**SPEEDBALL STUDY GUIDE**

1. **How goals are scored:**
   1. Ball must be below the head height of the goalie
   2. Ball must clearly break the plane of the end zone or goal line that you are trying to score for
2. **3 ways to Score:**
   1. Endline Rules:
      * 1. **Groundball** in **end zone**
        2. The ball kicked from the ground must break the plane of the **end line**. The score is worth 1 point.
   2. Touchdown Rules:
      * 1. **Air ball** in the **playing field**
        2. Thrown to a teammate who is standing in the **end zone** and catches it on the fly. The score is worth 2 points.
   3. Goal Rules:
      * 1. G**roundball** inside the **playing field**.

The kicked ball kicked from the ground must break the plane of the **goal line**. The score is

worth 3 points.

1. **Infractions/Fouls:**
   1. Groundball Infractions:
      * 1. Illegal Touching – touching a groundball intentionally with your hands. The result is the opponent receives the ball at the spot where the infraction occurred as a groundball. A groundball cannot be converted to yourself.
   2. Airball:
      * 1. Traveling – taking more than one step when in possession of the ball. The result is the opponent gets the ball at the spot where the infraction occurred as an airball.
   3. Rough Play:
      * 1. Any player that intentionally commits a penalty (Tripping, shoving, etc……..) The result is the person who was roughed receives a penalty kick.
2. **Conversions:**
   1. The physical act of taking a ground ball and making it an air ball or an air

ball a ground ball.

* 1. There is one way to make a air ball a ground ball and that is simply to

drop it onto the ground and kick it.

* 1. There are a variety of ways to make a ground ball an air ball just as long as you convert from the knee down. The following are a few ways:
     1. Trap it between your feet and flip it to yourself
     2. Take a bouncing ball and tap it to yourself using your knee or foot
     3. Take a rolling ball and flip it in the air using your foot
     4. Spin the ball with the bottom of your foot and then flip it up to yourself
     5. Kick it up to a team member.

1. **Kickoff Rules:**
   1. This is done from midfield to start a game or after a team scores
   2. The team that scores must perform the kickoff
   3. The ball is placed on the ground and all players must be behind midfield line
   4. The ball may be kicked so that it stays on the ground or may be kicked in the air
   5. The receiving team must start 10 yards away from the ball
   6. The offensive team may not touch the ball until the defensive team touches it first
   7. Kickoff team can NOT score on a “kickoff”

**General Terms:**

1. **Air Ball** – ball that is air born – general football and basketball rules apply.
2. **Ground Ball** – ball that is rolling or bouncing off the ground – general soccer rules apply.
3. **End line** – area where you can score an end goal by kicking the ball across this line for one point.
4. **Goal Line** – area where you can score a goal by kicking the ball across this line for three points.
5. **Midfield** – this represents the middle of the field and a kickoff occurs at this spot.
6. **End Zone**- area where you can score a touchdown by throwing the ball to a teammate for two

Points.

1. **Hash Marks** – another area designated where a kickoff may occur.
2. **Throw in** – occurs when the ball goes out of bounds over the sideline – it is given to the team that did not touch the ball last before it went out of bounds – it may be thrown in with one or two hands.
3. **Boot** – a way for the goalie to bring the ball back into the game after stopping a shot.
4. **Dribble** – using both of your feet to advance a ground ball down the field.
5. **Air Dribble** – a way to advance an air ball down the field of play by tossing it to yourself – you are allowed one of these per individual possession.
6. **Endline Score** – it is worth one point.
7. **Goal** – it is worth three points.
8. **Touchdown** – it is worth two points.
9. **Infraction** – when a team commits some sort of mistake in the game that team receives a consequence.