramural sports at the University of Michigan. Speed-a-way is a game that combines the elements of basketball, football, and soccer. Speed-a-way is a fast paced game. In order to be successful all players need to be involved at all times. The skills of catching, kicking, passing and running are all used in this game. Flags are worn by all players. The game is played on a field using a soccer ball and small soccer goals. There are 11 players on each team including the goalkeeper. The ball is put into play by a kickoff that is similar to that of soccer as each team tries to move the ball down the field towards their opponents’ goal. You may catch and throw the ball like a basketball but balls on the ground must be played by kicking or dribbling with one’s feet only. To get the ball into your hands from the ground you can either lift it to yourself or another player can lift or kick it to your hands.

## Rules

1. The game is started or re-started after every score with the feet at the center line of the field. You **cannot** lift the ball to yourself to begin play.
2. If the ball is on the ground, it **must** be played with the feet.
3. To play the ball in your hands, the ball **must** come off the foot.
4. If you caught a kick or raised the ball into your hands by using your feet, you may run with the ball or pass the ball to a teammate.
5. Flags can be pulled only if the opponent has the **ball in their hands**. If the ball is on the ground, flags **cannot** be pulled.
6. If your flags are pulled by an opponent and you have the ball in your hands, you **must** drop the ball immediately. Your opponent plays the ball with their feet.
7. Do not stop play if the ball is passed and dropped, or if the ball is knocked down by a hand. The ball should be played by anyone using their feet.
8. Any ball that goes out of bounds at the sideline is re-started by a soccer throw-in.
9. A ball that goes past the end line and does not result in a score is the goalkeeper’s ball.
10. After every score, all players from the scoring team **must** cross over the center line before they can touch the ball.

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## Scoring

There are **three (3) ways to score** in Speed-a-way

1. *Kick* the ball into the soccer goal from **outside** the semi-circle = **3 points**
2. *Run* the ball between the two cones and the soccer posts = **2 points**
3. *Pass* the ball to player who enters the end zone between the cone and goal = **1 point**

## Safety

1. Do not knock the ball out of an opponent's hand.
2. Do not tie your flags around your waist.
3. Blocking, holding, tackling and tripping are not allowed.
4. Do not kick or throw a ball forcefully at an opponent trying to injure them.
5. Be a good sport and play fair.

## Strategy

Speed-a-way is a fast paced that takes teamwork in order for one's team to be successful. All players must get involved even if they do not possess a high level of skill. It will help you if you find something that you enjoy doing or that you do well such as passing, covering on defense, pulling flags, catching a pass or even playing goalkeeper. The more people are involved on the team the greater chance that your team will be successful. Try to stay spread out and avoid bunching up and just chasing after the ball. The field is large so you may want to have some people play forward (offense) and some play towards the back (defense). Have fun and hustle and speed-a-way will be a fun experience.

## Standards

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| <b>6<sup>th</sup> grade</b> | 1.3 | Strike an object consistently, using a body part, so that the object travels in the intended direction at the desired height. |
|                             | 5.1 | Participate productively in group physical activities   |
| <b>7<sup>th</sup> grade</b> | 1.1 | Demonstrate mature techniques for the following patterns: kicking   |
|                             | 5.4 | Evaluate the effect of expressing encouragement to others while participating in a group activity                             |
| <b>8<sup>th</sup> grade</b> | 1.4 | Apply locomotor, nonlocomotor, and manipulative skills to team physical activities  |
|                             | 5.4 | Identify the contributions of members of a group or team and reward members for accomplishing a task or goal                  |