



# POULLBALL



NEW SPORT



## THE STORY

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This new game was born in 2010 in Belgium and invented by François Poull, a PE teacher who was looking for an alternative game. The aim was to create a new sport to play with all the students. Boys and girls in the same action around a big ball and simple rules. The name « Poull Ball » comes from the inventor. Starting from just an idea, today the game is played in more than 400 schools in 10 countries, mainly in Belgium, France, Switzerland and Canada.



## IN SHORT

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- Two mixed teams of 5 players
- A big ball (21.6 inches in diameter)
- Two bases (immune to contacts)
- Two cubic targets on top of the bases
- Two impenetrable circle zones

Ideally the players should be self-referees. This way the teacher can focus on respecting the rules.

## PEDAGOGICAL INTERESTS

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Poull Ball is innovative, but not only, it's also a good way to develop fair play and co-education. For teachers, it's essential that everybody plays and takes part in the game. Poull Ball rules are simple, the goal is accessible, every player can score, so everyone takes an important role in the action. It's a real cooperation game. There's no contact and you can attack both sides, it's a smooth sport where you are always moving.

This game was inspired by several other sports, taking the best of each of them to meet the requirements and interests of its players.

Thanks to the simple rules, and not much equipment, you can easily go to a match situation.

## OFFICIAL EQUIPMENT

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The ball



The platform



The target

# RULES

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## 1. SCORING

### Basic rules (competition)

**1 point** when the cube is tipped over (catch and shoot)

**2 points** if the cube is tipped over by One Touch Throw

- Players feet have left the floor, are not on the floor
- If the ball is not caught before the shoot (type, deviation, no catch )

### Throwing Techniques:

- One or two hands
- One touch throw
- Chest, Bounce or flip pass

**2. TURNING OVER** takes place from center court after scoring.

**3. RE-ENTRY** takes place from the location where the ball exited the court.

## 4. BALL MOVEMENT

- **Obligatory:** 3 passes before throwing at cube, max 5 seconds possession
- **Authorized:** 3 steps, ball in hand (1 pivot)
- **Prohibited:** dribbling, penetrating unauthorized zones (circles)

## 5. WARNINGS/ERRORS

- non-compliance to 3 step rule
- non-compliance to 3 passes

Throw - In

- Impact on the opportunity to throw a scoring point.

Penalty

A defensive player is in the unauthorized zone when the opponent shoots = +1 or 2 point(s) to opponent (throw counts). A defensive player touches the cube = +1 or 2 point(s) to opponent (Goal awarded).

**Focus on respect, the teacher makes sure that this type of behavior does not happen!  
But if it does happen the player at fault is warned before being sanctioned. FAIR PLAY  
is the most important goal of the game!**

## All physical contact is strictly forbidden!

- Contact with the ball holder: **Re-entry from the sideline**
- Contact during a shot on goal: **Penalty**

## 6. SUBSTITUTIONS

- Mixture (girls and boys on the court) must be respected immediately
- Number of substitutions is unlimited
- Substitutions must be made while game is stopped

## 7. PENALTIES

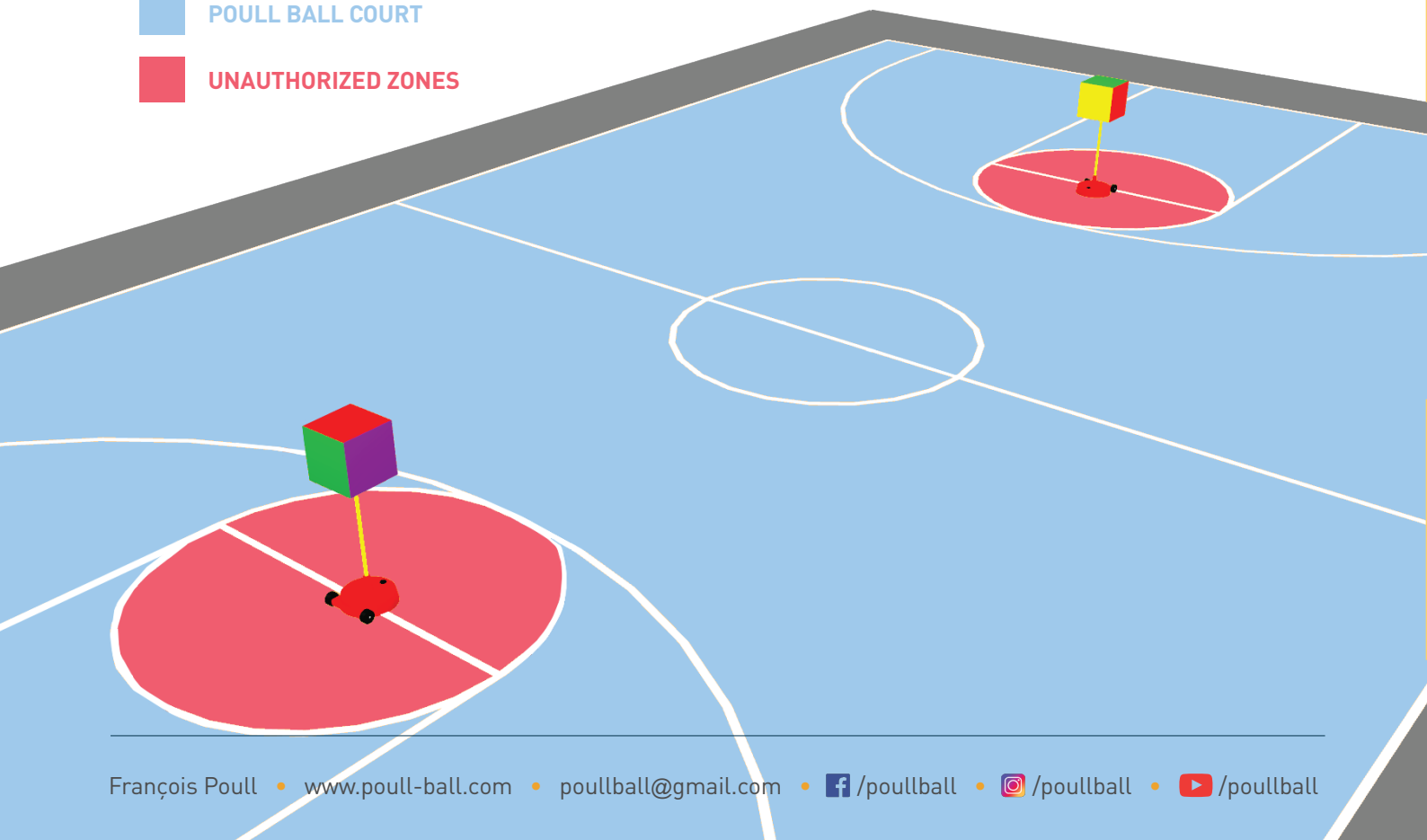
Player stands in center court. Player's feet firmly planted face the opposite cube, therefore, has his back to the target. Player has to throw backwards without pivoting.

