## EDUCATIONAL WORKBOOK

## $\overbrace{\text { BALL® }}^{\text {HOME }}$





## THE FOUNDER: DOMINIQUE DESBOUILLONS

Home Ball ${ }^{\circledR}$ is above all an accessible and friendly sport, allowing everyone to play regardless of their physical abilities and favorite sports! It puts everyone on an equal footing... And playing brings everyone together: so welcome to a new community, that of Homeballers: join the family!

## OUR IDENTITY AND OUR VALUES!

Encouraging diversity, intergenerationality and allowing everyone to play a sport and have fun!

## WE'RE STRONGER WHEN WE'RE TOGETHER!

Our aim is a family sport in the broad sense:
"Creating links between individuals, Multi-sport federations, School sports, Adaptive sports, Handisports, Handball, Football, Basketball... By helping people develop by playing Home Ball ${ }^{\ominus}$."


## FOR COMPETITIONS!

Every year since 2015, Home Ball ${ }^{\circledR}$ Football \& Handball championships in France (where Home Ball ${ }^{\circledR}$ was invented) have been organized: more than a sports kit, it's a whole movement!


(5)

| DURATION OF A MATCH : 5 MINS |
| :--- |
| - Suitable for all levels |
| - Dynamic game |
| - Intense matches |
| - Tournaments easy to organize |

• Vision of the game

- Learn to use the sides
- Multiple choice:
decision-making
• Great moves
• Plenty of goals:
- Accuracy
- Tnstinct shots
- Mulitple challenges
• Visually atractive,
captures spectators' attention
- Perseverance
- Fair play: sport is a game
- Respect for opponents
- Concentration
묾 • Rutting things into perspective
- Risk manageme
- Atmosphere
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WORKSHOPS \& MINI-GAMES
$\begin{array}{cll}\begin{array}{c}\text { - Development of } \\ \text { technical skills }\end{array} & \begin{array}{l}\text { - Exercise variations } \\ \text { - Open-mindedness }\end{array} & \text { - Atmosphere }\end{array} \begin{gathered}\text { - Raising awareness } \\ \text { among new audiences }\end{gathered}$




## USER-FRIENDLY



## THE ORIGINES OF HOME BALL®: THE REASON FOR THESE CHOICES <br> INTEREST FOR COACHES

## 1 HOME BALL® ${ }^{\oplus}$ KIT, 3 NEW SPORTS !

 HOME BALL ${ }^{\circledR}$
WHEELCHAIR


## COMMON HOME BALL® RULES



## THE AIM OF THE GAME

Two teams compete, the aim is to win the game by scoring more points than the opposing team within the allotted time. Physical contact is not allowed.

## 5 TARGETS PER SIDE

The aim is to score as many points as possible in the yellow targets of the opposing team. But be careful, if a player scores in a red target, his/her team's score returns to 0 .

Be careful of changes in ball directions because it is the last player to touch the ball who is penalized!

DURATION OF A MATCH: 5MN

| FIRST HALF | HALF TIME | SECOND HALF |
| :---: | :---: | :---: |
| $2^{\prime} 30$ | $1^{\prime}$ | $2^{\prime} 30$ |



Values of targets

## RESTART

KICK-OFF FIRST HALF
At the start of the first half of the match, the team that wins the RPS (Rock, Paper, Scissors) chooses its side of the court and wins the kickoff.

## KICK-OFF SECOND HALF

The teams change sides and the kickoff is by the team which did not kick off the first half.

## RESTART DURING THE MATCH

- When a team scores, it is the opposing team which restarts.
- When the referee awards a free kick to a team


AT EACH KICKOFF AND RESTART:

- All players must be in their half of the court
- A pass is required before shooting

IF A DRAW. If the teams are tied at the end of regulation time, then overtime yellow target IFADRAW . winner (first team to score wins) or penalty shootout.

## PLACES AND ROLES OF PLAYERS

## PLAY AREAS

LIGHT BLUE: MIXED AREA
Players are free to move wherever they want in this area.

## TIP FOR MARKING PLAY AREAS

Use the net marking strips available in our online store to indicate playing areas and ignore existing ground markers.

THE DEPTH OF THE DEFENSE AREA + NO-GO AREA VARIES DEPENDING ON THE DIMENSIONS OF THE COURT:

| DIMENSIONS |  |
| :---: | :---: |
| PITCHES | DEFENSE AREA + RED AREA |
| $4 \mathrm{M} 50 \times 4 \mathrm{M} 50$ | 1 M 25 |
| $6 \mathrm{M} 50 \times 6 \mathrm{M} 50$ | 1 M 50 |
| $8 \mathrm{M} 50 \times 8 \mathrm{M} 50$ | 2 M |



WARNING ! A goal is refused if the shooter enters the opposing defense area before or after shooting. This rule helps avoid excessive engagement.

