

FISTBALL LESSON PLANS LESSON #1

National Physical Education Standard (NPE Standard): 1: Competency in a variety of motor skills & movement patterns.

Teach: Rules, history, positions, skill videos, skills pretest

Equipment Needs:

- 1 copy of “Recreational Fistball History, Rules and Information” packet per student, which includes:
 1. “Recreational Fistball History, Rules and Information” Handout
 2. “Skill Testing Assessment Sheet” handout
 3. 1 pencil
- 100’ Tape measure
- 12 or more volleyballs/Fistballs (at least 2 per station)
- 5 X 6 polyspots (Each station has 5 positions. Polyspots are used to help students know where to stand)
- 1 copy of “Fistball Skill Test Teacher’s Set Up And Grading Procedures” for the teacher
- 3 volleyball/Fistball courts (**TIP:** This lesson should be conducted **OUTSIDE**, as the dimensions given for testing are based on a regulation Fistball court. However, testing dimensions for volleyball courts are also given).
- 3 volleyball/Fistball nets
- 12 standards (poles)
- 2 copies of the set of 3 “Skill Testing Station Cards” (lamine for future use)
- 3 copies of “Fistball safety rules,” (lamine for future use) & tape to walls in locker room & gymnasium, as well as post on bulletin boards for students to refer to
- 6 Plastic hoops (to coral the balls at each station)
- 1 roll of Painters tape (to tape the station cards, & make point lines/targets on the floor)
- 2 X 66’ ropes (for Station 2)
- 2 X 10’ ropes (for Station 3)
- 34 small cones
- Total of 34 point number/score cards (lamine for future use)(Tape point numbers on cones to give students a high visual target to aim at in order to get the most points as well as provide them with immediate performance feedback). Needed are:
 - #1 = 6 cards; #4 = 8 cards;
 - #2 = 4 cards; #5 = 4 cards
 - #3 = 12 cards; (Numbers & placement diagram are on Lesson plan 1 pages 23-27)
- Projector/screen to watch Fistball skills/rules videos (**Additional videos** available in the “References and Additional Resources” section **pages 20-21**. Choose videos based on content, class time, closed captioning. Videos not watched during class can be used as homework and/or extra credit assignments)
 1. **Trailer (no audio/overview of game)** (2:06):
https://www.youtube.com/watch?v=WOIJ_ecKas4
 2. **What is Fistball (including rules)** (audio)(3:54):
https://www.youtube.com/watch?list=PLN_SP8XFyRf0Dai-6SQiHL6QKgrZ5qeIJ&time_continue=1&v=mYdrfamIJtU

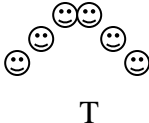
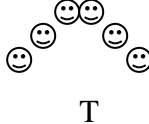
3. **Rules (audio)** (3:06): <http://www.usfistball.com/fistball/>
4. **Standing serve (audio)** (0:40):
<https://www.youtube.com/watch?v=U8QqV9EWYsA&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=7>
5. **Closed-Fist Pass (audio for both):**
 - **Hitting the ball up** (0:40):
<https://www.youtube.com/watch?v=dr0pjLfJgS8&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=2>
 - **Defense** (0:44): <https://www.youtube.com/watch?v=sqk8ep-GqBU&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=4>
6. **Set (audio)** (0:45): <https://www.youtube.com/watch?v=-F3kFAQXOkM&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=3>

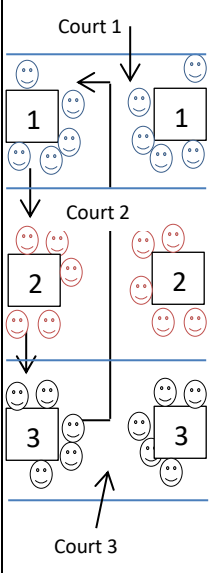
Equipment Needs (Optional):


- 1 clipboard per student (to write assessment data on)
- 6 iPads/laptops (1 at each station) for students to view video of skill being tested
- iPod/Music system/music (to be played in the background during the activity to motivate students)

Additional Information:

- Please refer to “Teaching Tips.”
- **TECHNOLOGY INTEGRATION:** Have students:
 - a. Watch videos at home before coming to class.
 - b. Watch videos at the stations during the activity to remind students how to perform skills.
- **LITERACY INTEGRATION:** Students read aloud from:
 - a. Recreational Fistball History, Rules & Information handout.
 - b. Skill testing assessment sheet.
- **REMEMBER, ALL FISTBALL LESSONS START** with the “Introduction” & end with “Closure”, skipping “Cool Down” (using the traditional lesson plan set up of (1) warm up, (2) introduction/ review, (3) learning of a skill, (4) practice skill, (5) cool down, (6) closure). This strategy allows teachers to select warm up and cool down activities based on their curricular needs.

<u>Time</u>	<u>Class Organization</u>	<u>LESSON #1 (Page 1 of 3)</u> <u>Learning Activities</u>	<u>Modification/ Extensions</u>	<u>Cues</u>
15 min		<p><u>Recreational Fistball History, Rules and Information</u></p> <ul style="list-style-type: none"> ○ Students sit in semi-circle around teacher. ○ Distribute one “Recreational Fistball History, Rules & Information” Packet to each student. ○ Show videos (other videos mentioned above can be used as extra credit): <ul style="list-style-type: none"> ❖ Trailer (no audio/overview of game)(2:06): https://www.youtube.com/watch?v=WOIJ_ecKas4 ❖ Rules (audio; more in depth. Choose 1. Use other videos from “References & Additional Resources” section (page 20-21) as extra credit or watch if on a block schedule <ul style="list-style-type: none"> ➢ (3:06): https://www.youtube.com/watch?v=kI-BBLh98sc ➢ (3:54):https://www.youtube.com/watch?list=PLN_SP8XFyRf0Dai6SQi_HL6QKgrZ5qeIJ&time_continue=1&v=mYdrfamIJtU ○ Review packet with students. ○ Read/discuss “Recreational Fistball History, Rules & Information” with students. ○ Ask students if they have any questions. 	<ul style="list-style-type: none"> ○ Perform Flipped Learning by having information posted on class website so students can read/watch videos at home & become familiar with the information before class. (TECH) ○ Have students read the handout in class (LIT). ○ Place handout to the side to be picked up at the end of class or placed in portfolio. 	
10 min		<p><u>Review Task Cards/Skill Test Stations:</u></p> <ul style="list-style-type: none"> ○ Students sit in semi-circle around teacher. ○ Read/discuss/review “Skill Testing Assessment” in Packet. ○ Show/demonstrate every station/skill tested & how to record scores on the “Skill Testing Assessment” handout (Demonstrate skills using student volunteers). <ul style="list-style-type: none"> ❖ Standing Serve (0:40): https://www.youtube.com/watch?v=U8QqV9EWYsA&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=7 ❖ Closed-Fist Pass: Hitting the ball up (0:40): https://www.youtube.com/watch?v=dr0pjLfJgS8&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=2 <p style="text-align: center;">(CONTINUED)</p>	<ul style="list-style-type: none"> ○ There are 3 stations. To maximize participation, there are 2 stations for each skill test. <p><u>Station 1:</u> Serve</p> <p><u>Station 2:</u> Direct closed-fist pass</p> <p><u>Station 3:</u> Indirect Set</p>	

