

HOME BALL[®] MAX 1

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

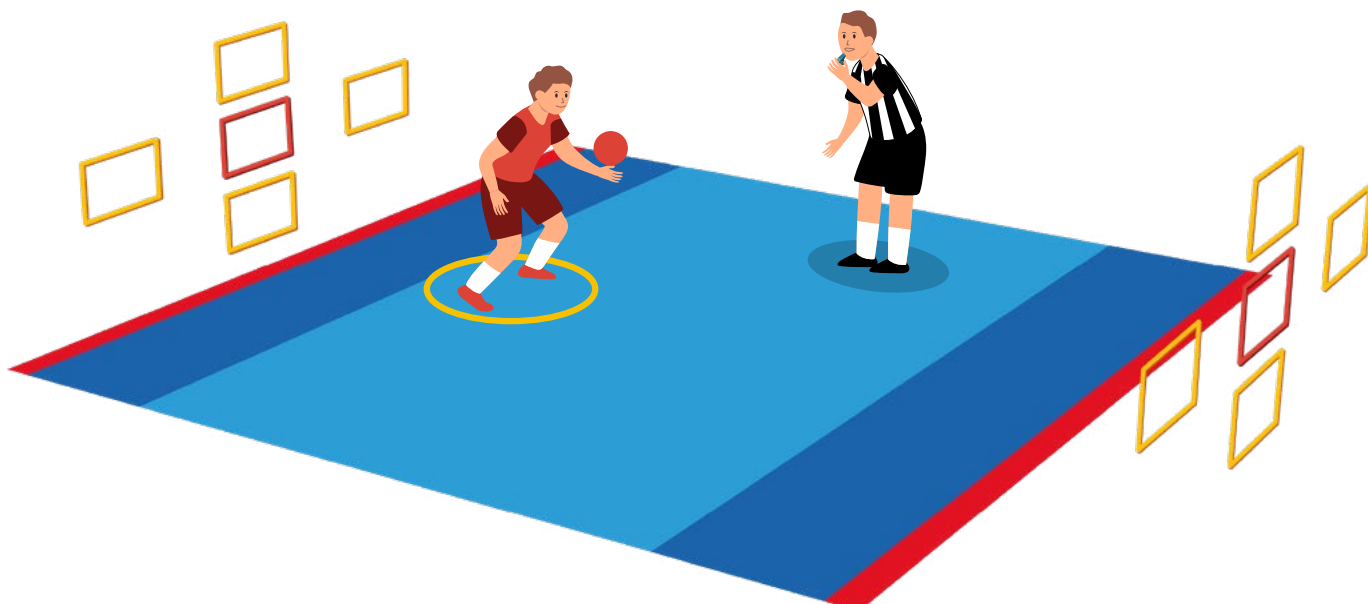
SETTING UP THE WORKSHOP

1

- 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 FOOT

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 careful! 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