## ROLE OF PLAYERS: 2 Positions possible

- CENTERS: These players cannot enter the defense areas, their playing space is only the mixed area (light blue).
- FREE PLAYERS: These players cannot enter the opponent's defense area, their playing space is the defense area + the mixed area (light blue).


## REPLACEMENTS

They stand outside the court on the opposite side of the referee in their half of the court. Replacements are only permitted to come into play at half-time or to replace an injured player.

## THE REFEREE

S/he is placed outside the court in front of the entrance door. If $s / h e$ wishes, the referee can call on two assistant referees who will be in charge of counting points and monitoring the playing areas.

## HOME BALL® FOOTBALL

SCAN THE QR CODE AND SEE HOW WE PLAY HOME BALL FOOTBALL!


## ADDITIONAL REGULATIONS

- You must put the ball in the yellow targets of the opposing team and try to score as many points as possible with your feet, your head, your knees... but not your hands or your arms.
- Shooting in the opposing defense area: The shot is authorized if the shooter's foot does not come into contact with the defense area.
- Ball recovery: A player can recover a ball that is on the ground in the opposing defense area if they only place a foot on the ball without being in direct contact with the ground. When a ball is snatched, the player must either pass it or return to their defense area before being able to shoot again.
- The player can use the sides to pass but also to score.


## IN-GAME BANS

- Contact (body-to-body pressing)
- Fallen player
- Entering the opponent's defense area
- Entering the no-go area
- Keeping the ball for more than 10 seconds in your defense area
INDIRECT FREE KICK


## HOME BALL® HANDBALL

SCAN THE QR CODE AND SEE HOW WE PLAY HOME BALL HANDBALL!

|  | PITCH 6M50 X 6M50 |
| :---: | :---: |
|  | 2 FREE PLAYERS <br> + 1 CENTER PER TEAM |
|  | 2 FREE PLAYERS <br> + 2 CENTERS PER TEAM |



## ADDITIONAL REGULATIONS

- You have to put the ball in the yellow targets of the opposing team and try to score as many points as possible only using your hands.
- The ball carrier is not allowed to walk or dribble
- Full-arm shots are not allowed.
- When a player shoots and the ball does not go in, if the same player recovers the ball first, s/he has to pass to a teammate before s/he can shoot again.


## IN-GAME BANS

- Walking by the ball carrier
- Dribling / Playing on the ground / Full-arm shots
- Fully entering the opponents' defense area
- Entering a playing area not allowed by your position
- Keeping the ball for more than 5 seconds


## HOME BALL® WHEELCHAIR HANDBALL

|  | PTICH 6M50 X 6M50 |
| :---: | :---: |
|  | 2 vs 2 <br> 2 FREE PLAYERS PER TEAM |
|  | 2 FREE PLAYERS <br> + 1 CENTER PER TEAM |



## ADDITIONAL REGULATIONS

- When a player recovers the ball or receives a pass, s/he must stop moving.
- The ball carrier is not allowed to move or dribble, but the other players can move freely.
- Passing and shooting are done while stationary with the exception of the "volley shot" which can be done while moving because the shooter does not catch the ball, s/he simply deflects it with a brief tap. WARNING: On the other hand, if the player scores and ends his/her action in the opposing defense zone, then the goal is disallowed.
- When a player shoots and the ball does not go in, if this same player recovers the ball first, s/he has to pass to a teammate before being able to shoot again (except in 1vs1).


## IN-GAME BANS

|  | - Move forward for the ball carrier <br> - Dribbling <br> - Fully entering the opponents' defense area <br> - Entering a playing area not allowed by your position <br> - Keeping the ball for more than 5 seconds | $\frac{\infty}{\frac{\infty}{\infty}}$ | INDIRECT FREE KICK <br> Each player returns to their own half of the court and the team that was fouled restarts. |
| :---: | :---: | :---: | :---: |
|  | - Intentionally touching the ball with your feet <br> - Holding or pushing your opponent <br> - Dangerous and poor play <br> - Holding or throwing yourself into the nets <br> - Defending in the red area |  | PENALTY <br> The player who has been fouled or their partner is positioned in the center of the court and shoots without the opposing team being able to defend. WARNING! If the shooter sends the ball into the red target, their team's score returns to 0 ! |
|  | - Poor play <br> - Lack of respect for the referee / players <br> - Dangerous gestures <br> - Failure to comply with safety instructions |  | REFEREE LOSS DECISION <br> The sanctioned team instantly loses with a score of 15 to 0. |



Thanks to our years of experience and analysis of feedback on the games organized by our team (events, seminars, interventions in schools, leisure centers, Home Ball competitions), we have developed numerous challenges, mini-games \& exercises suitable for all ages and audiences.

We want all users of Home Ball kits to make as much progress and have as much fun as possible! That is why we provide all of our instruction guidelines free of charge on: home-ball.com/en

Using these instruction guidelines, learn how to make the most of your know-how and organize professional events, suitable for the kit and easy to supervise!

More than 25 mini-games for a wide range of events and training exercises!