<u>Time</u>	<u>Class Organization</u>	<u>LESSON #1 (Page 2 of 3)</u> <u>Learning Activities</u>	<u>Modification/ Extensions</u>	<u>Cues</u>
		<p><u>Review Task Cards/Skill Test Stations (Continued)</u></p> <p><u>Defense</u> (0:44): https://www.youtube.com/watch?v=sqk8ep-GqBU&list=PLHqfko9emlrGIAArkfbyapa877GvRAQzKm&index=4</p> <p>❖ <u>Set (audio)</u>(0:45): https://www.youtube.com/watch?v=-F3kFAQXOkM&list=PLHqfko9emlrGIAArkfbyapa877GvRAQzKm&index=3</p> <ul style="list-style-type: none"> ○ Place students into groups of 5 (there will be 6 groups of 5 students in each group. There are 6 stations. One group per station). 	<ul style="list-style-type: none"> ○ Have iPad/laptops at the stations to review videos of the skills listed (i.e. serve, blow, set) (TECH). <p><u>Modification:</u></p> <ul style="list-style-type: none"> ○ For younger students, perform 1 station 1 day, & other 2 stations next day. 	
40 min		<p><u>Perform Skill Test Stations:</u></p> <ul style="list-style-type: none"> ○ Use the “Fistball skill test teacher’s set up & grading procedures” handout for station set up. ○ Picture depicts the station task card/skill test set up. ○ 3 courts are set up. ○ 3 stations on each side of the gym (1 on each side of the court). ○ 1 group of 5 students at each station. ○ On the teachers signal to start, each group performs the station skill task, reading from the task card & the “Skill Testing Assessment” handout. ○ Students have @ 12 mins before rotating to the next station (rotation shown in the organizational picture) (students are given 30 sec to rotate & 2 min to read task card/familiarize w/station). ○ Stations 1-3 on left side stay on left side when rotating, with Station 1 moving to 2, 2 moving to 3, 3 moving to 1. Same for right side stations who stay to the right side. ○ While students are testing, the teacher completes the “Teacher Skill Rubric” on students. Students not tested this lesson, should be tested next class period or some alternate time. 	<ul style="list-style-type: none"> ○ Play music during the test. ○ Have iPad/laptops at the stations so students can review videos of the skill being performed <p><u>Modification:</u></p> <ul style="list-style-type: none"> ○ Reduce number of trials from 10 if not enough time. Or have 2+days of skill testing for best results. 	<ul style="list-style-type: none"> ○ Score accurately (don’t inflate/deflate scores). ○ I’m watching & evaluating you (using “Teacher Skill Rubric”). I’ll check accuracy between scores. If inaccurate, you receive a zero & will retake the test. ○ Skills will improve as you participate in activities. Skill tests demonstrate how you improved. You are tested again at the end of the unit.

<u>Time</u>	<u>Class Organization</u>	<u>LESSON #1 (Page 3 of 3)</u> <u>Learning Activities</u>	<u>Modification/ Extensions</u>	<u>Cues</u>
5 min	 T	<u>Closure and Assessment</u> <ul style="list-style-type: none"> ○ Students sit scattered in general space close to the teacher. ○ Review “Skill Testing Assessment” handout with students (how did they do, how is Fistball different than volleyball regarding the skills they performed, how did it feel?). ○ Collect “Skill Testing Assessment” handout making sure students wrote their names at the top of the sheet. ○ Collect pencils (and clipboards if they were used). ○ Ask if the students have any questions. ○ Have students bring home the “Recreational Fistball Rules & Information,” handout or place it in their portfolio (refer to the “Teaching Tips”, page 16). 	<ul style="list-style-type: none"> ○ Read “Recreational Fistball History, Rules & Info” for homework if part of a written cognitive test (or post on website). 	

Lesson Reflection/Notes:

RECREATIONAL FISTBALL HISTORY, RULES & INFORMATION



Background

Fistball is a team sport where two teams of five players compete against each other on two half-fields, separated by a centerline & a net (or rope) stretched between two posts. Each play starts with a serve. Players are to hit a ball across & over the net (or rope) using only a closed fist &/or arm (unlike volleyball where open hands are allowed) so opponents cannot return it.

After clearing the net (rope), the ball may be touched up to three times by any three of the five players on the court (with no consecutive hits by an individual player). The ball can bounce before each touch (unlike volleyball where no bounce is allowed). The three hits are used to save, set & return the ball back into the opponent's half, in that order.

Points are awarded to a team if the opponents are unable to return the ball in the field of play within three valid touches. After the initial serve, the team winning the point concedes the serve to the other team. A match is played in the best of five sets format, where the team winning three sets wins the match. Each set is played to 11 points with the winner leading by 2-points. If not, the match continues until one of the teams has a 2-point lead, or reaches 15 points, whichever comes first.

History

Fistball's roots lie in the southern part of Europe, in/around Italy.

Fistball was introduced to Germany in 1870 by Georg Weber & was first presented in 1885 at the German Gymnastics Festival in Dresden. In 1894, Georg Weber, along with Dr. Heinrich Schnell, drafted the first German rules for Fistball that included the sport's first competitive elements. During this time, Fistball spread to the surrounding neighboring, German-speaking countries. German immigrants also spread the sport to all continents. The first German men's Fistball championships were held at the 1913 German Gymnastics Festival in Leipzig. In 1921, the first German women's Fistball championship was held. Fistball began to grow & by 1927, almost 12,000 teams played organized Fistball in Germany.

The International Association (IFA) was founded in 1960 & is the organization for all national & federated Fistball organizations worldwide. The first IFA Fistball World Championships for men were held in Linz, Austria in 1968. The first IFA Fistball World Championships for women were held in Buenos Aires, Argentina in 1994. Tournaments for both men & women are currently held **QUADRENNIALLY**. (Literacy/definition/CORE word).

High school teacher, Christopher Carlton, who experienced Fistball while on summer vacation in Italy, introduced Fistball to the United States in 1911. Today, Fistball teams compete in NY, NJ, PA & Wisconsin, where the game is played indoors &/or outdoors & recreationally or competitively. In 1997, the United States Fistball Association (USFA) sent its first Men's National Fistball team to compete in the World Fistball Championships followed by a Woman's National Fistball team in 2014. In 2016 & 2017, the USFA sent u18 (under 18-year-old) Boys &

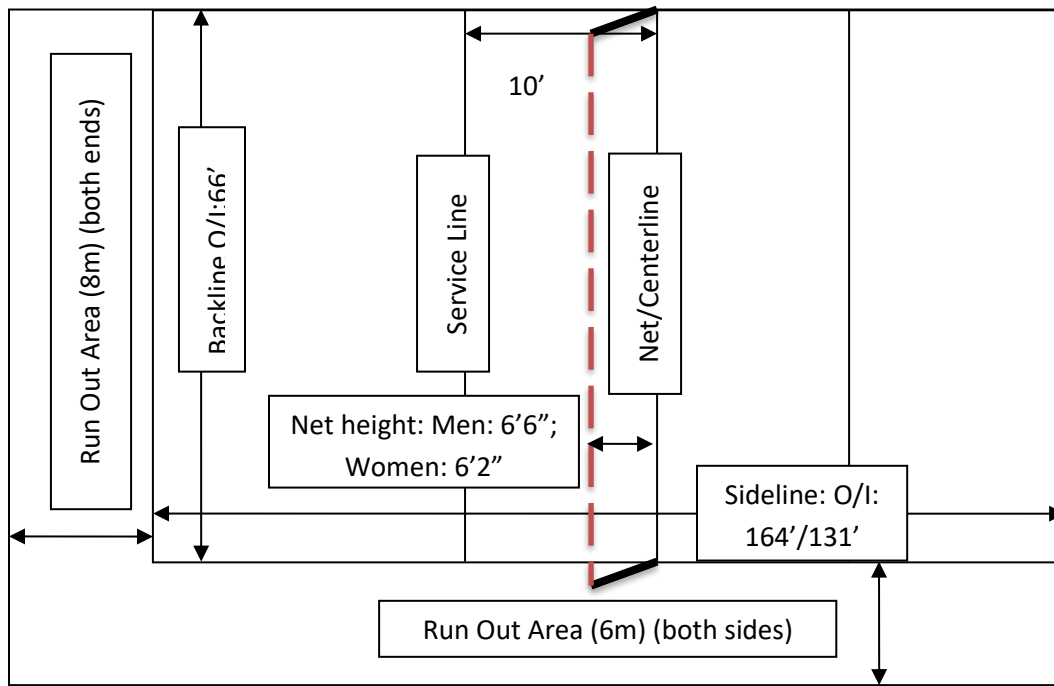
Girls teams to compete in Germany & Switzerland. In the summer of 2018, the USA held the u18 Fistball World Championships in Roxbury N.J. with eight countries participating. In 2021, Birmingham Alabama will host the World Games with Fistball being one of the games highlighted. Hopefully, in 2028, Fistball will be an **OLYMPIC DEMONSTRATION SPORT** (Definition/Extra credit topic) in Los Angeles. Now is a great time to get involved with Fistball & become a potential Fistball Olympian!