## 8. THE SCORE

Whether a team scores one or two points, all of the players applaud no matter which team has scored. This is to encourage sportsmanship and respect.

## 9. END OF GAME

Each team gets in a single file line facing each other in the center of the court, and walk towards each other to shake hands .

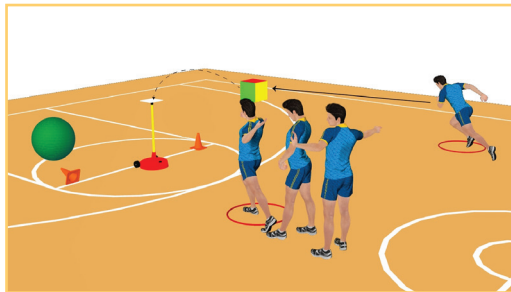


# LEARNING SITUATIONS

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## Level 1

Complexity 



## Level 2

Complexity 



## Level 3

Complexity 



## MY ALBUM

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### THE FLY



The players are in a circle around the teacher. An imaginary “fly” is given to each player. They have to close their hands to keep this imaginary fly. Then the teacher makes them successively passes. It’s the only moment where the players are allowed to open their hands. However, if a pass is a fake and a player reacts (open his hands), the fly flies away... and this player is eliminated. The most concentrated player wins the game.

### THE GIANT TARGET



In the form of a duel: 2 teams are separated, each on a half-court. On each side, there is a castle : for example 2 or 3 cones (towers of the castle) on both sides of the base. By successive throws, the players have to knock over the towers. Once this challenge is succeeded, and not before, they are allowed to fetch the cube (giant target) to put it on the base. The first team who knocks over its giant target wins the game.

### THE STOPWATCH CHALLENGE



With this challenge the players learn how to construct a counterattack (fast break). Teams of 5 or 6 players play successively. The aim is to go from one target to the other one as fast as possible (stopwatch) by making passes. It is forbidden to dribble or to run with the ball in the hand.

There are many varieties: you can play this challenge first without any opposition, and later against one or more defenders.

## THE SKEWER



In a simplified match situation, the aim is to learn how to attack both targets. To start, the players are lined up on the halfway line. This positioning looks like a skewer with pieces of meat (strikers) and vegetables (defenders), who are in the minority. The teacher makes a pass to a striker and the game begins. The numerical superiority and the use of both camps favors the attacking game. The defenders have to organize themselves to contest the passes and thus avoid the access to the targets.

## THE FROZEN FOREST



In a match situation, the aim is to use the lanes. Some “doors” are placed on the court. When a player passes one of these “doors”, it allows the team in possession of the ball to freeze his opponents. Indeed, when a player goes through a “door”, the defenders stand still for some seconds, until the whistle blow. Just the time for the others to take advantage of this situation and score.

## THE NECKLACE



In a simplified match situation, the aim is to learn how to use the maximum space. The players stand in a circle around the center circle. This positioning looks like a necklace of pearls (strikers) and diamonds (defenders), who are in the minority. The teacher throws the ball in a corner of the hall and the game begins. The numerical superiority and the use of both camps favors the movement of the ball. It enables the use of the whole court (lanes, corners, available gaps) and thus avoid the common phenomenon where all the players would stick around the ball.



# POULLBALL



PLAY WITH **COLORS** ■ THE TARGET AS A DIE



**Yellow!**

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