

# Speed-A-Way

## Historical Facts:

- ❖ Speed-a-way was developed as an introductory game for field hockey.
- ❖ In 1950 the first rule book was published with the help of Edison High School in Stockton, California.
- ❖ Speed-a-way was developed as a new game that combined soccer, basketball, and football.

## Basic Rules:

- ❖ An official game is played by two teams of eleven players.
- ❖ The game begins with a kick-off from the center line.
- ❖ The object of the game is for each team to advance the ball down the field by using a selection of soccer, basketball, football, and conversion skills to score a goal.

## Techniques/Skills:

### Soccer:

Dribbling  
Trapping  
Passing  
Kicking  
Heading

### Basketball:

Passing  
Catching  
Defensive skills

### Conversions:

Toe lift to partner  
Roll up the leg  
Two foot lift to yourself  
Toe roll to yourself  
\*Air dribble (juggle)\*

### Football:

Two-hand touch tackle  
Passing  
Catching  
Running  
Punt

## Scoring:

- ❖ A soccer goal (kicking) is worth 1 point.
- ❖ A soccer goal (throwing or heading) is worth 2 points.
- ❖ A football touchdown (ran across the line or caught across the line) is worth 3 points.

## Game Terminology:

- ❖ Aerial ball = A ball that has been raised into the air that has not touched the ground.
- ❖ Ground ball = A ball that is in contact with the ground.

## Specific Rules:

- ❖ The ball may be played with the hands as long as it is an aerial ball.
- ❖ A **kicked** ball which takes only one bounce may be picked up and played as an aerial ball.
- ❖ A **thrown** ball which takes only one bounce cannot be played as an aerial ball. (except by goalkeeper)
- ❖ If a player touches an aerial ball with her hands and drops it, the ball must be played as a ground ball.
- ❖ A ground ball can be converted to an aerial ball ONLY by using the feet.
- ❖ A player who catches a ball can run, throw, punt, air dribble, or drop it and play it as a ground ball.
- ❖ Once a player runs with an aerial ball, she can be tackled by a two-hand touch.
- ❖ A player may hold the ball for three seconds before throwing or moving with the ball.
- ❖ A player may guard an opponent just like in the game of basketball.
- ❖ A goalkeeper is used to defend the goal and can pick the ball off the ground with their hands.
- ❖ If a ball is kicked out of bounds over a sideline, the ball is brought back into play with a throw-in.
- ❖ If a ball is kicked out of bounds over the end line, the ball is brought back into play with a punt.
- ❖ When a foul occurs during play of a ground ball a free kick is awarded at the spot of the foul.
- ❖ When a foul occurs during play of an aerial ball a free unguarded throw is awarded at the spot of the foul.