There are many benefits to playing Fistball. Fistball builds upper & lower body muscles; is great for developing cardiovascular endurance; improves hand-eye coordination; affords the opportunity to communicate with others & work as a team. Fistball is played indoors or outdoors as a recreational or competitive sport.

Class Safety Rules:

1. Roll the ball to other side when changing possession (NO kicking the ball to the other side of the court).
2. No hanging on the net (rope) or poles (standards) before, during, after the game/activity.
3. Students must wear proper clothes & shoes to play.
4. Keep hands to self at all times.
5. Pay attention to what is going on while on the court at all times.
6. Students must show good sportspersonship at all times.

Court Dimensions:



O=Outside; I=Inside

RECREATIONAL RULES

Aim of the game:

1. Two teams of five players, hit the ball with a closed fist or forearm over the net (rope) into the opponents' half so the opponent is unable to return the ball in no more than 3 hits, with the ball being allowed to bounce on the ground once between each hit.

Set up:

1. Outdoor grass field or indoor court divided into two halves by a central line & a net (rope).
2. On each side, 2 parallel service lines are drawn to the central line.
3. Court dimensions are found in the "Court Dimensions" sub-section.

Start/serve:

1. The game starts by an under/overhand serve (refer to "Serving" sub-section below).
2. The team losing the last point or commits the last error makes the next serve.

Play:

1. Teams hit the ball over the net (rope) (refer to "Types of Hits" sub-section).
2. The ball can only be touched three times by the offensive team before sending it over the net - with a bounce being permissible before each contact, but no repeated hits by any individual player within the three attempts.

Errors/points awarded:

1. Volley continues until a team makes an error or a stoppage occurs (e.g. the ball hits the playing court twice, goes out of bounds or a team fails to return the ball properly).
2. A set ends when a team scores 11 points & is at least 2 points in the lead (i.e. 11 points to 9 points). If the score reaches 10 pts to 10 pts, the game is automatically extended until a team takes the lead by two points, or the first team to reach 15 points.
3. A ball landing on the line is IN bounds & is playable.
4. The ceiling is part of the court therefore a ball touching it is playable.
5. A point is scored when:
 - a. A team cannot return the ball
 - b. The ball touches the net or post during a serve
 - c. The ball touches the ground outside the boundaries of the court
 - d. The ball touches the ground twice in a row without any contact by a player in between
 - e. The ball is played on the side of the post past or below the net into the opponent's box
 - f. More than three players on a team touch the ball during a game turn
 - g. A player touches the ball a second time within a turn
 - h. The ball touches a body part other than the arm/fist (i.e., the ball cannot touch: head, foot, open hand)
 - i. A player's grounding foot loses contact with the ground during the serve
 - j. A player touches the net
 - k. A player catches, throws, pushes, carries, lifts the ball
 - l. Uses the palm of the hand
6. Each fault counts as a point for the opposing team. Following a fault, the serve passes to the team that has made the fault.

Difference Between Volleyball & Fistball

Rule	Volleyball	Fistball
Court size	60' L X 30' W	164' (outdoor: grass) 131' (indoor) L X 66' W (Figure 2)
Net height	Men: 7'11 5/8"; Women: 7'4 1/8"	Men: 6'6"; Women: 6'2"
Players on court	6	5
Ball weight	Adults: 9-10 oz. (260-280 gms) Under 12: 7-8 oz.(198-227 gm)	Men: 12-13 oz. (350-380 g) Women: 11-12 oz. (320-350 g)
Service	Next player in rotation	Anyone
Service line	30 feet away from net	10 feet away from net
Crossing /touching service line during serve	No	One foot can cross, other foot must remain in contact w/ground behind service line
Service ball allowed to touch net	Yes	No
Rotating	Yes, after winning rally when opponent served last	No rotation. Positions are specialized
# of hits before ball must go over net	3	3
Bounces allowed in between hits	No	Yes, total of 3 (1 before each touch)
Rules for types of touches allowed	<ul style="list-style-type: none"> • It is LEGAL to contact ball with any part of the body (head, foot) • Punching/kicking, catching/throwing is ILLEGAL 	<ul style="list-style-type: none"> • Only one arm (upper or lower) & contact with the fist are allowed • Everything else is ILLEGAL
Going under the net	Illegal	Legal if doesn't impede opponent
Scoring	1 pt. to team serving to start rally	1 pt. to team serving to start rally
Sets/Matches	<ul style="list-style-type: none"> • 3-set matches are 2 sets to 25 points & a 3rd set to 15. Each set must be won by 2 pts. Winner is 1st team to win 2 sets • Best of 5-sets: 5-set matches are 4 sets to 25 points & 5th set to 15 	<ul style="list-style-type: none"> • A set ends when a team scores 11 pts & is leading by 2 pts (i.e. 11:9). If score reaches 10:10, the game is automatically extended until 1 team takes the lead by 2, or the 1st team to reach 15 points • A match is played in a best of 3 (women) or 5 (men) sets (team winning 3 or 5 sets respectfully earns the win)

Skills:

Serving:

- Performed by any player. There is NO SERVING ROTATION (Players do NOT rotate positions).
- The server must throw the ball up visibly & hit it directly across the net in an underhand or overhead motion from anywhere behind the service line to the opponent's side.
- The service begins as soon as the ball leaves the servers non-dominant hand.
- Although the service can be carried out by running, jumping, walking or standing, for this unit, it is suggested to ONLY TEACH the STANDING SERVE.
- The serve MUST start with one foot behind the service line & end with the same foot remaining in contact with & behind the service line. Therefore, the person serving straddles across the service line.
- The serve must be started & carried out without delay. The referee recognizes a delay by whistling. The serve must be carried out within 10 seconds of the whistle.
- An ACE is performed when an opponent cannot return the serve, resulting in a point for the serving team.

Closed-fist Pass & Set:

- The ball may be touched up to three times by any three of the five players on the court (with no repeat hits by any individual player within the three attempts) after the ball clears the net during the serve. The ball may bounce once before each touch (unlike volleyball where no bounce is allowed). The three hits are used to save, set & return the ball back into the opponent's half of the court, in that order.
- The return of the ball is valid if it crosses the net within the opponent's court-half boundaries or touches an opponent.
- Contacts by the ball or player with the net after the serve (AKA Anchoring) are not faults. However, contact by ball or player above 2 meters is a fault, with the point awarded to the opponent.
- A team can return a ball hit in the opponent's half or if it has touched the ground in the opponent's half & has not yet crossed the net.
- If a player is obstructed by an opponent, this is regarded as the player's point

Terminology

Ace: Serve an opponent cannot return resulting in a point for the serving team.

Anchoring: The length of the net.

Attacking/Attacker/Returner: Player hitting the ball with high impact on the third hit.

Closed Fist Pass (AKA Blow): Forearm pass/set. Contacting the ball with the forearm or fist while receiving a serve or the first contact of the ball with the intent to control the ball to another player in an underhanded manner.

Direct Set/Pass: When the ball is hit directly without the ball first touching the ground.

Fault: Violation of the rules.

Game / Set / Match Point: Last point in a game / set / match

Indirect Set/Pass: When the ball is set/passed for the attack by hitting the ball in the air & allowing for a bounce.

Out of Bounds: When a ball lands completely outside of the boundary lines.

Pass: Receiving a serve or the first contact of the ball with the intent to control the ball to another player.

Rally: Keeping the ball in play & returning it to your opponent without committing any playing faults.

Serve: Skill used by a player to put the ball into play. The server may perform the serve standing, walking, running or jumping. However, one foot must always be behind the service line & in contact with the ground.

Server: Person who performs the serve.

Set: Skill where the ball is set in the air & on the field in a place that an attack can effectively take place (refer also to indirect & direct set).

Setter: Person who performs the set.

“U” Formation: Is an “Indoor” positioning formation where there are **2 front players:** (1) Returner (AKA Attacker): Returners, get the ball over the net, (2) Second Returner (Since spiking is NOT allowed, the “Attacker” title is changed to “Returner”); and **3 back players:** (1) Defender: Receive ball on serve or return. If a defensive shot is not fielded effectively, there is little chance for a strong return. The ball from an opponent's return or serve can be hard to field. Most successful defenses are the result of running hard to field the ball, (2) Setter: Moves to the back line to assist defense because short balls are not used, since the bounce is predictable. However, the setter needs to run to the front after each defense in order to set the ball for the return. Therefore, the setter should have great cardiovascular endurance, (3) Defender.