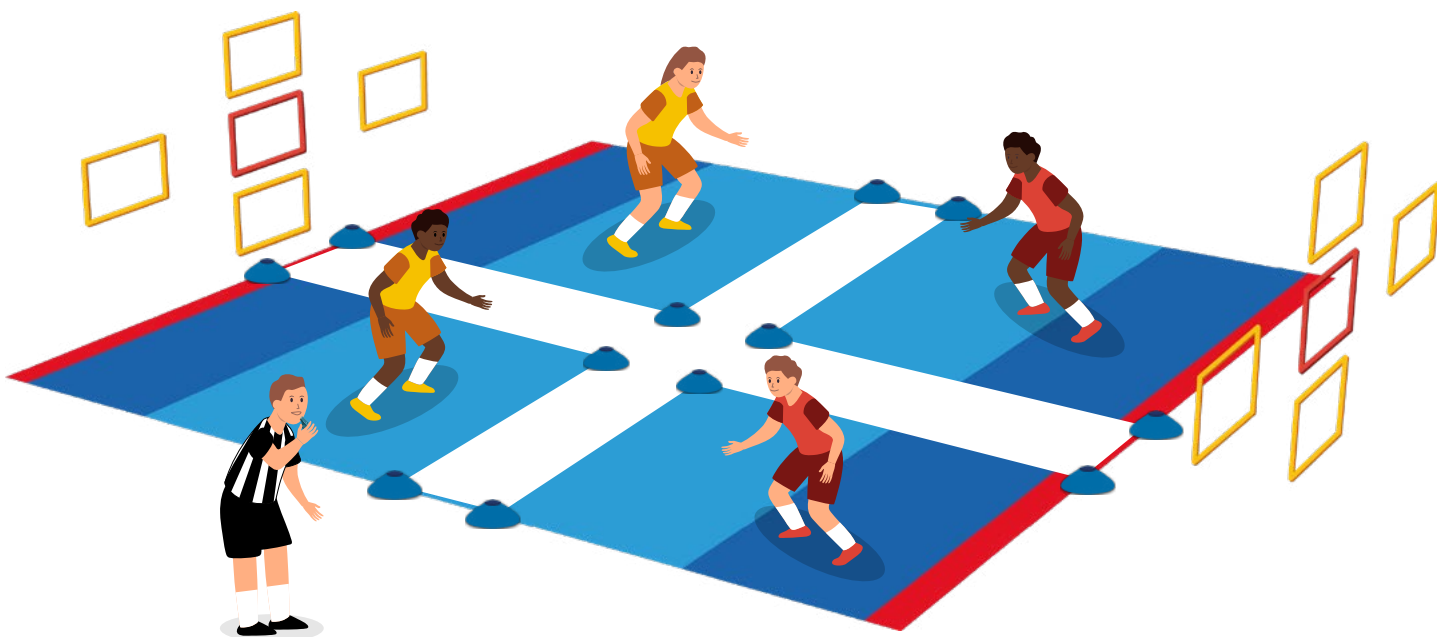
SETTING UP THE WORKSHOP

1

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

2

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 FOOT

BY HAND
BOUNCE SHOT

BY HAND
DIRECT SHOT

2 - THE COACH DETERMINES THE NUMBER OF BALLS

1 BALL

2 BALLS

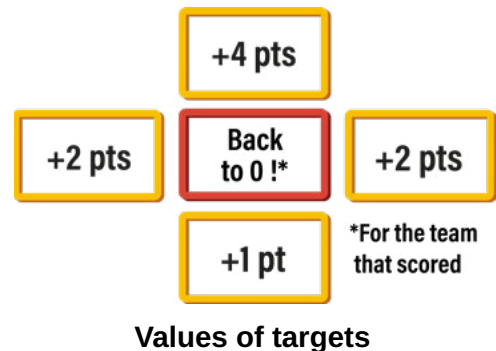
3 BALLS

3 - THE RULES

- 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 the 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



The referee may call on an assistant referee to help keep score. It's a great way to raise awareness and get 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*

HOME BALL[®] TOUR CHALLENGE

FOOTBALL & HANDBALL

KIT NEEDED

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

PUBLIC

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

COACHING

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

SKILLS DEVELOPMENT

- Accuracy
- Concentration (stress management)
- Speed

SETTING UP THE WORKSHOP

1

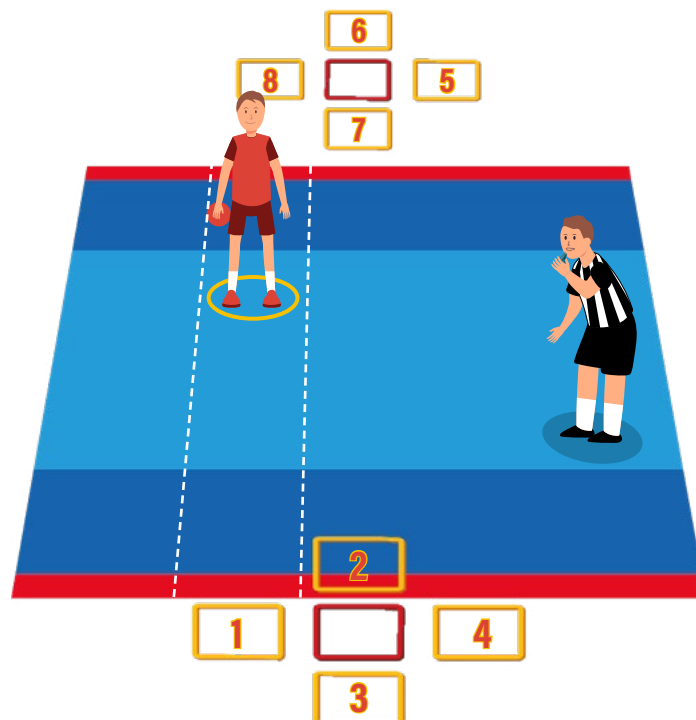
The coach decides the shooting mode that will be chosen for the challenge.

2

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

3

The player positions him/herself in the defense area facing target no. 1 as shown in the diagram.



