

# 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.

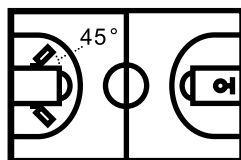
The rules of the game have been carefully thought out to improve the following aptitudes in children: **1)** the five coordination abilities (orientation, rhythm, differentiation, reaction and balance) **2)** the 2<sup>nd</sup> offensive intention and the defensive organization in football **3)** offensive 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 FooBaSKILL (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.

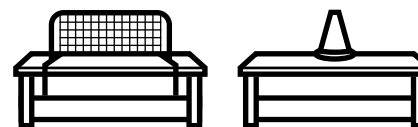
#### KICK-OFF

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.

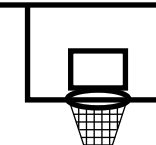
#### FOULS

- 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 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 [goopasports.com](http://goopasports.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.		

# 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.

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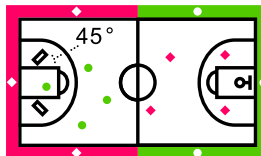


### BASIC RULES

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). 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.).



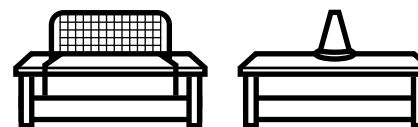
#### KICK-OFF

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 [qoopasports.com](http://qoopasports.com).



FooSKILL



BaSKILL

1 PT.		<ul style="list-style-type: none"> <li>• The ball touches any side of the box (360°).</li> </ul>		<ul style="list-style-type: none"> <li>• The basket is scored from inside of the rectangular area (the paint).</li> </ul>
2 PTS.		<ul style="list-style-type: none"> <li>• The ball touches both boxes on the same shot.</li> <li>• 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.</li> </ul>		<ul style="list-style-type: none"> <li>• The basket is scored between the outer area of the rectangular area and the three-point line (intermediate area).</li> <li>• A dunk (with one or two hands) is performed.</li> </ul>
3 PTS.		<ul style="list-style-type: none"> <li>• The ball goes through the SKILLGoal (or knocks down the cone).</li> </ul>		<ul style="list-style-type: none"> <li>• The basket is scored behind the threepoint line.</li> </ul>

**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.

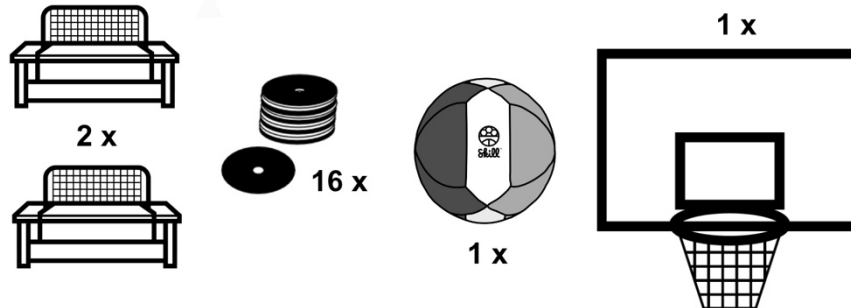


# FooBaSKILL®

WITH GYMNASTIC BOX

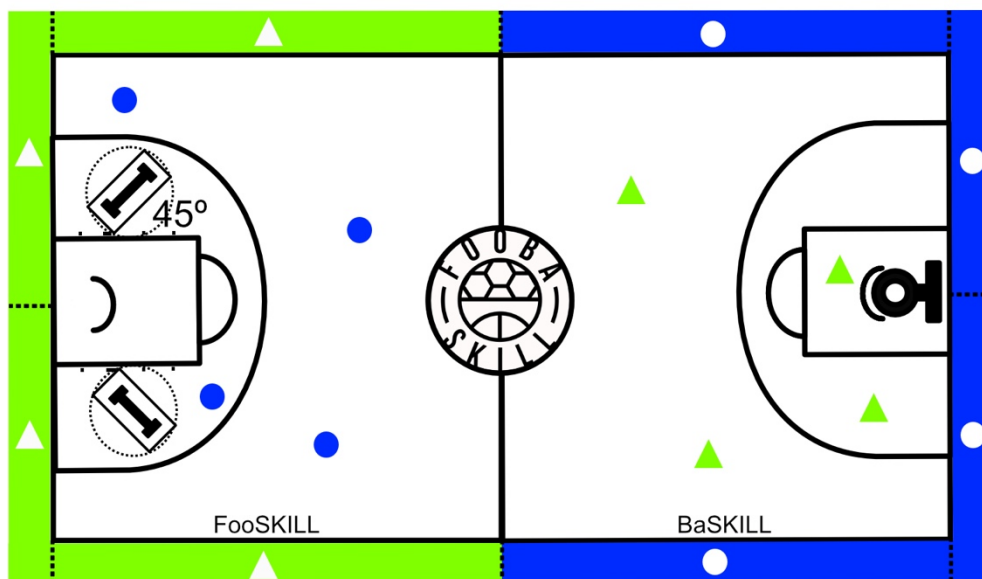
A MODULAR GAME  
FIELD AND ORGANIZATION

## MATERIAL



## 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 goal on top (FooSKILL area). Players can score from the front or back of the soccer goals. An arc of a circle delimits each goal as shown in the image in the FooSKILL area. Neither the defender nor the attacker have the right to enter into this area. In the other half, is a basketball hoop (BaSKILL area). The center line must be visible by a line or pads placed on the ground.