Volley: Keeping the ball in play & returning it to your opponent without committing any playing faults.

“W” Formation: Is an “Outdoor” positioning formation where there are **3 front players:** (1) Returner (refer to “U” Formation for description of positions); (2) Setter: Covers the front middle, ready for short balls. However, since the setter is in the middle, the setter needs to prepare for any shots. Quick reflexes are required, (3) Second Returner; and **2 back players:** 2 Defenders.

Resources:

1. Fistball Rules PDF Document
https://www.ifa-.com/wp-content/uploads/2019/03/03_IFA-Rules-of-the-Game-2019.pdf
2. Rules:
<https://www.youtube.com/watch?v=hj2cgcFbirY&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=13>
3. Basic Stance (0:40):
<https://www.youtube.com/watch?v=M6gHRoKDEOQ&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=1>
4. Serve:
<https://www.youtube.com/watch?v=U8QqV9EWYsA&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=7>
5. Closed-Fist Pass:
 - Hitting up: (0:40):
<https://www.youtube.com/watch?v=dr0pjLfJgS8&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=2>
 - Defense (0:44): <https://www.youtube.com/watch?v=sqk8ep-GqBU&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=4>
6. Set (0:45):
<https://www.youtube.com/watch?v=-F3kFAQXOkM&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=3>
7. Return (0:34):
<https://www.youtube.com/watch?v=UjqalAog1kg&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=6>

SKILL TESTING ASSESSMENT PRE TEST

Student Name: _____ Date: _____ Class: _____

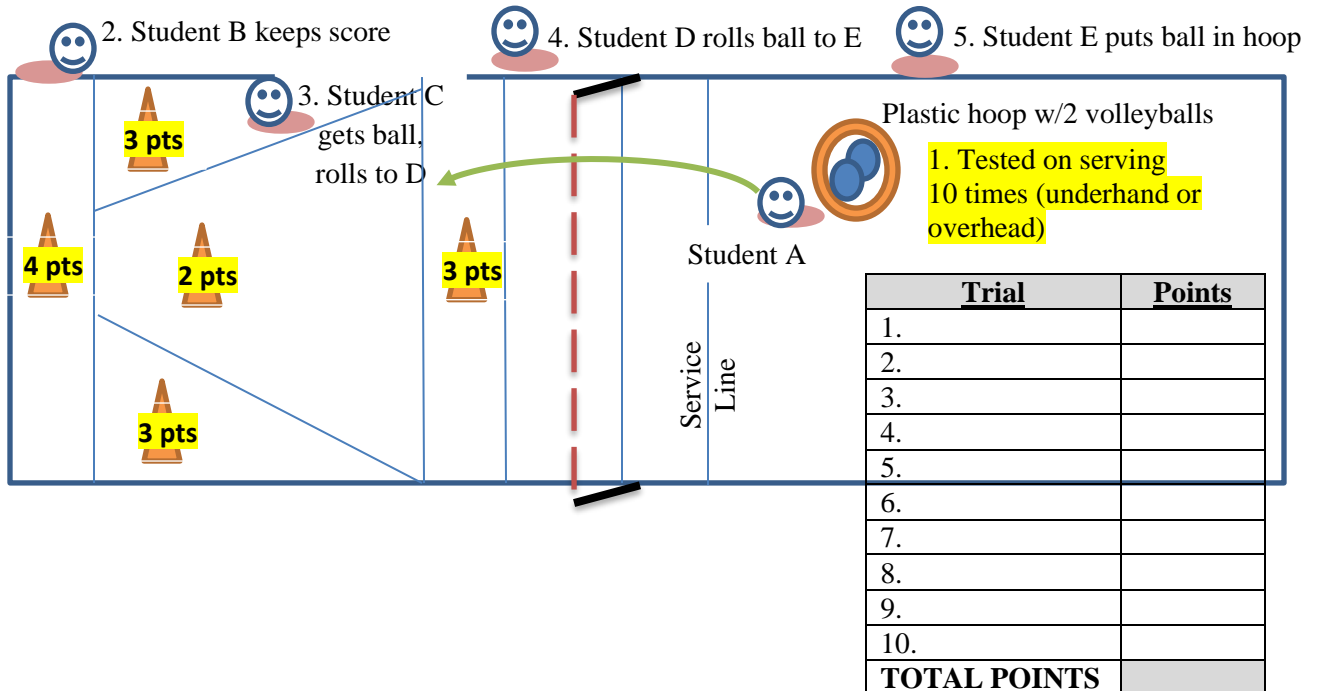
Directions: Fistball is a new sport in America, therefore there are no standardized skill tests available to teachers/students/coaches like there are for other sports like volleyball or basketball. To that end, skill tests for Fistball have been created by modifying the NCSU Volleyball Skill Test Battery (Barlett, Smith, Davis And Peel, 1991) since the two sports are closely related. The results include these 3 skill tests.

To the students: Follow directions on assessment sheet & station card.

STATION 1: SERVE (Underhand/Overhead)

<https://www.youtube.com/watch?v=U8QqV9EWYsA&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=7>

1. Student A (being tested) stands behind serving line & serves 10X using correct overhead or underhand serving technique (Throw ball up in air, contact ball with fist, keep one foot behind serving line).
2. A ball contacting/going under/does not reach the net or lands out of bounds, is scored zero.
3. A ball landing on a line scores the higher value.
4. After Student A serves, Student B keeps score, Student C gets the ball and rolls it to Student D, who rolls the ball to Student E. Student E places the ball back in the plastic hoop.
5. Student A continues to serve until all 10 trials are completed.
6. Rotate clockwise (like the collection of the ball) where Student A goes to Student B's spot, Student B goes to Student C's spot, Student C goes to Student D's spot, Student D goes to Student E's spot, Student E goes to Student A's spot (serving).



STATION 2: DIRECT CLOSED-FIST PASS (Ball does NOT bounce)

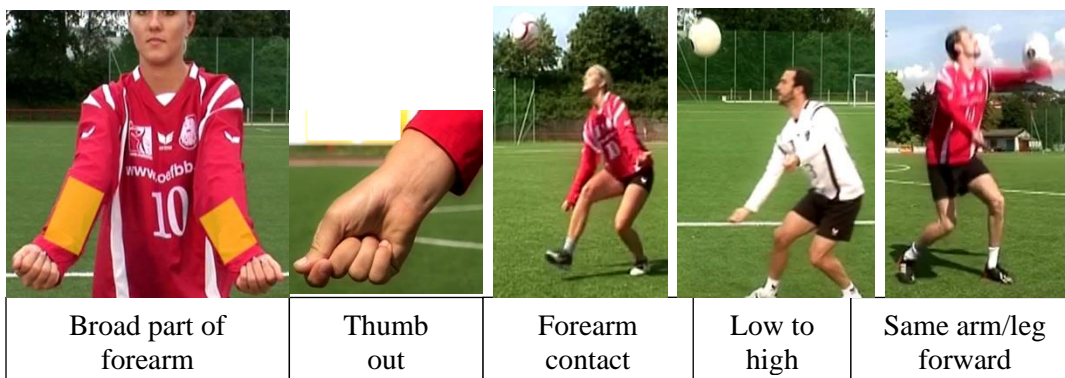
A. Hitting the ball up (0:41):

<https://www.youtube.com/watch?v=dr0pjLfJgS8&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=2>

B. Defense (0:44): [https://www.youtube.com/watch?v=sqk8ep-](https://www.youtube.com/watch?v=sqk8ep-GqBU&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=4)