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

FOOTBALL & HANDBALL

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

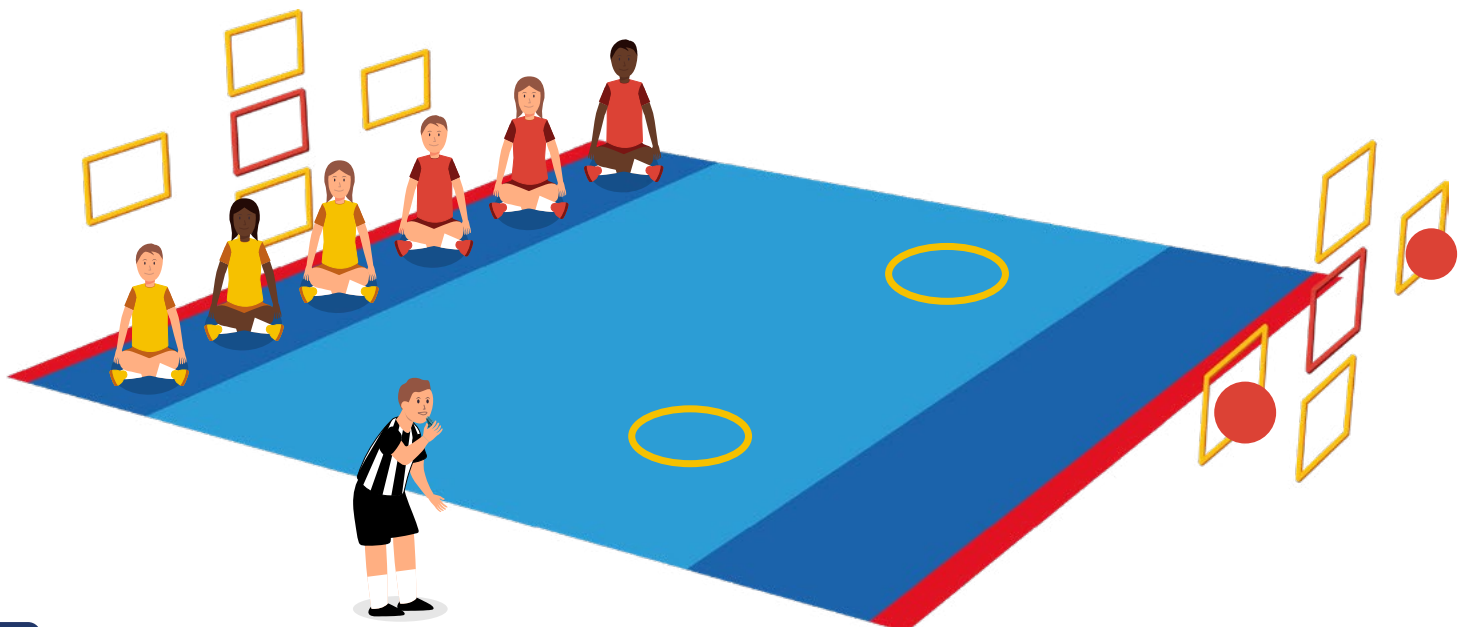
1

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

2

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 THEIR BACKS AGAINST THE NET FACING THEIR YELLOW TARGET 2 PTS

3 - THE COACH CHOOSES THE SHOOTING MODE

BY FOOT

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

FOOTBALL & HANDBALL

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

1

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

2

Coach:

- Position the boundary cups on the ground.
- Determine the number of balls for the game (either 1 or 2 ball(s))



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 - THE RULES

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

FOOTBALL & HANDBALL

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...)

