**Four-Corner Coneball**

A game hybrid using Ultimate Frisbee, Basketball, Handball, and Soccer.

The 4-corner style promotes participation in all class sizes with minimal equipment!

**Equipment**:

4 colors of jerseys/pinnies to designate 4 teams of 6-8 players each.

2 to 4 foam, indoor soccer balls/handballs, or ball of choice.

“Goal” Choice: 4 Oversized Orange Cones, or 4 Stability/Physio-balls (each placed on an upside down Frisbee for stability).

IF keeping score (progress to this once students grasp the game) then see the scorekeeping suggestions at the end at the equipment for this.

**Set-up:**

Each team sets up their own goal in a “corner section” of the basketball court (see diagram at end of this) and sets up their Goal.

Show students the determined “goalie box” area to ensure safety of goalie. You could use floor dots or cones to designate the area. We use the court lines available: from the side of the key to the bottom of the volleyball court line to the 3-point arch and then baseline (forming a semi-circle/box). It was just easier than extra equipment on the floor.

**How to Play:**

There are no “out of bounds”, the balls remain in play at all times.

Begin play with a “jump ball” (depending on number of balls you want in play at one time you can modify how you want to start the game. Multiple “jump balls” or bounce in.

No contact. Defense remains one-two arms distance away from offensive player; keeping hands up and out. No reaching/slapping in at ball. Or can do “jumping jack guarding”.

Move the ball by passing only to try and score on any other of the three goals. Students may take two steps after a catch. There can be up to one bounce allowed on the pass if needed (or modify according

to your levels—no bounce, two bounces).

The rules are similar to Ultimate Frisbee in that if the pass is deflected or knocked down by the opposing team, then it is a turnover and any other team can pick up the ball and go. Or if a team has more than one bounce on a pass then it is an automatic turnover, etc.

Students work together to score by hitting the cone (1 point) or knocking over the cone (2 points), or knocking the stability ball off the Frisbee.

We allow students access to all four sides of the goalie box to provide the opportunity to develop tactics in how to “work” the goalie and find an opportunity to score.

Once a goal is scored, the goalie takes the ball and passes it in to their team and play resumes. It is a continuous cycle; keeping the game very active.

Position options: no positions (go anywhere) or split court (half of the team must remain on a half court at all times and can only score on that side.

Start with two balls in play simultaneously, add a third once students get the game down.

**How to Keep Score:**

At first, we did not worry about keeping score because the game was continuous enough that students did not worry about this and enjoyed its fast-paced nature.

Option #1: Any team who can score on all of the other three goals wins that round.

Option #2: Keep a small crate, hoop or bucket against the side wall behind each goal

area. In this bucket, each team begins with 5+ bean bags or floor dots (can use a different color for each team if you prefer). The scoring player goes behind that same goalie and takes a bean bag out of the bucket and runs it to their own team’s goalie bucket. Whoever has the most beanbags at a certain time wins (“steal the bacon style”).

o \*IF a team runs out of beanbags, shut down goal (lay cone down) and all players go try to score to bring beanbags back in to their box to re-open their goal.