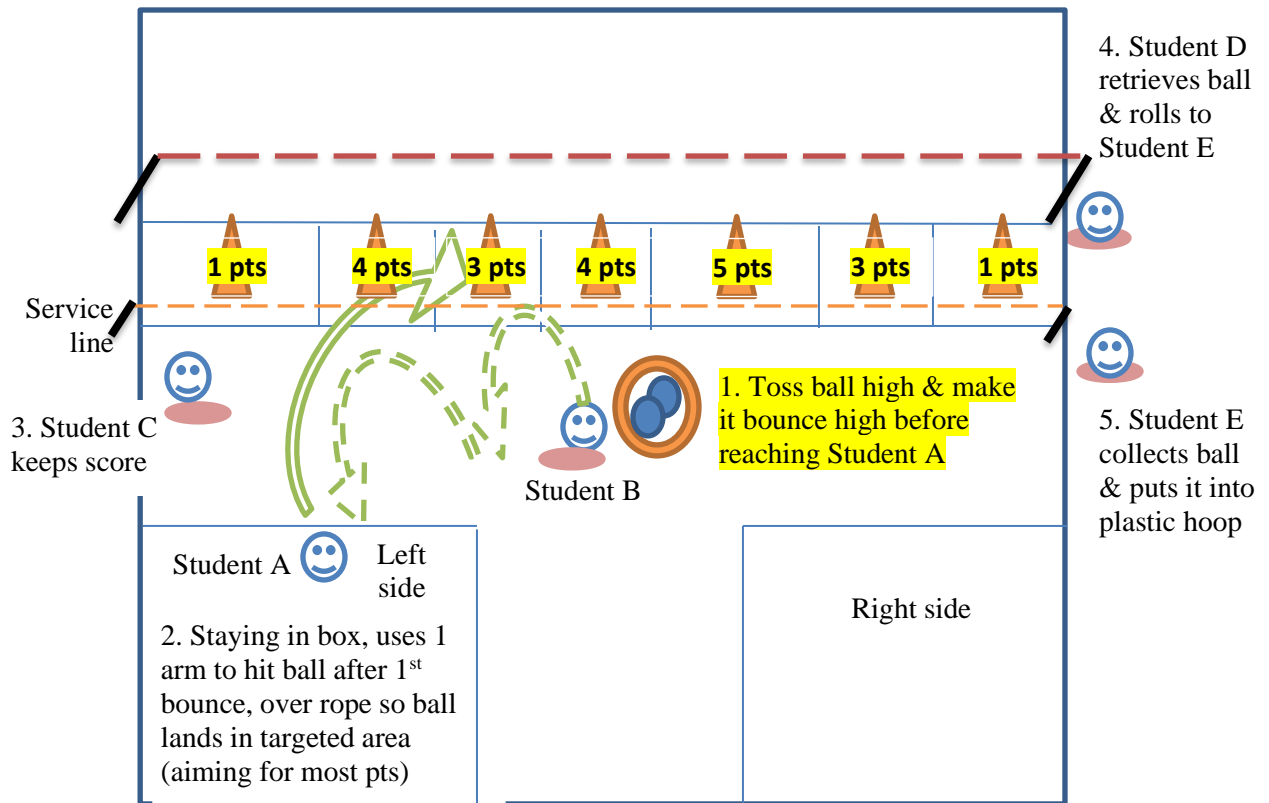
[GqBU&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=4](https://www.youtube.com/watch?v=sqk8ep-GqBU&list=PLHqfko9emlrGIAArkfbypa877GvRAQzKm&index=4)

1. The Direct Closed-Fist Pass is performed with one arm.
2. Student A (tested) stands in one of the 2 passing positions (Left or Right [refer to diagram]).
3. Student B stands on the polyspot & uses both hands to toss the ball high to Student A.
4. The ball needs to bounce high once before reaching Student A.
5. Student A performs the direct closed-fist pass:
 - a. Contact ball using the broad part of the forearm, thumb on the outside of the fist.
 - b. Use a low to high body movement:
 - i. Bend knees.
 - ii. Make contact with the ball on the arm & spring up straightening knees.
 - iii. Arm moves with the body, not on its own (Keep arm still, don't swing it).
 - c. Ball is hit with same arm/same leg technique [i.e. right arm used to strike ball, right leg is forward].
 - d. The struck ball must pass over the 8-foot rope and into the target area.



6. Student C stands by the rope/target area watching where the ball lands/keeps score.
7. Student D retrieves hit ball and rolls it to Student E.
8. Student E replaces ball in plastic hoop for Student B to toss.
9. Poor tosses are repeated and do not count toward the score.
 - a. Zero points are given for:
 - i. Illegal hits (2 arms, hit other than fist),
 - ii. Balls that go under/contact rope,
 - iii. Cross the rope but land anywhere other than the targeted area.
10. Balls landing on the line earn the higher value.
11. 10 trials are given:
 - a. 5 from the right
 - b. 5 from the left
12. Rotate clockwise: Student A goes to Student B's spot, Student B to Student C, Student C to Student D, Student D to Student E, Student E goes to Student's A's spot.

(Next page has the court diagram and score sheet)

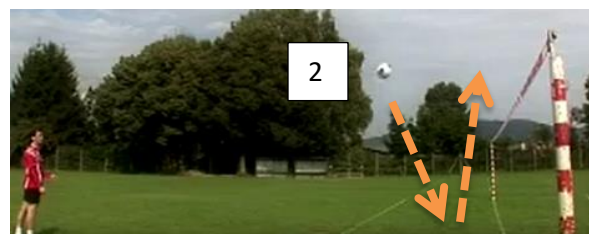


Trial	Points
<i>RIGHT SIDE BOX SERVES</i>	
1.	
2.	
3.	
4.	
5.	
<i>LEFT SIDE BOX SERVES</i>	
6.	
7.	
8.	
9.	
10.	
TOTAL POINTS	

STATION 3: INDIRECT SET (Ball bounces)

<https://www.youtube.com/watch?v=F3kFAOXOkM&list=PLHqfko9emlrGIAArkfbypa877GvRAOzKm&index=3>

1. Student “A” (tested) waits in the box (refer to diagram) for the tosser (Student “E”) to perform 10 underhand direct (A ball that does NOT bounce) tosses (1 at a time).
2. After receiving a tossed ball from Student “E”, Student “A” SETS the ball INDIRECTLY:
 - a. Contact ball using broad part of 1 forearm, thumb on the outside of the fist (1).
 - b. Use a low to high body movement:
 - i. Bend knees.
 - ii. Make contact with the ball on the arm & spring up straightening knees.
 - iii. Arm moves with the body, not on its own (Keep arm still, don’t swing it).
 - c. Hit ball with same arm/leg technique [i.e. right arm strikes ball, right leg is forward].
 - d. For this station, a struck ball must bounce over the rope & into target area to be scored.



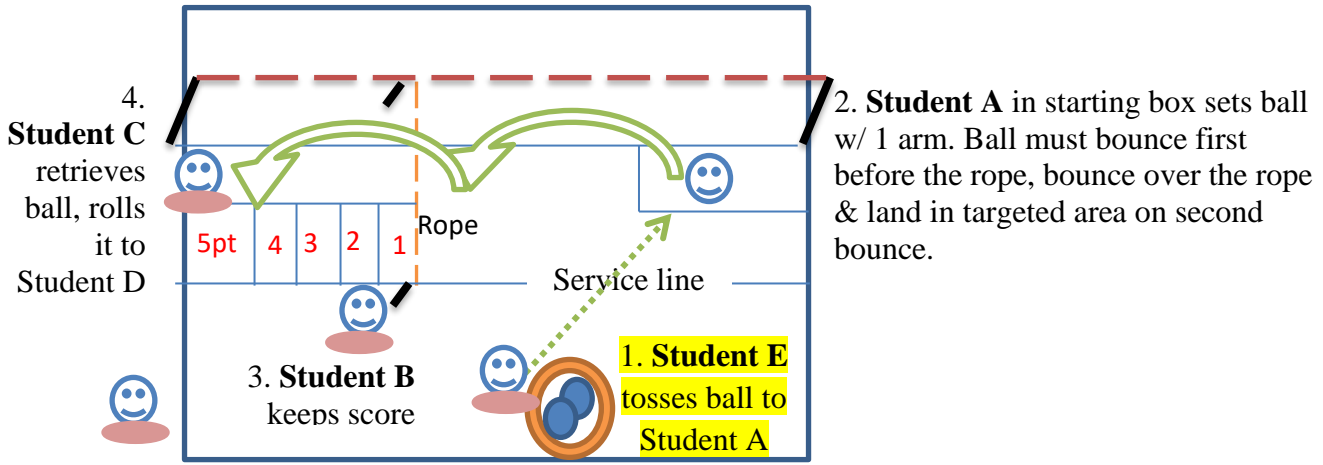
INDIRECT SET: (1, 1b) Ball hit high into air with one arm & clenched fist (2) bouncing high off the ground close to the net so an attacker can hit it over the net.



