

FooBaSKILL



FooBaSKILL is a new discipline that has been developed by three physical education teachers from Switzerland. It puts into practice the attributes of football and basketball, and is played with the innovative ball - SKILLTheBall - which has a combination of football and basketball textures.

The rules of the game have been carefully thought out to improve the following aptitudes in children: **1)** the five coordination abilities (orientation, rhythm, differentiation, reaction and balance) **2)** the 2nd offensive intention and the defensive organization in football **3)** offensive and defensive rebounds in basketball **4)** creativity **5)** the ability to score points **6)** mental awareness.

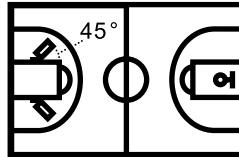


BASIC RULES

The specificity of FooBaSKILL lies in the interchange of lower body (football) and upper body (basketball) work. Players change discipline at the midline of the pitch.

PLAYING FIELD

Half of the pitch is equipped with two soccer goals, consisting of two upper parts of a gymnastic box with a cone or the FooBa-SKILL goal on top. In the other half is a basketball hoop. The back and side walls are an integral part of the playing field, so players can use them to bounce the ball against. Two teams of four players face each other.



During the first half, a team defends the soccer goals and attacks the basketball hoop. Then in the second half, the teams reverse the roles. The basic rules are identical to those of football and basketball.

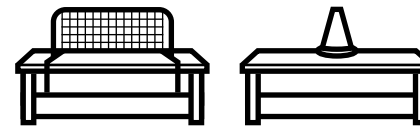
KICK-OFF

The kick-off at the beginning of the match and at halftime is done in the midfield with the team in the defensive position in basketball, ball in hand. Each team is in its side of the pitch.

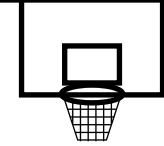
FOULS

- In the event of a foul, the game continues at the place where the foul has been committed.
- In the event of a foul, the player puts the ball on the ground with at least one hand and the game restarts instantly with a pass.
- In a football shot intended to cause the cone to fall or the ball go through the FooBaSKILL goal, the ball may not exceed the height of those elements. If this happens, a foul is committed and the ball goes to the defense.
- Tackles in FooBaSKILL are prohibited.
- A foul is committed if the ball touches the ceiling and any type of suspended gear.
- A foul is committed if the ball bounces off the edge or the back of the basketball board, as well as on the structure supporting the basketball hoop.

A short video explaining the rules can be viewed on foobaskill.com.



SOCCER



BASKETBALL

1 PT.

The ball touches the bottom of all sides of the box. Players can score 360 degrees around the box.

The ball bounces off the board and touches the ground without touching the basketball ring.

2 PTS.

The ball touches the box and is stopped (cushioned) with the sole by the scorer or a teammate before it crosses the midline (2nd offensive intention). Only 1 point is scored if a defender stops the ball (cushions) with the sole before a player from the attacking team.

The ball bounces off the board without touching the basketball ring and is grasped and locked with both hands by a teammate before it touches the ground (basketball offensive rebound).

3 PTS.

The ball knocks over the cone or goes through the FooBaSKILL goal.

The ball goes into the basket.

0 PT.

NO POINTS ARE GIVEN IF:

- The ball touches the top of the box. The game continues uninterrupted.

NOTE:

In the case of an own goal, 1 point is attributed to the adversary.

NO POINTS ARE GIVEN IF:

- The ball touches the ring during a shot. The game continues uninterrupted.
- The ball bounces off the back of the board, the edge of the board, and the structure supporting the basketball hoop. A foul is committed.
- The ball is seized and blocked with both hands by the opponent before it touches the ground (defensive rebound basketball). The game continues.

AFTER A SCORED POINT:

The kick-off for the following action is made as soon as possible at the place where the ball is recovered by the defender. The player puts the ball on the ground with at least one hand and the game restarts instantly with a pass.

RECOMMENDATION:

In order for SKILLTheBall to be used optimally, it is important to inflate the ball according to the instructions printed on it: 0.33-0.36 bar/4.8-5.2 psi. See picture on the left.