SETTING UP THE WORKSHOP

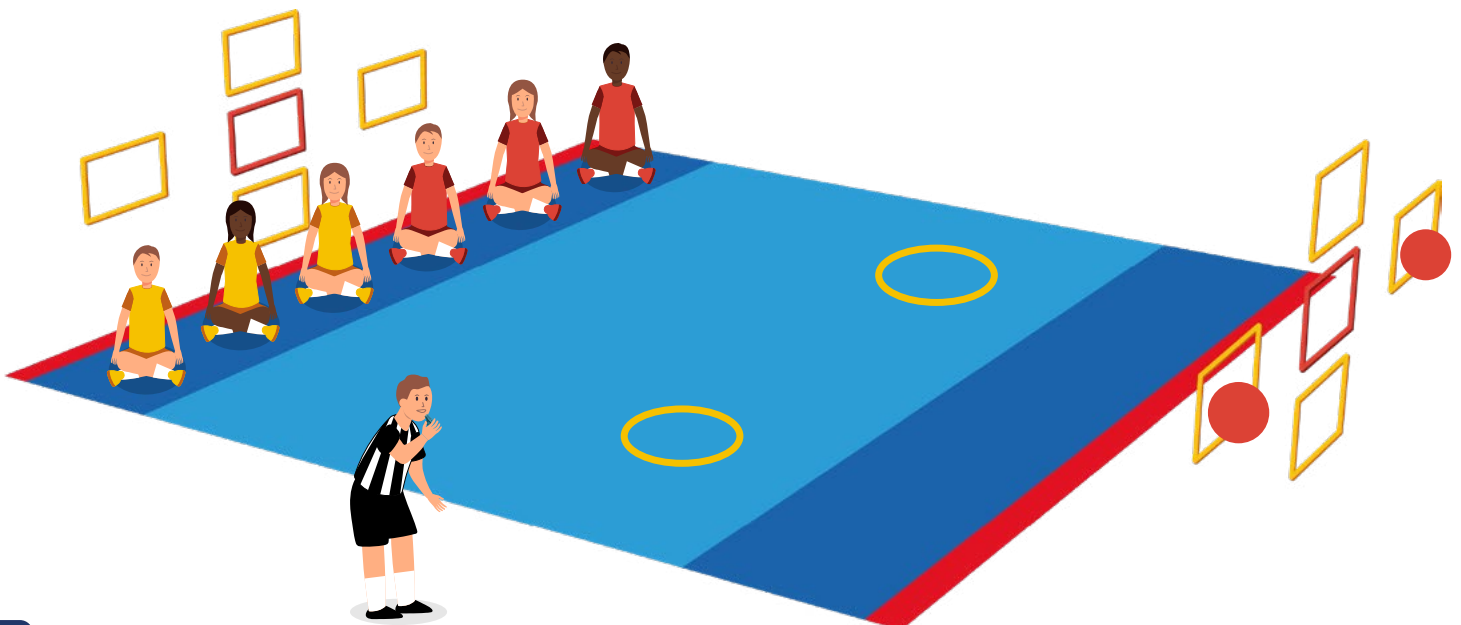
1

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

2

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 THEIR BACKS AGAINST THE NET FACING THEIR YELLOW TARGET 2 PTS

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 FOOT

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

HOME BALL® DUEL SPORTS MAX 1 TARGETS 2

FOOTBALL & HANDBALL

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

PUBLIC

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

SKILLS DEVELOPMENT

- Accuracy
- Concentration (stress management)
- Speed
- Endurance

SETTING UP THE WORKSHOP

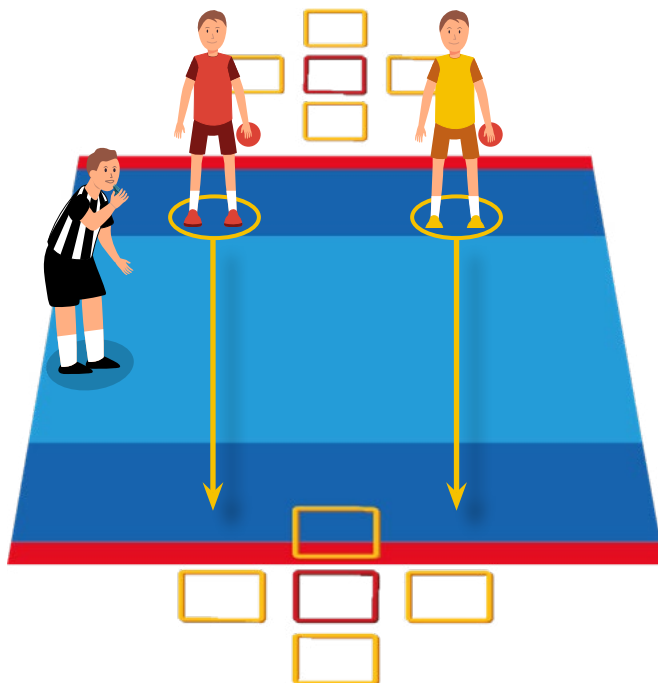
1

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.