DIRECT SET: Ball hit close to the net with one arm & clenched fist. The ball will not bounce on the ground before it is hit by an attacker

3. Poor tosses may be repeated.
4. A score of “0” is recorded for:
 - a. Illegal contact (Using any part of the arm other than the forearm [or other body part]).
 - b. Double contacts (using both arms).
 - c. Balls not bouncing before going over the rope.
 - d. Balls going under or contacting the rope.
 - e. Balls going over the net (& into other group’s playing area), or landing anywhere other than the targeted area.
5. Student “B” stands where the rope & service line intersect making sure the ball goes over the rope & watches & scores where the ball landed in the table below.
6. Student “C” retrieves the ball and rolls it to student “D”.
7. Student “D” replaces ball in plastic hoop for Student E to toss.
8. Rotation is counter-clockwise: Student A to Student B’s position; Student B to Student C’s position, Student C to Student D’s position; Student D to Student E’s position & Student E to Student A’s position.

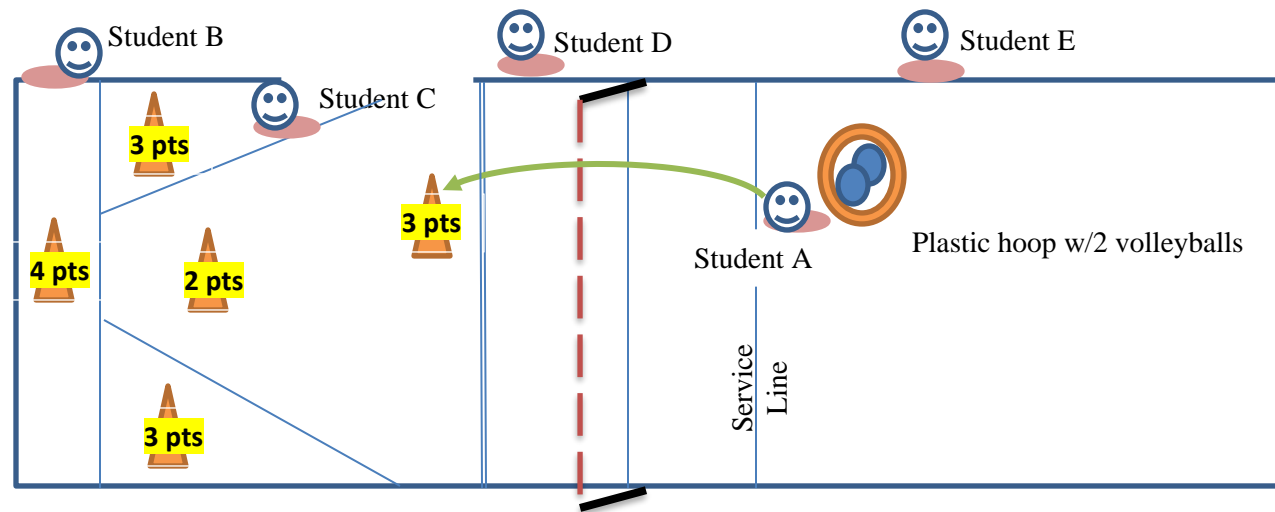
(Next page has the court diagram and score sheet)



5. **Student D** replaces ball in plastic hoop for Student E to toss

<u>Trial</u>	<u>Points</u>
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
TOTAL POINTS	

Station 1



Student A: (Tested) Serves 10 times (underhand or overhead)

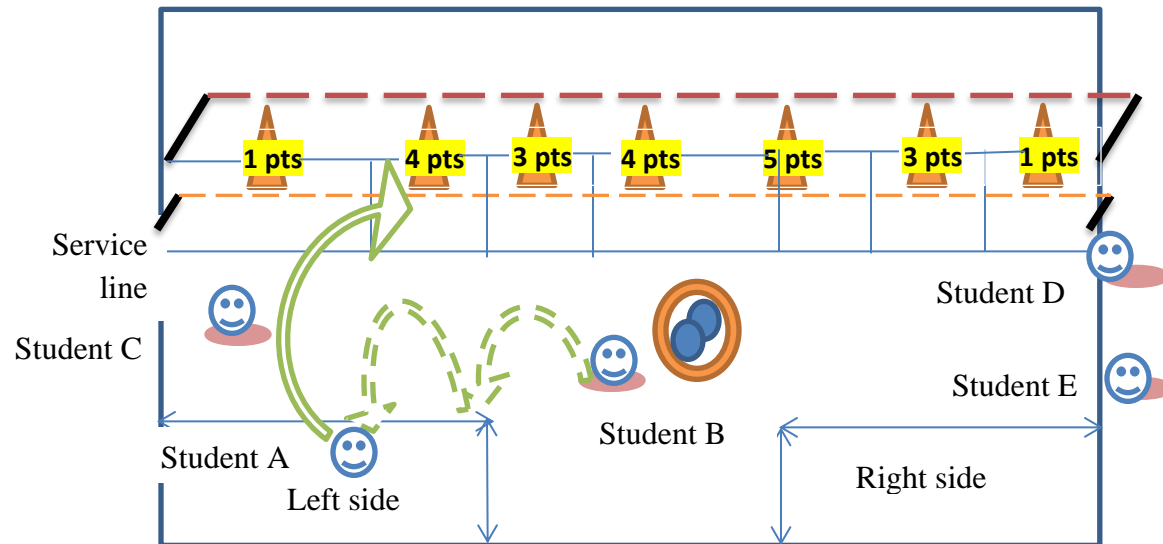
Student B: Keeps score

Student C: Gets ball, rolls to Student D

Student D: Rolls the ball to Student E

Student E: Puts the ball back in plastic hoop

Station 2



Student A (Tested): Use closed-fist pass (1 arm) to hit ball over rope & land in targeted area (aim for most pts)

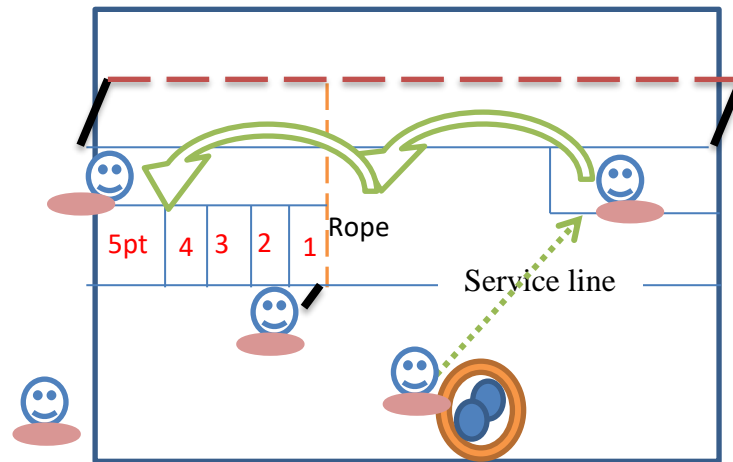
Student B: Toss ball high; bouncing it before reaching Student A

Student C: Keeps score

Student D: Retrieves ball & rolls to Student E

Student E: Collects ball & puts it into plastic hoop

Station 3



Student E: Tosses ball to Student A

Student A: In starting box SETS ball w/ 1 arm. Ball must **BOUNCE** first before the rope, **BOUNCE** over the rope & land in targeted area on second bounce (Aiming for highest score)