Team challenges to promote team spirit and inclusion!

Individual challenges where each player fights against the clock!

The Home Ball instruction guidelines, mini-games, challenges and adaptive exercises are perfect for contact-free playing, ideal for beginners, youngsters and non-athletes!

Thanks to our complete instruction guidelines, you will have a wide range of training sessions, club sessions or sports courses.

## HOME BALL®, THE EDUTAINMENT KIT THAT IS BECOMING A MUST! THE PERFECT SUPPORT FOR CAPTURING THE ATTENTION OF EVERY KIND OF PUBLIC!



## KIT NEEDED

- Home Ball court
- 1 ring or ground markers
- 1 whistle
- 1 stopwatch
- 1 score sheet
- 1 ball


## COACHING

- Number: 1 sports/field


## PUBLIC

- From age 5 on
- Suitable for everyone (athletes and non-athletes)


## SKILLS DEVELOPMENT

- Accuracy
- Concentration (stress management)
- Speed coach or instructor.
- Degree of difficulty: simple


## SETTING UP THE WORKSHOP

- Position 1 ring (in blue on the diagram) or 1 ground marker which will determine the place from which the shots will be taken.
- Place 1 ball (in red on the diagram) in the ring or behind the scoring line.

2 The coach and a player enter the court, the others remain outside it.


## PLAYING THE GAME

## 1- THE COACH CHOOSES THE SHOOTING MODE



## BY HAND BOUNCE SHOT

## BY HAND DIRECT SHOT

To make the games even more fun, the coach can ask that the shot be made with the "wrong" hand or "wrong" foot.

## 2-THE RULES

The coach asks the player to take the ball and position him/herself in the ring to shoot.
The coach announces the start, the player must score as many points as possible in 1 minute.
"After shooting, the player must retrieve the ball as quickly as possible and return to the ring to shoot again."
The coach counts the points (the yellow targets earn: the bottom one 1 pt , the side one 2 pts and the top one 4 pts ).

Be carefu! If the ball is sent into the red target, the score returns to 0 .

## Possible variations:

- 30 seconds of direct hand shots +30 seconds of bounce hand shots
- 30 seconds of hand shots (direct or bounce) +30 seconds of foot shots
- 20 seconds of direct hand shots +20 seconds of bounce hand shots +20 seconds of foot shots

The coach announces the start of the challenge and the change in shooting method with a whistle.

## GUIDELINES FOR THE REFEREE

- Determine the distance of the shot based on the level and abilities of your group
- Check that players are shooting from the right place and in the right way
- Statistics: the coach can note the number of shots made: failed shots + scored shots


## ADAPTIVE MATCH ZÉRO CONTACT

FOOTBALL \& HANDBALL

## KIT NEEDED

- Home Ball court
- 1 ring or ground markers
- 1 whistle
- 1 stopwatch
- 1 score sheet
- 1 ball


## COACHING

- Number: 1 sports/field coach or instructor.
- Degree of difficulty: simple


## PUBLIC

- From age 5 on
- Suitable for everyone (athletes and non-athletes)


## SKILLS DEVELOPMENT

- Accuracy
- Concentration (stress management)
- Speed
- Instinct sho
- Reflexes
- Peripheral vision


## SETTING UP THE WORKSHOP


The coach places the cups to delimit 4 playing areas in the 4 corners of the court, separated by 2 corridors of 0.5 m , called the Central No-Go Area.

The 4 players come onto the court and place themselves in their respective playing areas.
The coach gives them 1,2 or 3 balls depending on the configuration of the exercise that has been chosen.


## PLAYING THE GAME

1- THE COACH CHOOSES THE SHOOTING MODE

BY HAND BOUNCE SHOT
BY HAND DIRECT SHOT

## 2 -THE COACH DETERMINES THE NUMBER OF BALLS



3 BALLS

## 3-THERULES

- At the whistle of the coach, the exercise begins. The rules for targets and score management are the same as those for Home Ball.
- Regarding moves, the players are strictly limited to their respective areas and must not leave or set foot outside of it.
- If a ball is lost and it stops in one of the lanes that separates the different areas:

In hte Handball version: the players can bend over to pick up the ball in the no-go area.
In the Football version: players can "snatch" the ball in the no-go area as long as they do not set foot in it.


## GUIDELINES FOR THE REFEREE

- Determine the distance of the shot based on the level and abilities of your group
- Check that players are shooting from the right place and in the right way
- Statistics: the coach can note the number of shots made: failed shots + scored shots
players involved in refereeing.


## THE ADVANTAGES OF THE EXERCISE

- Suitable for players with low physical condition
- No-contact play allows beginners to play on the court without feeling the need to play quickly
- Physical distancing respected


## KIT NEEDED

- Home Ball court
- 1 whistle
- 1 stopwatch
- 1 score sheet
- 1 ball


## COACHING

- Number: 1 sports/field coach or instructor.
- Degree of difficulty: simple to medium


## PUBLIC

- From age 5 on
- Suitable for everyone (athletes and non-athletes)


## SKILLS DEVELOPMENT

- Accuracy
- Concentration (stress management)
- Speed


## SETTING UP THE WORKSHOP

The coach decides the shooting mode that will be chosen for the challenge.

