

THE GAME OF SUPER BALL (football)

Kick off



Objectives

- Develop catching, passing and kicking skills.
- Learn teamwork strategies.
- Get everybody to participate.

Material

- 2 OMNIKIN® Super Balls (football).
- 4 cones for the end zones.
- 2 sets of pinnies of two different colors.
- Scoreboard and timer.
- Velcro belts with flags (1 for every player).

Preparation

- On each field, form two teams of four players.
- 1 ball per field.
- Each player wears a Velcro belt with flags.
- Determine two end zone lines parallel to the walls about 1 meter (39 inches) from the walls.

Goals

- Catch the ball in the adversary's end zone once every player of your team has got to touch the ball.

Description

- The game starts with a player in the center of the field. This player makes a pass between his legs (the ball can touch the ground) to a 2nd player who catches it and maintains it standing on the ground. A 3rd player kicks it in direction of the opposing team.
- The kicking team cannot catch the ball and cannot cross the central line until a player of the opposing team touches the ball.
- Following the reception, the players pass the ball between themselves using rugby style passes or one hand passes.
- Every player on the team must touch the ball before scoring or else the point is denied.
- To score, a player must catch the ball behind the opposing team's end zone line. Crossing the line with the ball in hands does not give a point.
- If the ball is dropped in the end zone, the passes continue until a team scores.
- A player receiving a pass benefits from a 5 seconds arm length protection. Nobody can take the ball away from him. After 5 seconds, he must decide either to run or pass.
- A player who runs with the ball is in position to have his flag removed.
- A player who loses his flag must surrender the ball to the opposing team and replace it immediately.

Pass forward



Score in the end zone



- Passes can be intercepted but no contact is allowed on the attempt.
- If the ball falls to the floor or gets out of bounds, the first player to touch it with both hands gets it for his team.
- If the team who had the ball before it fell to the ground manages to get it back immediately, it can resume its passes without having to start again.
- Each touchdown is followed by a kick-off by the team having just scored.

Adaptations and variations

- Allowing passes to be kicked.
- The ball can touch the wall without getting play to stop.
- Having a 15 second time limit to score.
- For younger players, extending the 5 second protection to 8 seconds.
- To assure the participation of everybody, ask for a pass to be made to everybody instead of a simple contact with the ball before scoring.
- Forbid more than two players around the ball carrier.
- Allow touchdowns to be scored by crossing the end zone line with the ball.

Grab the flag