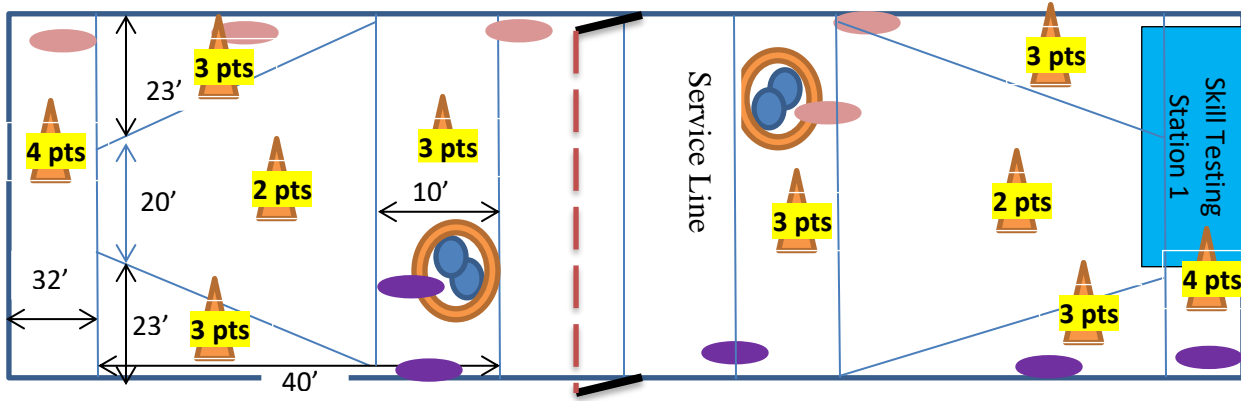
Student B: Keeps score

Student C: Retrieves ball, rolls it to Student D

Student D: Replaces ball in plastic hoop for Student E to toss

FISTBALL SKILL TEST TEACHER'S SET UP AND GRADING PROCEDURES
(Dimensions for testing using Volleyball Courts: page 25)

SET UP STATION 1: SERVING (NOT TO SCALE)



= TOTAL 10 polypots [5 Polypots X 2 different colors (for each group to follow)]



= TOTAL 1 net; 2 standards (poles)



= TOTAL 10 cones [5 Cones each side] with appropriate laminated number cards taped to each cone: #2=1; #3=3; #4=1 **FOR EACH SIDE**



= TOTAL 2 Plastic hoops; 4 balls [1 plastic hoop w/2 balls for each side]



= TOTAL 2 [Tape appropriate laminated Skill Test Station Number Card to the wall on each side]

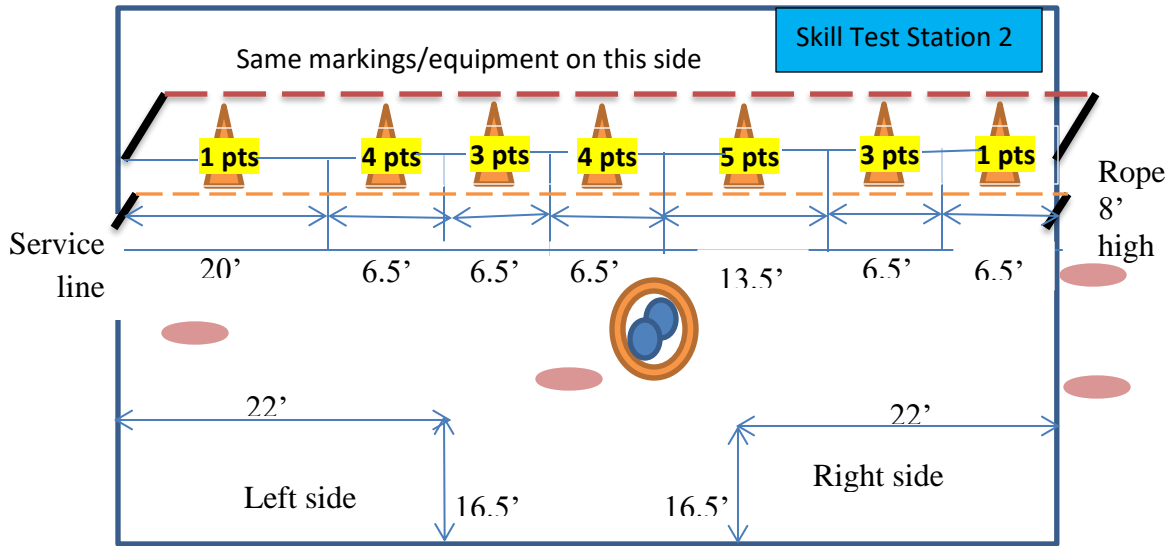


= TOTAL 1 roll of painter's tape [make point boundary lines; tape station cards to wall & point cards to cones]

GRADES

<u>Total Points</u>	<u>Grade</u>
36-40	A
32-35	B
28-31	C
24-27	D
0-23	F

SET UP STATION 2: CLOSED-FIST PASS (DIRECT)(NOT TO SCALE)



= TOTAL 2 X 66' rope tied to 2 standards in front of net
(1 **FOR EACH SIDE**)



= TOTAL 1 net; 2 standards (poles)



= 14 cones (7 on each side) with appropriate laminated number cards taped to each cone: #1=2; #3=2; #4=1; #5=1 **FOR EACH SIDE**



= TOTAL 2 Plastic hoops; 4 balls [1 plastic hoop w/2 balls in each **FOR EACH SIDE**]



= TOTAL 2 [Tape appropriate laminated Skill Test Station Number Card to the wall]



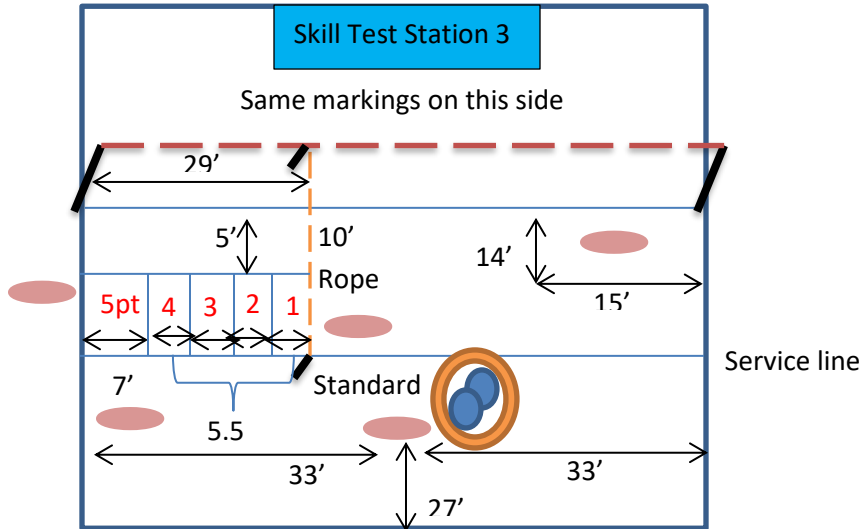
= TOTAL 10 polyspots [5 Polyspots X 2 different colors (for each group to follow)]

GRADES

Total Points	Grade
45-50	A
40-44	B
35-39	C
30-34	D
0-29	F

SET UP STATION 3: SETTING (INDIRECT) (NOT TO SCALE)

If the students have difficulty performing the indirect (bounce) set, change to direct (no bounce) set.



= TOTAL 2 10' rope tied to 2 standards (1 **FOR EACH SIDE**)



= TOTAL 10 polypots [5 Polypots X 2 different colors (for each group to follow)]



= 10 cones (5 on each side) with appropriate laminated number cards taped to each cone (1 for each number) **FOR EACH SIDE**



= TOTAL 2 Plastic hoops; 4 balls [1 plastic hoop w/2 balls in each **FOR EACH SIDE**]

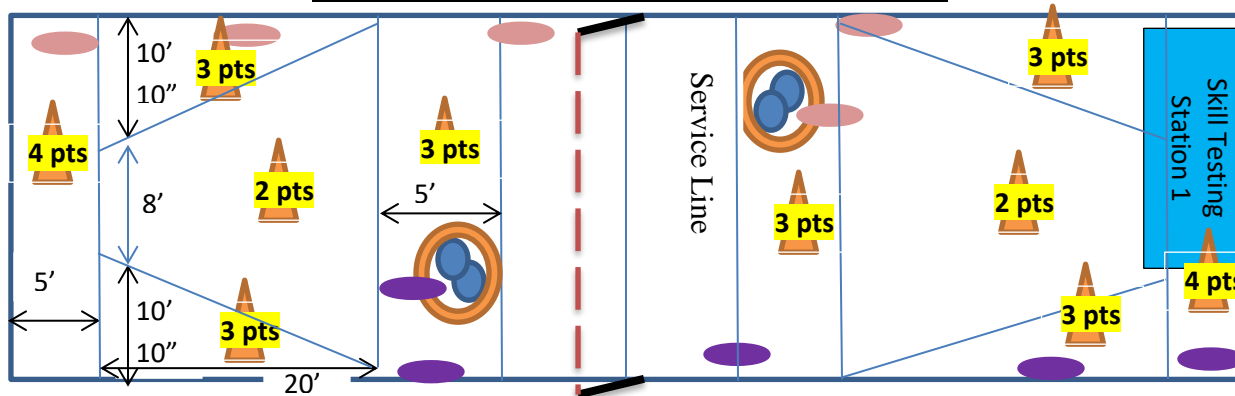
Skill Test Station 3

= TOTAL 2 [Tape appropriate laminated Skill Test Station Number Card to the wall]

