

Indoor Door Hybrid Ball Presentation

The sport has elements of basketball, soccer, American football and team handball. The game can be played grades 6-12. The game is fun to play, uses minimum equipment, works on a variety of skills and cardiovascular fitness.

Scoring and Points Indoor Hybrid Ball

1. 2 points for a throw into the goal from behind the 3-point line.
2. 2 points for a kick (not a punt) into the goal from behind the 3-point line.
3. 1 point for an extra point: any offensive player can kick the ball from behind the centerline and the ball hits the basketball backboard. The player starts behind the centerline but can finish in front of the centerline.
4. 2 points for a penalty kick from 10 yards away.

An Example of Basic Rules Indoor Hybrid Ball

1. A player can use a basketball dribble or soccer dribble to move the ball down the court.
2. A player can throw the ball to a teammate.
3. A player can kick the ball to a teammate.
4. A player can pick up the ball off the floor.
5. A player cannot double dribble, like in basketball.
6. A player cannot travel, like in basketball.

For more information

Fronske, H. & Heath E. (2015). Teaching cues for sport skills for secondary students. San Francisco: Pearson. Found in Team Handball chapter # 24