2 The coach gives the ball to player number 1 depending on the shooting mode chosen.


## PLAYING THE GAME

## 1- THE COACH ASKS THE PLAYER TO GET INTO POSITION (BEHIND THE DEFENSE LINE IN FRONT OF TARGET \#1)

2 - THE REFEREE WHISTLES THE START OF THE CHALLENGE BY STARTING THE TIMER

## 3 - THE RULES

Aim: Score as quickly as possible in the 8 targets on the Home Ball court while respecting the requested shooting order.

- The shots are fired on the defense line in front of the intended target.
- You must score to move on to the next target and follow the order indicated.
- If a player misses his/her shot, s/he starts again until the ball enters the intended target.
- After each shot, the player must fetch the ball and return behind the defensive line in front of the next target s/he must aim for

Be careful, if the ball is sent into the red target, the player restarts the challenge at 0 (without resetting the timer to 0 ).

## Possible constraints:

- Shot using the "wrong" foot
- Shot using the "wrong" hand
- Bounce shot
- Bounce shot with the "wrong" hand


## GUIDELINES FOR THE REFEREE

- Determine the firing mode and add constraints or not
- Check that players are shooting from the right place and in the right way
- Record the time for each player on the scoresheet


## TEAM NUMBERS GAME

## KIT NEEDED

- Home Ball court
- 2 ring or ground markers
- 1 whistle
- 1 stopwatch
- 1 score sheet
- 2 balls


## COACHING

- Number: 1 sports/field coach or instructor.
- Degree of difficulty: simple


## PUBLIC

- From age 5 on
- Suitable for everyone (athletes and non-athletes)


## SKILLS DEVELOPMENT

- Accuracy
- Concentration (stress management)
- Speed
- Team spirit (encouragement...)
- Reactivity


## SETTING UP THE WORKSHOP

1 The coach and the two teams consisting of 2 to 5 players enter the court.

Coach:

- Position 2 rings (in blue on the diagram) or 2 ground markers at equal distance and facing the yellow targets worth 2 points.
- Place the 2 balls (in red on the diagram): 1 for each yellow target worth 2 points.



## PLAYING THE GAME

1-THE PLAYERS OF EACH TEAM CHOOSE A NUMBER
depending on the number of players per team

Blue team: Player 1, player 2, player 3...
Red team : Player 1, player 2, player 3...

The coach can ask each player to choose 2 numbers (in our example, the players of each team divide 2 numbers ranging from 1 to 6 ).

## 2-THE PLAYERS MUST SIT ON THE GROUND, WITH THERR BACKS AGAINST THE NET FACING THEIR YELLOW TARGET 2 PTS

3 - THE COACH CHOOSES THE SHOOTING MODE


## BY HAND BOUNCE SHOT

## BY HAND DIRECT SHOT

To make the games even more fun, the coach can ask that the shot be made with the "wrong" hand or "wrong" foot

## 4-THE RULES

The coach calls out a number (at random), the players called will seek as quickly as possible the ball located in the yellow target in front of them, and will position themselves in the ring or behind the ground marker to shoot in this same target as quickly as possible.

At each failure, the shooters must start again, the player who scores first wins 2 points for his/her team. There are only 3 attempts left for the opponent to succeed in their shot and win 1 point. If s/he fails, the team scores no points.

The coach calls other numbers and records the scores

Number of calls per number possible: we recommend 3 calls per number

## GUIDELINES FOR THE REFEREE

- Determine the distance of the shot based on the level and abilities of your group
- Check that players are shooting from the right place and in the right way
- Note the numbers called and score each time a number passes


## BULL GAME

## KIT NEEDED

- Home Ball court
- 12 boundary cups or ground markers
- 1 stopwatch
- 1 to 2 ball(s)


## COACHING

- Number: 1 sports/field coach or instructor.
- Degree of difficulty: simple(2 bulls) to medium (3/4 bulls)


## PUBLIC

- From age 5 on
- Suitable for everyone (athletes and non-athletes)


## SKILLS DEVELOPMENT

- Corner player: Reactivity, feints, speed and precision.
- Bull player: Pressing and anticipation


## NOMBRE DE JOUEURS

- Corner player: 4
- Bull player: 2 à 4


## SETTING UP THE WORKSHOP

## The coach has the players come onto the court (8 players maximum)



## PLAYING THE GAME

## 1-THE COACH POSITIONS THE PLAYERS

The 4 corner players: in the corner areas of the court
The bulls: in the center of the court

## 2-THE COACH DETERMINES THE NUMBER OF BALLS

## 1 BALL

## 2 BALLS

3 - THE COACH CHOOSES THE SHOOTING MODE

## BY FOOT

## BY HAND

## 4-THERULES

Corner players must pass to each other without the ball being caught by a bull player.
When a bull player recovers the ball, s/he either takes the place of the corner player who did not succeed the pass or the place of the one who received the pass incorrectly.