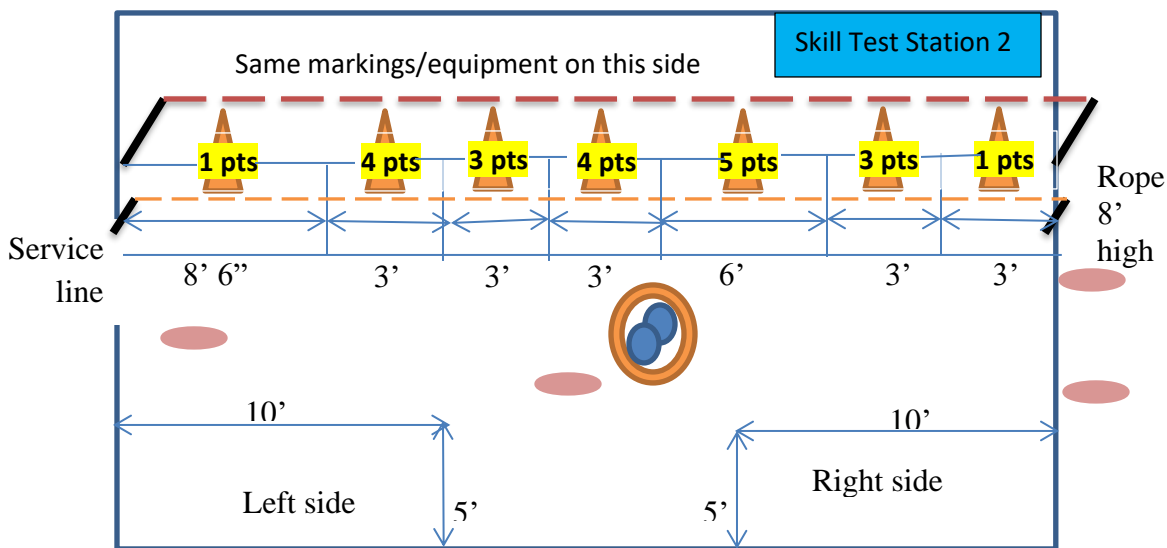
GRADES

<u>Total Points</u>	<u>Grade</u>
45-50	A
40-44	B
35-39	C
30-34	D
0-29	F

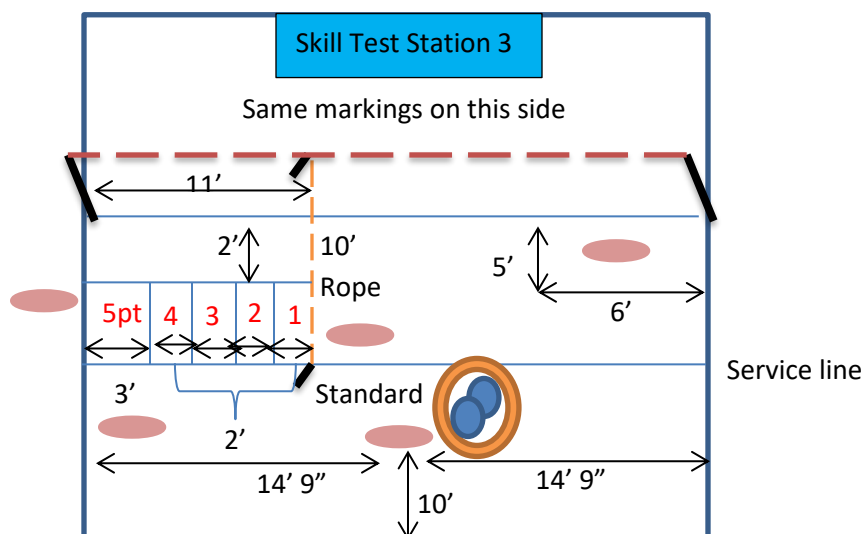
Dimensions for testing using Volleyball Courts



Station 1: Serving

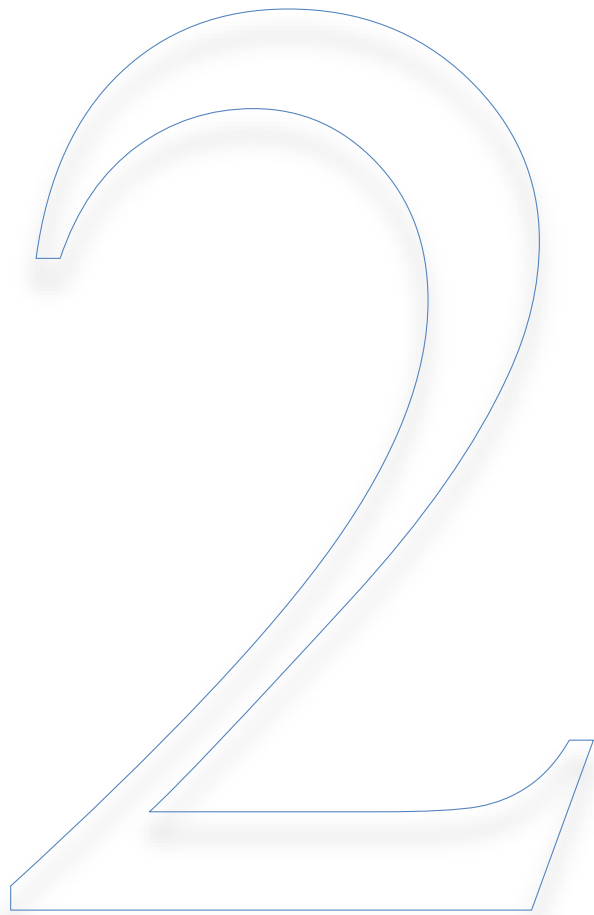


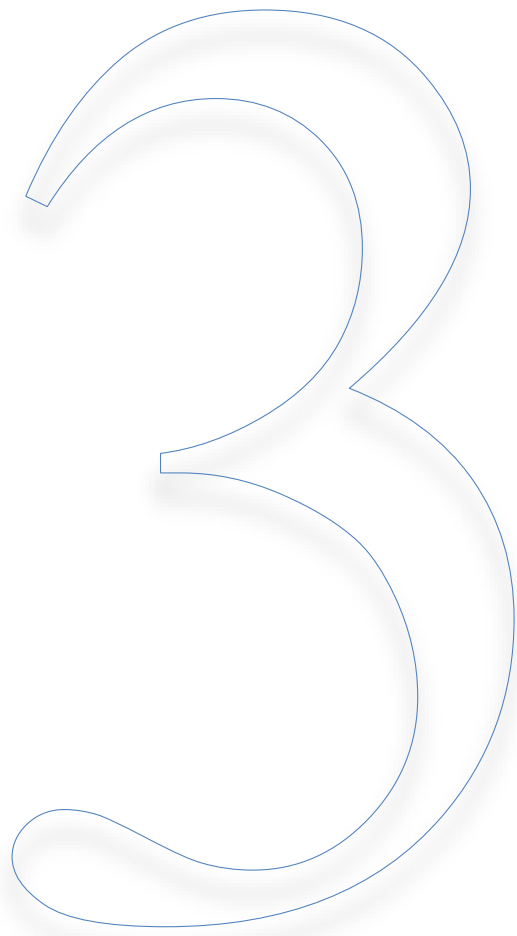
Station 2: Closed-Fist Pass (Direct)



Station 3: Setting (Indirect)

1









Fistball Safety Rules

1. Roll the ball to other side when changing possession (NO kicking the ball to the other side of the court).
2. No hanging on the net (rope) or poles (standards) before, during, after the game.
3. Students must wear proper clothes & shoes to play.
4. Keep hands to self at ALL times.
5. Pay attention to what is going on while on the court at ALL times.
6. Students must show good sportspersonship at all times.