2

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 2pt 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*

HOME BALL® BILLIARD FOOTBALL ONE

INDIVIDUAL OR TEAMS

KIT NEEDED

- Home Ball court
- 1 score sheet
- 1 ball

PUBLIC

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

COACHING

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

SKILLS DEVELOPMENT

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

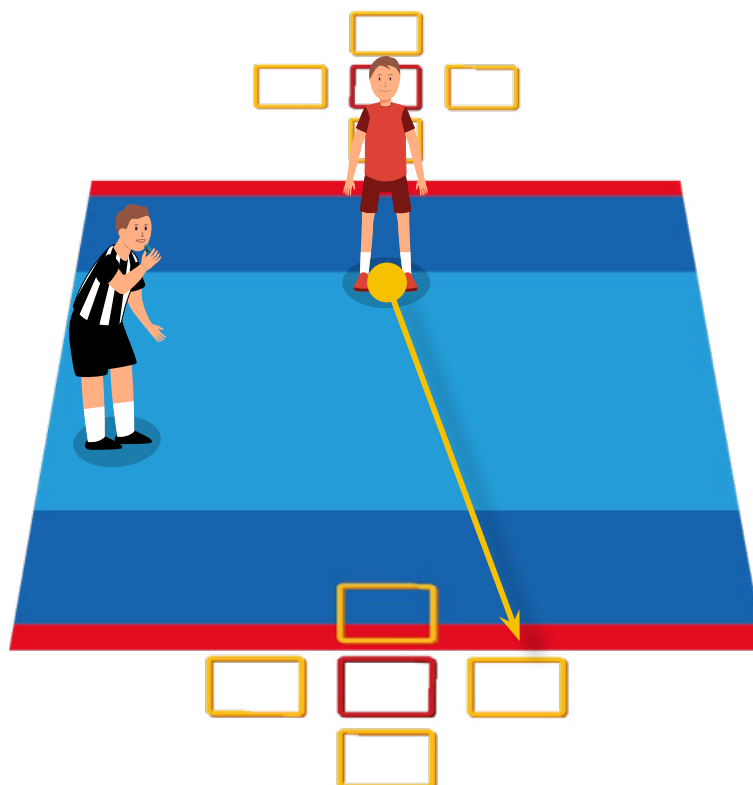
SETTING UP THE WORKSHOP

1

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

2

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

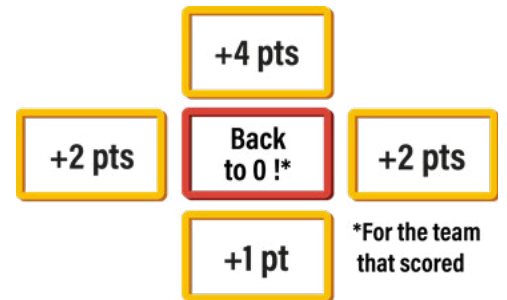
Aims: Score in the opposing team's targets.

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 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

2 POSSIBILITIES

THE SHOT SCORES

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

RESTART

MOVING THE BALL

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

HOME BALL® FOOT BILLARD TWO

INDIVIDUAL OR TEAMS

KIT NEEDED

- Home Ball court
- 1 score sheet
- 1 Home Ball® Football (yellow)
- 1 Home Ball® Handball (red)

PUBLIC

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

COACHING

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

SKILLS DEVELOPMENT

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

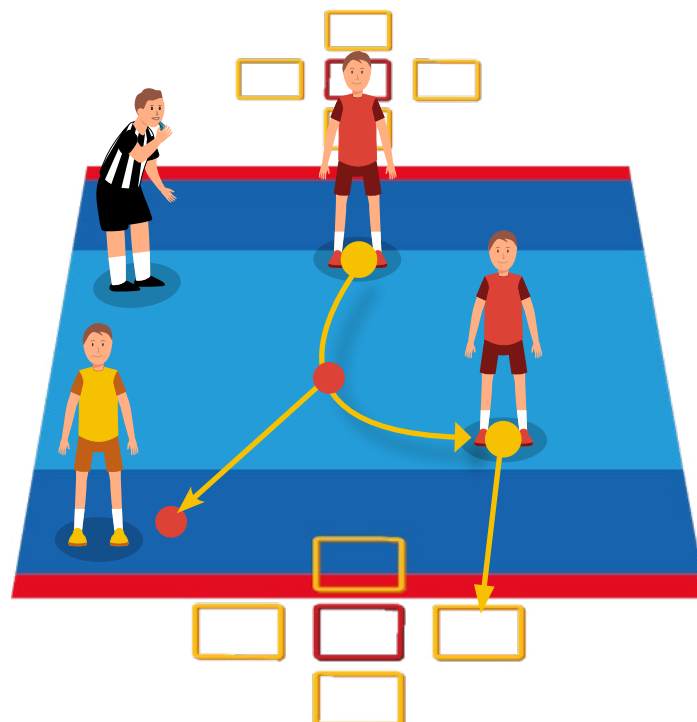
SETTING UP THE WORKSHOP

1

Position the Home Ball® Handball (red) in the center of the court and bring in the players, each in one team.