## MANDATORY constraints: :

Corner players cannot keep the ball for more than 5 seconds. They also cannot leave their area.

OPTIONAL constraints:

- Obligation to play with the wrong hand/wrong foot
- You cannot pass the ball to the player who has just passed to you
- Pass the ball with a bounce (hand play)
- By hand, direct shoot compulsory (no bounce)


## GUIDELINES FOR THE REFEREE

- Determine the number of balls and bulls according to the level of the players
- Check that corner players do not leave their area
- To adjust the difficulty, the referee can choose to add optional constraints to the exercise


## TEAM RELAY SHOOTING

## KIT NEEDED

- Home Ball court
- 2 ring or ground markers
- 1 whistle
- 1 stopwatch
- 1 score sheet
- 2 balls


## COACHING

- Number: 1 sports/field coach or instructor.
- Degree of difficulty: simple


## SETTING UP THE WORKSHOP

1 The coach and the two teams consisting of 2 to 5 players enter the court.

## Coach:

- Position 2 rings (in blue on the diagram) or 2 ground markers at equal distance and facing the yellow targets worth 2 points.
- Place the 2 balls (in red on the diagram): 1 for each yellow target worth 2 points.



## PLAYING THE GAME

## 1-EACH TEAM DETERMINES THE PLAYERS' TURNS

Red team: Player 1, player 2, player 3...
Yellow team: Player 1, player 2, player 3...

## 2-THE PLAYERS MUST SIT ON THE GROUND, WITH THER BACKS AGAINST THE NET FACING THELR YELLOW TARGET 2 PIS

The no. 1 players of each team are positioned in the corners and the following numbers next to them.

## 3 - THE COACH CHOOSES THE SHOOTING MODE



## BY HAND BOUNCE SHOT

## BY HAND DIRECT SHOT

## 4- THE COACH DETERMINES THE NUMBER OF TURNS PER PLAYER

We recommend a minimum of 2 passages to give each player an incentive to play. If you set up 1 challenge with only 1 shot, the last shooters of the defeated team will play without any pressure and motivation.

## 5-THE RULES

When the coach whistles, the no. 1 players each team will seek the ball located in the yellow target in front of them as quickly as possible, and will position themselves in the ring or behind the ground marker to shoot at this same target.

At each failure, the shooters must start again, once the shot is successful, the shooter comes and claps the hand of the next player on his/her team, who has the same task. The winning team is the one whose first shooter returns to their place first.

Scoring point:

- Winning team: 2 points
- Runner-up team 1 point, on the other hand if the team does not finish 0 point.

Number of games possible: we recommend 3 relays or 3 winning rounds.

## GUIDELINES FOR THE REFEREE

- Determine the distance of the shot based on the level and abilities of your group
- Check that players are shooting from the right place and in the right way
- Note the numbers called and score each time a number passes


## KIT NEEDED

- Home Ball court
- 2 ring or ground markers
- 1 whistle
- 1 stopwatch
- 1 score sheet
- 1 ball


## COACHING

- Number: 1 sports/field coach or instructor.
- Degree of difficulty: simple


## SETTING UP THE WORKSHOP

## Coach:

- Position 2 rings (in blue on the diagram) or 2 ground markers which will determine the place from which the shots will be taken.
- Place a ball in each ring.

The coach and the two players enter the court, the others wait on the opposite sides of the referee, outside the court.


## PLAYING THE GAME

## 1- THE COACH CHOOSES THE SHOOTING MODE

## 2 - THE REFEREE WHISTLES THE START OF THE CHALLENGE BY STARTING THE TIMER

## 3-THE RULES

Aim : Score more points than your opponent in the $2 p$ target in front of you to win.
The coach asks the players to take the ball and position themselves in the ring to shoot.
The coach announces the start, the players must score as many points as possible in 1 minute in the 2-point target in front of them. With each successful shot, the player increases his/her score by 2 points.

Be careful! If the ball is sent into the red target, the score returns to 0 .
After each shot, the shooter must fetch his/her ball and then reposition himself in his/her ring to shoot again.

Be careful! Any attempt to interfere with your opponent will result in a penalty of 5 points. In case of repeated attempts, the player immediately loses the duel.

## Possible variant:

- 30-second duels
- Obligation for participants to play with their wrong foot
- 30-second duels with obligation to shoot with their wrong foot

The coach announces the start and end of the duel with a whistle.
The winner is the one who scores the most points!