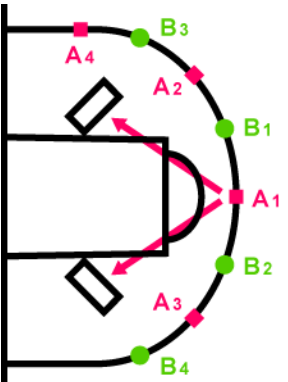
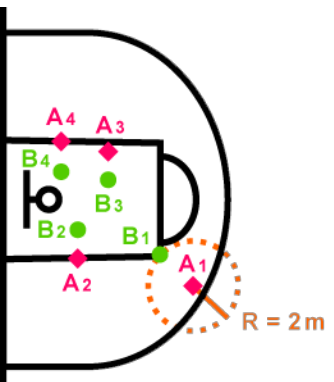
## ORGANISAZATION

Depending on the organization of the course and the number of players, the teacher chooses one of the two options below for the position of the players on the field:

- **OPTION 1 " USE OF WALLS "**: Two teams of four (or five) players face each other. The back and side walls are an integral part of the playing field, so players can use them to bounce the ball against.
- **OPTION 2 " SUPPORTING PLAYERS "**: Two teams of 8 players compete against each other: 4 players position themselves on the field and 4 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 can keep the ball in their feet (area FooSKILL) or in their hands (area BaSKILL) for a 3 seconds maximum.



In certain circumstances, a foul is sanctioned by a penalty or a free-throw and the points awarded vary according to the level.

PENATLY (FooSKILL)	Free-throw (BaSKILL)
<p>A penalty is granted:</p> <ul style="list-style-type: none"> <li>If a foul is committed in the penalty area (basketball three-point line) Examples: the opponents voluntarily hand touching the ball, dangerous physical contact, shoulder against shoulder impact.</li> <li>In the event of dangerous tackles or a play from the rear in any part of the FooSKILL area.</li> <li>If a fault is committed during the action leading to a second point at the beginner level, the attacking team receives one point and can shoot a penalty. Example: The defender pushes the attacker so that he cannot stop the ball with the sole of the shoe to get his second point.</li> </ul>	<p>A player receives a free-throw if he is fouled in the following situations:</p> <ul style="list-style-type: none"> <li>During a throw at the backboard.</li> <li>During an attempt shot on the basketball hoop.</li> </ul>
BEGINNER LEVEL	
<ul style="list-style-type: none"> <li>The fouled attacker executes the penalty.</li> <li>The ball is placed in the middle of the three-point line in basketball.</li> <li>The player may attempt a one-, two- or three-point shot at the target of his choice.</li> <li>All other players line up at a certain point on the three-point line (see figure).</li> </ul> 	<ul style="list-style-type: none"> <li>The fouled attacker takes a single free-throw.</li> <li>The ball is thrown from the place where the foul occurred.</li> <li>The player can try a one-, two- or three-point shot.</li> <li>All players stand at a distance of at least two meters around the player (see figure).</li> </ul> 
ADVANCED LEVEL	
<ul style="list-style-type: none"> <li>The fouled attacker executes the penalty.</li> <li>The player must take a three-point shot at a target of his choice.</li> <li>All other players line up on the three-point line at a specific point line.</li> </ul>	<ul style="list-style-type: none"> <li>The fouled attacker takes a single free-throw.</li> <li>The ball is thrown from the place where the foul occurred.</li> <li>The points awarded depend on the throwing zone (see BaSKILL points awarded)</li> <li>All players line up at least two meters around the player.</li> </ul>



# SCOREBOARDS FooBaSKILL®

foobaskill passion @ f v d

Team A..... VS Team B.....

Date [ ][ ][ ] Timetable [ ][ ] Location .....

1st arbiter..... 2nd arbiter .....

Team A..... Color : .....

Time Out  
 1st half time [ ][ ] Extra time 1) [1][2][3][4][5] 2) [1][2][3][4][5]  
 2nd half time [ ][ ] [ ][ ][ ][ ] 3) [1][2][3][4][5] 4) [1][2][3][4][5]

	Players name First name, Surname	N°	in play	Fouls				
				1	2	3	4	5
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
	Coach							
	Assistant coach							

Team A..... Color : .....

Time Out  
 1st half time [ ][ ] Extra time 1) [1][2][3][4][5] 2) [1][2][3][4][5]  
 2nd half time [ ][ ] [ ][ ][ ][ ] 3) [1][2][3][4][5] 4) [1][2][3][4][5]

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				1	2	3	4	5
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
	Coach							
	Assistant coach							

## SCORE

A		B		A		B	
FO	BA	FO	BA	FO	BA	FO	BA
1	1	1	1	56	56	56	56
2	2	2	2	57	57	57	57
3	3	3	3	58	58	58	58
4	4	4	4	59	59	59	59
5	5	5	5	60	60	60	60
6	6	6	6	61	61	61	61
7	7	7	7	62	62	62	62
8	8	8	8	63	63	63	63
9	9	9	9	64	64	64	64
10	10	10	10	65	65	65	65
11	11	11	11	66	66	66	66
12	12	12	12	67	67	67	67
13	13	13	13	68	68	68	68
14	14	14	14	69	69	69	69
15	15	15	15	70	70	70	70
16	16	16	16	71	71	71	71
17	17	17	17	72	72	72	72
18	18	18	18	73	73	73	73
19	19	19	19	74	74	74	74
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27	27	27	27	82	82	82	82
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52	52	52	52	107	107	107	107
53	53	53	53	108	108	108	108
54	54	54	54	109	109	109	109
55	55	55	55	110	110	110	110

### SCORES :

Period  
 1) A..... B..... 2) A..... B.....  
 3) A..... B..... 4) A..... B.....  
 Extra time A..... B.....

### FINAL SCORE :

Team A..... Team B.....  
 Winner .....