2

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

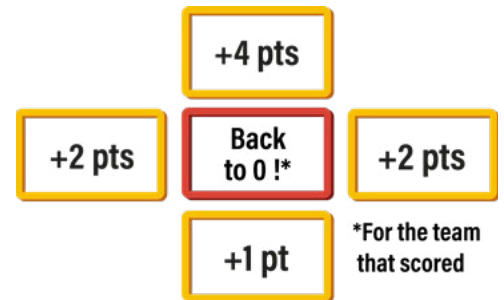
Aims: Score in the opposing team's targets.

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® 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® 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

2 POSSIBILITIES

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 1m to facilitate his/her shoot. But s/he cannot move the red ball.

SHOT #1 SCORES

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.

RESTART

THE PLAYER MISSES SHOT NO.2

The opponent has another turn and must take shot no.1 from the place 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

HOME BALL® BILLIARD HANDBALL TWO

INDIVIDUEL OU EN ÉQUIPES

KIT NEEDED

- Home Ball court
- 1 score sheet
- 1 Home Ball® Football (yellow)
- 1 Home Ball® Handball (red)

PUBLIC

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

COACHING

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

SKILLS DEVELOPMENT

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

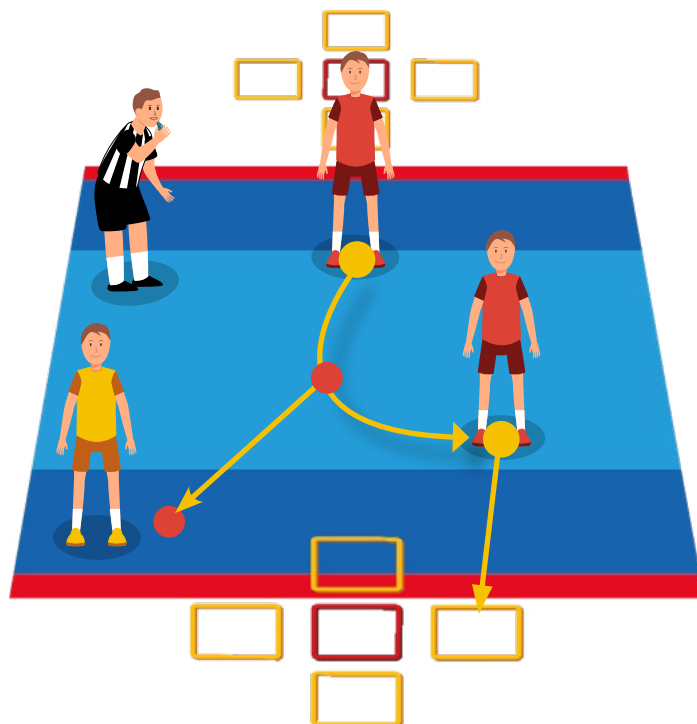
SETTING UP THE WORKSHOP

1

Position the Home Ball® Handball (red) in the center of the court and bring in the players, each in one team.

2

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

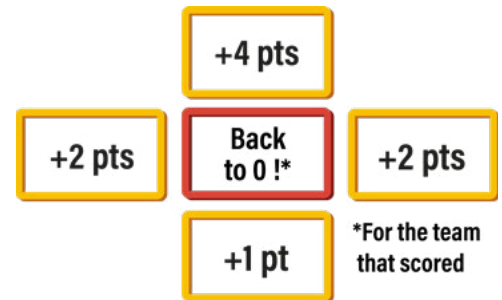
Aims: Score in the opposing team's targets.

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.

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® 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® 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

2 POSSIBILITIES

SHOT #1 MISSES

The yellow ball does not stop in the opposing defense area.



THE OPPOSING PLAYER TAKES HIS/HER TURN

MOVING THE BALL

Before shooting, the player must place his/her supporting foot at the location where the handball was located on the ground. S/he is not allowed to move it.

SHOT #1 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.2

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

RESTART

THE PLAYER MISSES SHOT NO.2

The opponent has another turn and must take shot no.1 from the place 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 hand only
- Allow direct shots