

# FooBaSKILL

## ADVANCED LEVEL



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 SKILLGaol and the innovative ball - SKILLTheBall - which has a combination of football and basket-ball textures. The material has the great particularity of being multifunctional.

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 2<sup>nd</sup> 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.

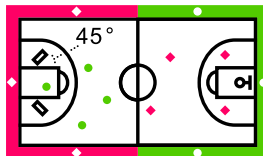


### BASIC RULES

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 FooBaSKILL (FooSKILL) goal on top. In the other half is a basketball hoop (BaSKILL). Two teams of 7 players compete against each other: 4 players position themselves on the field and 3 players on the sides in the attacking zone. They serve as a support to their teammates (role of passing and/or shooting). The support players move in their lane without anyone being able to enter it. They have a maximum of 2 touches (FooSKILL) or can keep the ball in their hands for 3 seconds (BaSKILL). During the 1st and 3rd quarter, a team attacks the football goals and defends the basket. In 2nd and 4th quarter, the teams switch roles (4 x 10 min.).



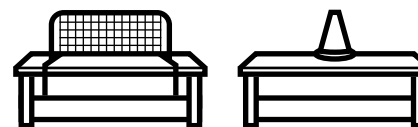
#### KICK-OFF

The tip off at the beginning of the game and at half-time is initiated by a jump ball, as in basketball. Each team is free to place itself on the field.

#### 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.
- To score in football, the player must be in the FooSKILL area or a foul is committed. The same goes for basketball.
- 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.
- Inappropriate tackles and physical contact are sanctioned by a penalty or a free throw.
- 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.

An explanatory manual and a short video summarizing the rules are available on [foobaskill.com](http://foobaskill.com).



FooSKILL



BaSKILL

1 PT.		• The ball touches any side of the box (360°).		• The basket is scored from inside of the rectangular area (the paint).
2 PTS.		• The ball touches both boxes on the same shot. • The ball is played with one touch from the supporting player who shoots directly at the box after receiving a pass from inside the field.		• The basket is scored between the outer area of the rectangular area and the three-point line (intermediate area). • A dunk (with one or two hands) is performed.
3 PTS.		• The ball goes through the SKILLGoal (or knocks down the cone).		• The basket is scored behind the threepoint line.

**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.

**CONDITIONS OF USE:** The SKILLTheBall must be inflated according to the instructions printed on it: 0.33-0.36 bar / 4.8-5.2 psi. See also illustration on the left. An adult must adjust the SKILLGoal straps. The goal must then be fixed in an immovable manner to the box or other support.