GUIDELINES FOR THE REFEREE

- Determine the distance of the shot based on the level and abilities of your group
- Check that players are shooting from the right place and in the right way
- Statistics: the coach can note the number of shots made: failed shots + scored shots


## THE ADVANTAGES OF THE EXERCISE

- Suitable for all types of players
- Ideal for creating knockout duels
- Fun battle duels to develop competitiveness


## KIT NEEDED

- Home Ball court
- 1 score sheet
- 1 ball


## COACHING

- Number: 1 sports/field coach or instructor.
- Degree of difficulty: medium
- Self-refereeing possible


## PUBLIC

- From age 6 on
- Suitable for everyone (athletes and non-athletes)


## SKILLS DEVELOPMENT

- Accuracy
- Concentration (stress management)
- Thought
- Skill


## SETTING UP THE WORKSHOP

Position the ball in the center of the court and bring in the players who each place themselves in a team.

The referee stands at the entrance to the court and the spectator players in front of him $/ \mathrm{her}$, on the other side of the court behind the net.


## PLAYING THE GAME

## THE RULES

Aims: Score in the opposing team's targets.
Touching the ball: Only with feet.
Target value: See target value diagram.
Winning the match: Be the first to reach a score of 20pts or more.

1-THE PLAYERS PLAY ROCK / PAPER / SCISSORS

Values of targets

+1 pt
*For the team that scored

## 2-THE WINNER CHOOSES HIS/HER TEAM AND STARTS (0)

RESTARTING The player takes the ball and places it wherever s/he wants in his/her defensive area in order to shoot with his/her feet only.

## 3-TWO GAME POSSIBILITIES



The scored shot is added to the player's score. The opponent recovers the ball and restarts.


Before shooting, the player can move his/her ball within a radius of 1 m to facilitate his/her shot.

THE SHOT MISSES

The opponent regains control and tries to score from where the ball stopped.

IMPORTANT !

- The ball must be stationary before each new phase of play.

- Players are prohibited from countering or hindering their opponent.
- The phases of play must not exceed 30 seconds.
- In teams of 2 or 3 , the players of each team respect a specific turn order, decided at the start of the game.
- They must not voluntarily stop a ball before each new phase of play.


## GUIDELINES FOR THE REFEREE



- Ensure that the players do not interfere with each other and play quickly (within 30 seconds for a dynamic game)
- Counting points

The coach can choose to add game constraints:

- Shoot with the "wrong" foot only
- Move the ball 20 cm before the shot instead of the authorized 1 m

Ideal as a recovery exercise

## KIT NEEDED

- Home Ball court
- 1 score sheet
- 1 Home Ball ${ }^{\circledR}$ Football (yellow)
- 1 Home Ball ${ }^{\circledR}$ Handball (red)


## COACHING

- Number: 1 sports/field coach or instructor.
- Degree of difficulty: medium
- Self-refereeing possible


## PUBLIC

- From age 8 on
- Suitable for everyone (athletes and non-athletes)


## SKILLS DEVELOPMENT

- Accuracy
- Concentration (stress management)
- Thought
- Skill


## SETTING UP THE WORKSHOP

Position the Home Ball ${ }^{\otimes}$ Handball (red) in the center of the court and bring in the players, each in one team.

The referee stands at the entrance to the court and the spectator players in front of him/her, on the other side of the court behind the net.


## PLAYING THE GAME

## THE RULES

Aims: Score in the opposing team's targets.
Touching the ball: Only with feet.
Target value: See target value diagram.
Winning the match: Be the first to reach a score of 20pts or more.
Values of targets


## 1-THE PLAYERS PLAY ROCK / PAPER / SCISSORS

## 2 -THE WINNER CHOOSES HIS/HER TEAM AND STARTS ©

## RESTARTING

The player takes the Home Ball ${ }^{\circledR}$ Football (yellow) and places it wherever s/he wants in his/her defense area for shot no. 1 with his/her feet only.
Aim: Push the red ball with the Home Ball ${ }^{\circledR}$ Football (yellow) to make it stop in the opposing defense area. BE CAREFUL! If the player does not touch the red ball during his/her play, s/he immediately loses his/her turn and his/her opponent has an additional shot for his/her next shot.

## 3-TWO POSSIBILITIES OF PLAY WHEN THE PLAYER HAS MANAGED TO TOUCH THE RED BALL



## SHOT \#1 MISSES

The Red Ball does not stop in the opposing defense area.


THE OPPOSING PLAYER TAKES HIS/HER TURN

MOVING
THE BALL
Before shooting, the player can move the yellow ball within a radius of 1 m to facilitate his/her shoot. But s/he cannot move the red ball.

The Red Ball comes to rest in the opposing defense area.
The player can therefore try to score with the yellow ball.

## THE PLAYER SCORES WITH SHOT NO. 2

The scored shot is added to the player's score. The opponent recovers the ball and restarts.

## THE PLAYER MISSES

 SHOT N0.2The opponent has another turn and must take shot no. 1 from the place where the ball stopped. at the start of the game.

- They must not voluntarily stop a ball before each new phase of play.


