

# FooBaSKILL

## BEGINNER 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 SKILLGoal 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.

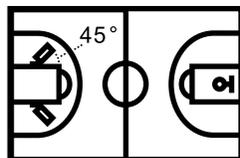


### BASIC RULES

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 FooBa-SKILL (FooSKILL) goal on top. In the other half is a basketball hoop (BaSKILL). 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 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.

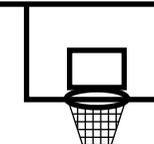
#### FOULS

- 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 Foo-BaSKILL 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

<b>1 PT.</b>	The ball touches any side face of the box (360°).	The ball bounces off the board and falls on the ground, without touching the basket (hoop).
<b>2 PTS.</b>	The ball touches the box and is stopped with the sole by a teammate or by oneself before it touches a wall or crosses the half court line (second offensive intention). <b>NOTE:</b> Only one point is awarded if a defender stops the ball with the sole before the attacker.	The ball bounces off the board, without touching the basket (hoop), and is grabbed and blocked with both hands by a teammate before it falls on the ground (offensive basketball rebound).
<b>3 PTS.</b>	The ball passes through the SKILLGoal (or knocks down the cone).	The ball enters the basket.
<b>0 PT.</b>	<ul style="list-style-type: none"> <li>• The ball touches the upper part of the box cover.</li> <li>• The ball touches the corner of the box and follows an upward trajectory.</li> </ul> In both cases, the game continues without any interruption. <b>NOTE:</b> Any own goal offers only one point to the opponent.	<ul style="list-style-type: none"> <li>• The ball touches the basket (hoop).</li> <li>• The ball is grabbed with both hands by the opponent before it touches the ground (defensive rebound).</li> <li>• The ball is caught by the player who throws against the board.</li> <li>• The ball bounces only on the edge of the upper part of the board with an upward trajectory.</li> </ul> In all cases the game continues.
<b>AFTER A SCORED POINT:</b> 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.		
<b>CONDITIONS OF USE:</b> 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.		