## GUIDELINES FOR THE REFEREE



- Ensure that the players do not interfere with each other and play quickly (within 30 seconds for a dynamic game)
- Counting points

The coach can choose to add game constraints:

- Shoot with the "wrong" foot only
- Move the ball 20 cm before the shot instead of the authorized 1 m


## KIT NEEDED

- Home Ball court
- 1 score sheet


## PUBLIC

- From age 8 on
- Suitable for everyone (athletes and non-athletes)
- 1 Home Ball ${ }^{\circledR}$ Football (yellow)
- 1 Home Ball ${ }^{\circledR}$ Handball (red)


## COACHING

- Number: 1 sports/field coach or instructor.
- Degree of difficulty: medium
- Self-refereeing possible


## SKILLS DEVELOPMENT

- Accuracy
- Concentration (stress management)
- Thought
- Skill


## SETTING UP THE WORKSHOP

Position the Home Ball ${ }^{\circledR}$ Handball (red) in the center of the court and bring in the players, each in one team.

The referee stands at the entrance to the court and the spectator players in front of him/her, on the other side of the court behind the net.


## PLAYING THE GAME

## THE RULES

Aims: Score in the opposing team's targets.
Touching the ball: Only with hands.
Target value: See target value diagram.
Winning the match: Be the first to reach a score of 20pts or more.

1-THE PLAYERS PLAY ROCK / PAPER / SCISSORS

## 2 - THE WINNER CHOOSES HIS/HER TEAM AND STARTS (1) ․․

Values of targets

*For the team that scored

## RESTARTING

The player takes the Home Ball ${ }^{\circledR}$ Handball (red) and places it wherever s/he wants in his/her defense area for shot no. 1 with his/her hands only.
Aim: Push the yellow ball with the Home Ball ${ }^{\circledR}$ Handball (red) to make it stop in the opposing defense area. BE CAREFUL! If the player does not touch the yellow ball during his/her play, s/he immediately loses his/her turn and his/her opponent has an additional shot for his/her next shot.

3-TWO POSSIBILITIES OF PLAY WHEN THE PLAYER HAS MANAGED TO TOUCH THE YELLOW BALL


## IMPORTANT!

- The ball must be stationary before each new phase of play.
- Players are prohibited from countering or hindering their opponent.
- The phases of play must not exceed 30 seconds.
- In teams of 2 or 3, the players of each team respect a specific turn order, decided at the start of the game.
- They must not voluntarily stop a ball before each new phase of play.


## SHOT \#I SCORES

The yellow ball stops in the opposing defense area.
The player can therefore try to score with the Handball (with bounce).

## THE PLAYER SCORES

 WITH SHOT NO. 2THE PLAYER MISSES SHOT NO. 2

The opponent has

The scored shot is added to the player's score. The opponent recovers the ball and restarts.

## GUIDELINES FOR THE REFEREE



- Ensure that the players do not interfere with each other and play quickly (within 30 seconds for a dynamic game)
- Counting points

The coach can choose to add game constraints:

- Shoot with the wrong hand only
- Allow direct shots


## CHALLENGES SCORE SHEETS

TO HELP YOU IN YOUR EVENTS


## HOME BALL MAX 1 SCORE SHEETS

## CHOICE OF SHOOTING MODE

FOOT SHOTHAND SHOTBOUNCE SHOT (good hand)SHOOTING WITH THE WRONG FOOT $\square$ SHOOTING WITH THE WRONG HAND
BOUNCE SHOT (wrong hand)

## SCORE TABLE

| No. | PLAYER NAME | TOTAL SCORE |
| :---: | :---: | :---: |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |
| 9 |  |  |
| 10 |  |  |
| 11 |  |  |
| 12 |  |  |
| 13 |  |  |
| 14 |  |  |
| 15 |  |  |
| 16 |  |  |
| 17 |  |  |
| 18 |  |  |
| 19 |  |  |
| 20 |  |  |

## RANKING



## HOME BALL TOUR CHALLENGE SCORE SHEETS

## CHOICE OF SHOOTING MODE

FOOT SHOT$\square$ HAND SHOT
BOUNCE SHOT (good hand)SHOOTING WITH THE WRONG FOOT $\square$ SHOOTING WITH THE WRONG HAND
BOUNCE SHOT (wrong hand)

## SCORE TABLE

| No. | PLAYER NAME | TOTAL SCORE |
| :---: | :---: | :---: |
| 1 |  |  |
| 2 |  |  |
| 3 |  |  |
| 4 |  |  |
| 5 |  |  |
| 6 |  |  |
| 7 |  |  |
| 8 |  |  |
| 9 |  |  |
| 10 |  |  |
| 11 |  |  |
| 12 |  |  |
| 13 |  |  |
| 14 |  |  |
| 15 |  |  |
| 16 |  |  |
| 17 |  |  |
| 18 |  |  |
| 19 |  |  |
| 20 |  |  |

## RANKING



## TEAM NUMBER GAME SCORE SHEETS

## TEAM NAMES

TEAM A: $\qquad$
TEAM B : $\qquad$

## COACH INSTRUCTIONS

The coach calls a number and announces the shooting mode:

- Foot
- Direct hand shot
- Bounce hand shot

Scoring points:

- Win +4 pts
- Draw +2 pts
- Loss 0 pts

SCORE TABLE

|  |  | SHOOTING MODE |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| No. | TEAM A SCORE | DIRECT HAND | FOOT SHOT | HAND BOUNCE |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
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WINNING TEAM


## TEAM SHOOTING RELAY SCORE SHEETS

## TEAM NAMES

TEAM A: $\qquad$
TEAM B : $\qquad$

## COACH INSTRUCTIONS

The coach calls a number and announces the shooting mode:

- Foot
- Direct hand shot
- Bounce hand shot

The coach writes the names of the players in the table which will determine their order of play. Then, s/he checks off the players who have just taken their shot.

## PASSAGES NUMBER :

| PASSAGE | SHOOTING MODE |
| :---: | :---: |
| 1ST | $\begin{aligned} & \text { HANOO AMND F Foot } \\ & \square \square \square \square \end{aligned}$ |
| 2ND |  |
| 3RD | HAND $\begin{gathered}\text { HAND } \\ \text { BOUNCE }\end{gathered}$ FOOT <br> $\square \square \square$ |

WE RECOMMEND A NUMBER MAXIMUM OF 3 TURNS

## PLAYER PASSAGES CONTROL:

| TEAM A | PASS 1 | PASS 2 | PASS 3 | TEAM B |
| :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

A TEAM IS MADE UP OF 6 PLAYERS MAXIMUM.
THE REFEREE MUST ENSURE THAT THE TURNS AND
SHOOTING MODES ARE RESPECTED.

| TEAM A TIME | TEAM B TIME |
| :---: | :---: |
|  |  |

IF YOU WANT TO ORGANIZE A TOURNAMENT, NOTE THE TIMES OF EACH TEAM IN ORDER TO RANK THEM.

## TOURNAMENT SCORE SHEETS

## TO HELP YOU IN YOUR COMPETITIONS

# OFFICIAL HOME BALL SCORE SHEET FOOTBALL, HANDBALL, WHEELCHAIR 

| TEAM 1: |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Goal No. | 1 PT | 2 PTS | 4 PT | Backto |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |
| 9 |  |  |  |  |
| 10 |  |  |  |  |
| 11 |  |  |  |  |
| 12 |  |  |  |  |
| 13 |  |  |  |  |
| 14 |  |  |  |  |
| First half total points : |  |  |  |  |
| Goal No. | 1 PT | 2PTS | 4 PT | Backto 0 |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |
| 9 |  |  |  |  |
| 10 |  |  |  |  |
| 11 |  |  |  |  |
| 12 |  |  |  |  |
| 13 |  |  |  |  |
| 14 |  |  |  |  |
| Second halif total points : |  |  |  |  |


| TEAM 2: |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: |
| Goal No. | 1 PT | 2 PTS | 4 PT | Backto |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |
| 8 |  |  |  |  |
| 9 |  |  |  |  |
| 10 |  |  |  |  |
| 11 |  |  |  |  |
| 12 |  |  |  |  |
| 13 |  |  |  |  |
| 14 |  |  |  |  |
| First half total points : |  |  |  |  |
| Goal No. | 1 PT | 2 PTS | 4 PT | Backto 0 |
| 1 |  |  |  |  |
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
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| 10 |  |  |  |  |
| 11 |  |  |  |  |
| 12 |  |  |  |  |
| 13 |  |  |  |  |
| 14 |  |  |  |  |
| Second half total points : |  |  |  |  |

TeURNAMENT SHEET - POOL STAGE (3 TEAMS)
TEAM : :__
GUIDELINES FOR THE REFEREE :

## VALUES OF TARGETS: DURATION OF MATCH:

| MATCHES | TEAM | SCORE | TEAM | SCORE |
| :---: | :---: | :---: | :---: | :---: |
| $A / B$ | $\mathbf{A}$ |  | $\mathbf{B}$ |  |
| $B / C$ | $\mathbf{B}$ |  | $\mathbf{C}$ |  |
| $A / C$ | $\mathbf{A}$ |  | $\mathbf{C}$ |  |






|  | 3 |  | 9 | $0 / 8$ |
| :---: | :---: | :---: | :---: | :---: |
|  | （1） |  | $V$ | C／H |
|  | （1） |  | $!$ | $0 / 8$ |
|  | 3 |  | V | $\bigcirc / H$ |
|  | （1） |  | 3 | 010 |
|  | 8 |  | V | $g / \forall$ |
| 31098 | MVE1 | 34098 | MYE1 | SE191， |


$\rightarrow$


## TEAM B ：

：Э WVヨI



| SCORING POINT |
| :--- |
| WIN : +4 POINTS |
| DRAW : +2 POINTS |
| LOSS : 0 POINT |




RANKING:



