



ANGLEBALL[®]
USA & WORLDWIDE EST. 1942



EDUCATOR MODULE FOR ANGLEBALL[®]

Created by ANGLEBALL[®] USA & Worldwide with help from nationally recognized
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About Angleball®

Our American sports fitness program was founded in 1942 by Charles “Rip” Engle, a NCAA Hall of Fame football & basketball coach and Brown University professor of health, physical education and recreation, for the fitness of WW2 servicemen & women stationed at Brown prior to deployment, and later for the fitness of his football & basketball players.

As of 2019, Angleball ® equipment is played by over 1,000,000 athletes worldwide, in 11 countries, including for fitness by Super Bowl Champion NFL players and Team USA Olympic athletes.

Angleball ® equipment can be used to play over 101 games and activities found at www.angleball.net



About This Module

This module utilizes Angleball equipment toward national standards and outcomes such as throwing, catching, strategy and teamwork. Included are sequential and scaffolded lessons, drills, activities and ultimately an Angleball tournament utilizing our patented athletic assessment process, made freely available for non-profit classroom use. The timeframe for completing these units will be left to the instructor’s determination.

Instructors are encouraged to adapt or modify this module in anyway to best suit their needs.

National Standards & Outcomes Focus

Angleball equipment is most commonly used for satisfying “invasion” type standards related to throwing, catching, strategy and teamwork. The broad list of focus standards satisfied by this module are below. For detailed standards by grade level, please refer to the complete standards which can be found, here:

<https://www.shapeamerica.org/standards/pe/upload/Grade-Level-Outcomes-for-K-12-Physical-Education.pdf>)

S1.E1 Locomotor Hopping, galloping, running, sliding, skipping, leaping

S1.E2 Locomotor jogging, running

S1.E3 Locomotor Jumping and landing, horizontal plane

S1.E4 Locomotor Jumping and landing, vertical plane

S1.E6 Locomotor Combinations

S1.E13 Manipulative Underhand throw

S1.E14 Manipulative Overhand throw

S1.E15 Manipulative Passing with hands

S1.E16 Manipulative Catching

S1.E26 Manipulative In combination with locomotor

S2.E1 Movement concepts Space

S2.E3 Movement concepts Speed, direction, force

S2.E5 Movement concepts Strategies & tactics

S3.E1 Physical activity knowledge

S3.E2 Engages in physical activity

S3.E3 Fitness knowledge

S3.E4 Fitness knowledge

S4.E1 Personal responsibility

S4.E2 Personal responsibility

S4.E3 Accepting feedback

S4.E4 Working with others

S4.E5 Rules & etiquette

S4.E6 Safety

S5.E1 Health

S5.E4 Social interaction

S1.M2 Games and sports Invasion and field games Throwing

S1.M3 Catching

S1.M4 Games and sports Invasion games Passing and receiving

S1.M5 Games and sports Invasion games Passing & receiving

S1.M6 Games and sports Invasion games Offensive skills

S1.M7 Games and sports Invasion games Offensive skills

S1.M11 Games and sports Invasion games Defensive skills

S2.M1 Games and sports Invasion games Creating space with movement

S2.M2 Games and sports Invasion games Creating space with offensive tactics

S2.M3 Games and sports Invasion games Creating space using width and length

S2.M4 Games and sports Invasion games Reducing space by changing size and shape

S2.M5 Games and sports Invasion games Reducing space using denial

S2.M6 Games and sports Invasion games Transitions

S2.M9 Games and sports Target games Shot selection

S2.M13 Outdoor pursuits Movement concepts

S4.M1 Personal responsibility

S4.M2 Personal responsibility

S4.M5 Working with others

S5.M3 Challenge

S5.M6 Social interaction

S2.H1 Movement concepts, principles and knowledge

S2.H2 Movement concepts, principles and knowledge

S2.H₀ Movement concepts, principles and knowledge

S4.H2 Rules and etiquette

S4.H3 Working with others

S4.H5 Safety

UNIT 1

Throw & Catch



Unit Description

In this unit, students will be getting a feel for the Angleball throwball, and working on proper throwing technique.

Equipment Needed

Enough Angleballs for each student pair. In the absence of official Angleballs, size 1 soccer balls, team handballs or equivalents may be used.

Set Up

Students should stand on a line facing their partners.

Unit Procedures & Outcomes

The objective of this unit is to practice throws and catches using the Angleball throwball or equivalent. At least 2 types of throws will be utilized with Angleball equipment: overhand and underhand. Students will also throw the Angleball in an arc over defenders, and in a direct pass and shot. Bounce passes are allowed.

Students should make sure to keep their heads up and pay attention to their surroundings during the unit. On the start signal, partners should practice overhand and underhand throws and catches, back and forth. After each partner has executed 5 throws (overhand and underhand), they may step back to throw at a longer distance or throw higher arc passes, and bounce passes.

UNIT 2

Run, Throw & Catch



Unit Description

In this lesson, students will be getting a feel for running and throwing the Angleball throwball, and practicing throwing while moving through space.

Equipment Needed

Enough Angleball throwballs for each student pair. In the absence of official Angleballs, size 1 soccer balls, team handballs or equivalents may be used

Set Up

Pairs should be spaced evenly around the gym or field. Each pair needs an Angleball throwball or equivalent.

Unit Procedures & Outcomes

The objective of this unit is to practice throws and catches using the Angleball or equivalent while moving through space. At least 2 types of throws will be utilized in Angleball: the overhand and underhand. Students will also throw the Angleball in an arc over defenders, and in a direct pass and shot. Bounce passes are allowed.

Students should make sure to keep their heads up and pay attention to their surroundings during the activity. On the start signal, partners should move through space together while passing back and forth, and staying out of the way of other pairs. Avoiding other pairs is a part of the lesson and requires spatial awareness.

The instructor can call out particular throws and movements for the students to complete such as “bounce pass”, “increase passing distance” or “jump catch”.

UNIT 3

Run, Throw, Catch & Defend



Unit Description

In this unit, students will be getting a feel for running and passing the Angleball through space and under defensive pressure.

Equipment Needed

Enough Angleball throwballs for each student group of 3. In the absence of official Angleballs, size 1 soccer balls, team handballs or equivalents may be used.

Set Up

Students should be in groups of 3 (or 4 if necessary) and spaced evenly around the gym or field. Each group should have an Angleball or equivalent.

Unit Procedures & Outcomes

The objective of this unit is to practice throws and catches using the Angleball or equivalent while moving through space and under defensive pressure. At least 2 types of throws will be utilized in Angleball: the overhand and underhand. Students will also throw the Angleball in an arc over defenders, and in a direct pass and shot. Bounce passes are allowed.

Groups must designate one starting defender; if a group is having trouble deciding then the defender should be the one whose name is first in alphabetical order.

Students should make sure to keep their heads up and pay attention to their surroundings during the activity. On the start signal, groups should move through space together while passing back and forth away from the defender, and staying out of the way of other groups. Avoiding other groups is a part of the activity and requires spatial awareness.

When the instructor calls “switch”, the defender switches with a passer from the group. Everyone should play defender and passer.

UNIT 4

Intro to the Angleball® Standard



Unit Description

In this unit, students will be introduced to the Angleball standards, the Angleball target, the crease and proper target defense.

Equipment Needed

2 to 8 Angleball standards and 2 to 8 Angleball throw balls for each student pair; in the absence of official Angleballs, size 1 soccer balls, team handballs or equivalents may be used.

Set Up

Up to 8 Angleball standards should be spaced evenly around the gym or field. Each Angleball standard should be

surrounded by a 6' radius crease, which can be made with 6 or more cones. Students should be placed in groups evenly around the Angleball standards.

Unit Procedures & Outcomes

The objective of this unit is for students to practice defending and attacking the Angleball target.

Groups must designate one starting defender; if a group is having trouble deciding then the defender should be the group member whose name is first in alphabetical order.

Attackers are not allowed inside the crease surrounding each Angleball standard. Only the defender is allowed inside the crease. The attackers' objective is to knock over the Angleball target using the Angleball. The defender's objective is to defend the Angleball target. Attackers may pass to each other to get a better angle on the target.

The standards can be lowered in height to make it easier to defend the target.

When the instructor calls "switch", then the defenders should switch so everyone has a turn playing defender and attacker.

UNIT 5

Take a Chance



Unit Description

In this unit, students will be introduced to the concept of strategic decision making. Do they defend their target or “take a chance” and attack an opponent’s target?

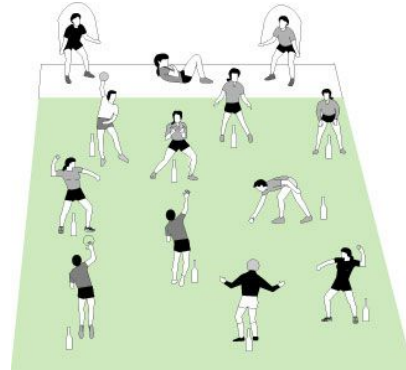
Equipment Needed

Half of the students will need their own Angleball standard and Angleball throwball or equivalent. We understand this is not practical for all classrooms, so bowling pins may be used in place of the Angleball standards.

Set Up

Angleball standards (or bowling pins), with 6’ radius creases (made with

cones or tape) need to be spaced evenly around the gym or field. There should be enough standards (or pins) for half of the class. Every student starts with a throwball.



Unit Procedures & Outcomes

The objective is for players to practice their decision making, defense and attack. Half the students will take position inside their own crease around their target, with a starting throwball, and the other half of the class will be on the sidelines (instructor may require sideline students to jumping-jack or jump-rope).

On the instructor’s signal the activity begins. Players may defend their target or “take a chance” and attack an opponent’s target. Players may leave their crease but are not allowed in an opponent’s crease. Players may use any throwball they pick up from the playspace.

When a player’s target is knocked over, the player will switch-out with a student on the sidelines in line order.

UNIT 6

Angleball Team Introduction



Unit Description

In this unit, students will be introduced to the concept of two competing teams, the field setup of Angleball, and attacking the target at distance, and choosing between offense and defense.

Equipment Needed

At least 2 Angleball standards, with 6' radius creases; the standards should be low enough that students can defend the target from outside the crease. One Angleball (or equivalents) for each student.

Set Up

The gym or field should be divided into two halves, with an Angleball standard

on each half inside of a 6' radius crease. Each standard can be on each half of a basketball court with the standards inside of the basketball court free-throw circles; however, this distant may be too far for some groups.



Unit Procedures & Outcomes

The objective is for students to knock down the opposing team's target, while defending their own target.

Students must remain on their half of the field. Students may not enter their Target's 6' radius crease; they must defend their target from outside the crease, and so the standards must be low enough to allow this: we suggest adjusting the Angleball standard to 6ft for Middle School and up, and 4ft for Elementary School.

Students may use any of the throwballs scattered around the gym. Students may knock shots out of the air using their throwballs.

Instructors are welcome to modify the rules, for example incorporate dodgeball elements, or increasing the number of targets.

UNIT 7

Introduction to the Angleball Rules



Unit Description

In this lesson, students will be learning the official Angleball ® USA & Worldwide rules & athletic tradition.

Equipment Needed

2 Angleball standards, with creases and at least 1 Angleball throwball.

Set Up

The court or field should be set to play Angleball Classic Rules, according to the diagram (court can be smaller for younger athletes):



Unit Procedures & Outcomes

The objective is for students to learn about the Angleball athletic tradition and the official Angleball ® USA & Worldwide rules.

There are three major Angleball rulesets - Noncontact, Classic, and Championship - however, Championship rules will be too aggressive for many classrooms. All rules can be found at www.angleball.net.

The Angleball Athletic Tradition

Angleball's ® American sports fitness program was established in 1942 by Charles "Rip" Engle, a NCAA Hall of Fame football & basketball coach and Brown University professor of health, physical education and recreation, for the fitness of

WW2 servicemen & women stationed at Brown prior to deployment, and later for the fitness of his football & basketball players.

As of 2019, Angleball equipment is played by over 1,000,000 athletes worldwide, in 11 countries, including for fitness by Super Bowl Champion NFL players and Team USA Olympic athletes.

Angleball equipment can be used to play over 101 games and sports fitness activities.

Angleball® Noncontact Rules

Noncontact rules is played between 2 teams. Team sizes and match duration varies depending on the group, tournament or league.

1 point is scored by using the Angleball to directly hit and knock over the opponent's target from any angle around it, from outside their crease.

The ball-carrier may not take a step while holding the Angleball, and must pass or shoot within 5 seconds of receiving the Angleball. No contact is allowed.

Play always starts from inside a team's crease.

A foul always gives a point to the opposing team.

Out-of-bounds rules follow traditional basketball format.

Angleball® Classic Rules

Classic rules is played between 2 teams. Team sizes and match duration varies depending on the group, tournament or league.

1 point is scored by using the Angleball to directly hit and knock over the opponent's target from any angle around it.

The ball-carrier can run with the Angleball, but if the ball-carrier is lightly tagged on the arm or back, then s/he must pass the ball within 3 seconds, and may not shoot. If the ball-carrier is tagged while in the process of shooting, the shot is still valid. The tagger should count after making a tag, "one-one-thousand...two-one-thousand...three-one-thousand".

Each standard should be surrounded by a 6-foot radius target-circle (crease). The ball-carrier may not shoot after last touching ground in a target-circle, and the defense may not be in the target-circle for longer than 5 seconds or goaltending is called and a point awarded to the opposing team; in absence of a referee, the offense should count off goaltending, "one-one-thousand...two-one-thousand...three-one-thousand...four-one-thousand...five-one-thousand"

All contact beyond light tagging is a foul and automatic point for the opposing team.

Play starts with a "bounced ball" at center court. The referee will throw the ball at the ground so that it bounces straight up, and play does not start until the Angleball touches the ground.

Athletes must remain outside of the 6' radius center circle until the bounce.

After a point, the Angleball begins from inside the target-circle that was last scored on. Play does not start until the Angleball is passed or run outside of the target-circle.

Angleball® Championship Rules

Championship rules is for responsible, mature and skilled athletes only.

Championship rules is played between 2 teams. Team sizes and match duration varies depending on the group, tournament or league.

1 point is scored by using the Angleball to directly hit and knock over the opponent's target from any angle around it.

The ball-carrier can run with the Angleball, but if the ball-carrier is tagged then s/he must be in the process of shooting or passing within 3 seconds. The option between shooting or passing after a tag results in a more aggressive and contact-ful style of play than classic rules which only allows a pass after a tag.

All contact must be made primarily with the hands, and only between an opponent's shoulders to waist, including the opponent's arms, hands and playball. In absence of a referee, the tagger should count after making a tag,

"one-one-thousand...two-one-thousand...three-one-thousand".

Each standard should be surrounded by a 6-foot radius target-circle. The ball-carrier may not shoot after last touching ground in a target-circle, and the defense may not be in a target-circle for longer than 5 seconds or goaltending is called and a point awarded to the opposing team; in absence of a referee, the offense should count off goaltending,

"one-one-thousand...two-one-thousand...three-one-thousand...four-one-thousand...five-one-thousand

If the Angleball bounces twice before touching a teammate or crossing the target-circle then it is considered a dropped-ball and it is a turnover.

Play starts with a "bounced ball" at center court. The referee will throw the ball at the ground so that it bounces straight up, and play does not start until the Angleball touches the ground. Athletes must remain outside of the 6' radius center circle until the bounce.

After a point, the Angleball begins from inside the target-circle that was last scored on. Play does not start until the Angleball is passed or run outside of the target-circle.

Angleball is about strength, speed & precision, not violence. Any action that could cause injury to the average athlete is a foul and automatic point for the opposing team.

UNIT 8

Angleball Non-Contact



Unit Description

In this unit, students will play Angleball ® non-contact rules to condition passing, shooting, defense, decision-making, communication, teamwork, and strategy.

Equipment Needed

A complete Angleball set: two Standards & Angleball.

Set Up

The court or field should be set to play non-contact rules, according to the diagram (the court can be smaller for young athletes):

Unit Procedures & Outcome

In this unit, students will play Angleball ® non-contact rules to condition passing, shooting, defense, decision-making, teamwork, communication and strategy.

UNIT 9

Angleball Strategy



Unit Description

In this unit, students will contemplate, assess and analyze their experience playing Angleball, and discuss strategy.

Equipment Needed

A drawing surface such as a whiteboard.

Set Up

Students should be seated or standing facing the instructor's whiteboard (or equivalent).

Unit Procedures & Outcomes

The objective is for the students and instructor to discuss their experience playing non-contact rules and to discuss strategy. Here are some questions to facilitate discussion.

Is it better to have designated positions?

If there are positions, what should be the duties of those positions?

Is it better to have a teammate behind the target before taking a shot (this is called "mirroring")?

Is it possible to run plays in Angleball? What would those plays look like? Can they be diagrammed on the whiteboard? Would anyone like to diagram a play on the whiteboard?

Where should the offense position themselves on the court? How about the defense?

Is it better to play "man to man" or zone defense, and what does that mean?

When you get the ball, in what scenario is it better to pass than shoot? When is it better to shoot than pass?

How can communication be used?

UNIT 10

Angleball Tag



Unit Description

In this unit, students will be introduced to safe tagging so they can play Angleball ® classic rules.

Equipment Needed

At least one throwball for 2/3rd of the students.

Set Up

Students should be evenly spread around the gym, and 2/3rds of the students should be holding a throwball.

Unit Procedures & Outcomes

Before the activity, the instructor needs to explain to the students the proper way to tag. Tags can only be made on the back or arm, never on the chest, head, neck or below the waist. Tags must always be made lightly and no force can be applied. Tag with the entire hand so that the tag is felt, but not with force. A tag is not a push.

When the instructor gives the signal, play will begin. Students without a ball will be trying to tag students who have a ball. When a tag is made, the student with the ball must hand the ball to the tagger, and their roles reverse. A student who is given a ball has “5 seconds of invincibility” from any tags and should count down during that time, “Five...Four...Three...Two...One”.

UNIT 11

Angleball Classic



Unit Description

In this unit, students will play Angleball classic rules to condition passing, shooting, chasing, defense, decision-making, communication, teamwork, and strategy.

Equipment Needed

A complete Angleball set: two Standards & Angleball.

Set Up

The court or field should be set to play classic rules according to the diagram (the court can be smaller for younger athletes):

Unit Procedures & Outcomes

In this unit, students will play classic rules to condition passing, shooting, defense, decision-making, teamwork, communication and strategy.

UNIT 12

Introduction to the Open Combine & Combo™ Tourney



Unit Description

In this unit, students will be introduced to the concept of the Angleball® Open Combine, and the Angleball® Combinatorial™ Tournament (Combo™ Tourney for short).

The Combo Tourney is a patented athletic tournament format used exclusively with Angleball Equipment, and made freely available

for scholastic non-profit use in conjunction with Angleball Equipment.

Equipment Needed

White board & marker or equivalent.

Set Up

Students should sit or stand facing the instructor and white board.

Unit Procedures & Outcomes

In this unit, students will be introduced to the concept of the Angleball® Open Combine, and the Angleball® Combinatorial™ Tournament (Combo™ Tourney for short).

The Angleball Open Combine is a test of “speed, strength and precision”. The Open Combine results are used to create two divisions for the Combo Tourney: Division One (D1) of 8 athletes (4 female and 4 male) and Division Two (D2) of the remaining athletes.

D1 is played in 18 rounds. Each round lasts 2 points, so each D1 competition lasts 36 points. After each of the 18 rounds the D1 athletes “recombine” into new teams according to the Combinatorial data-table (which

you will see later). The result is that every athlete within D1 will play with and against every other athlete in D1, creating a rank order of individual athletes, through team play.

D2 is a traditional match. Best of 18 points, win by 2. The two teams can be any size since they are composed of the full class minus the 8 D1 athletes, and D2 teams are determined by balancing athletes based on their Open Combine results so that the teams are balanced by ability.

Benefits to this Competition Structure

There are several benefits to an Open Combine / Combo Tourney over a traditional athletic competition.

A Combo Tourney is perfectly merit based. Athletes are chosen by raw athletic ability. The best athletes rise to the top, period.

A Combo Tourney tests an athlete's raw athletic ability as an individual through team play. In traditional team competitions, one good or bad player can skew a team's results: not the case with a Combo Tourney.

A Combo Tourney encourages a more selfless, more team-oriented style of play. For example, an athlete who opens space for a goal-scoring teammate is rewarded by the Combo Tourney system while that same athlete is invisible according to traditional athletic statistic.

A Combo Tourney is gender inclusive.

The Angleball Open Combine: a Detailed Look

The Angleball Open Combine is used to determine the two divisions of the Angleball Combo Tourney.

The Angleball Open Combine tests for an athlete's raw athletic ability: speed, strength and precision. The speed test is a foot-race. The strength test is a push-up competition. The precision test is an Angleball "shoot-out".

All Open Combine tests are measured as a rank-order of participating athletes: 1st place, 2nd place, 3rd place, etc...

All three Open Combine tests are given equal weight.

All Open Combine Tests are separated into Female and Male rank-orders.

The highest score that an athlete can be given on an Open Combine test is equal to the number of other male or female athletes participating in that test. For example: if 17 males are participating in an Open Combine Foot-Race, then the first place finisher in the race will be awarded 17 points.

The points awarded to each participating athlete from all three tests in the Open Combine are added together, and two rank-orders are

created: one for females and one for males.

The runoff should be a general race with 100 meters being the suggested distance.

The push-up competition should consist of athletes pushing up and lowering down on quo. Athletes should be recorded in order that they are unable to complete anymore push-ups.

The shootout should consist of athletes attempting shots on an Angleball target from increasing distance in a line and on quo. If an athlete's target does not fall on the quo then the athlete is marked in that order of incompleteness.

Ties are broken in anyway that the Instructor sees fit. Ideally a tie is broken with an Angleball shootout with shots of increasing distance until a winner is decided.

The Angleball Combo™ Tourney: a Closer Look

The Angleball Combo™ Tourney is organized into two divisions based on the rank-orders generated by the Angleball Open Combine.

Division One is an "individual-team" event based on a team-play combinatorial algorithm. Division Two is a more traditional team play event.

Division One is composed of 8 athletes: 4 girls and 4 guys. No substitutions are allowed because at essence, Division One is an individual event in the same way that, for example, the US Tennis or Golf

Opens are individual events; however, it is an individual event based on team play.

If an athlete in Division One is injured through no fault and cannot continue competing, then the highest ranked athlete of the same gender from Division Two is brought up to Division One to complete the Tourney. However, if an athlete from Division One is injured through flagrant fault of an opponent and cannot continue competing, then the two highest ranked athletes of the same gender are brought up to replace the injured athlete and the flagrant athlete. The injured athlete is always given mention in the final Division One rankings, but the fouling athlete is no longer considered Division One.

After each round in the Angleball Combo Tourney, competing athletes will re-combine into new teams so that after the tournament every athlete has played with and against every other athlete. The Combo Tourney takes place over 18 rounds, and is designed so each team always composed of 2 males and 2 females.

D1 Athletes must wear reversible pinnies or equivalent to make team changes quick and efficient.

Each Combo Tourney round lasts two points. If each team scores then the round is declared a draw. If a team scores twice then that team wins the round.

Possession always changes after a point so that each team will have one starting possession during the round.

When a team wins a round, or draws, then every athlete on that team is given 1 point. When an athlete directly-scores (makes a shot) that athlete is given one star (or equivalent) next to their name.

At the end of the Combo Tournament, points are tabulated by athlete,

and direct-scores are only used as tie breakers. The result is a rank-list of D1 females and males from 1st through 4th.

D2 is a traditional two team format for the remaining players. Teams should be divided using the Combo Tourney results so that teams are balanced.

The Patented Combo Tourney Algorithm

The Combo Tourney algorithm is below. Females are represented by letters and males by numbers. Notice that after every round, teams are recombined so that at the end of the tournament every athlete will play with and against every other athletes. Also notice that teams are always balanced with 2 males and 2 females.

This tournament system is a patented product developed by Angleball®, which Angleball® makes freely available for scholastic use, and exclusively for use with Angleball® equipment.

Round #12	1,2,C,B	3,4,A,D
Round #13	1,3,B,D	2,4,A,C
Round #14	1,3,A,D	2,4,C,B
Round #15	1,3,C,B	2,4,A,D
Round #16	1,4,B,D	2,3,A,C
Round #17	1,4,A,D	2,3,C,B
Round #18	1,4,C,B	2,3,A,D

At the end of the D1 Combo Tourney, the score sheet should look something like this.

	Boys	Pts	Shts Made	Girls	Pts	Shts Made
1st	Jim	14	*****	Naomi	12	*
2nd	Issac	10	****	Sue	11	****
3rd	Tom	9	****	Samant ha	10	*****
4th	Dem arcus	9	***	Mary	9	****

Round Number	Team #1	Team #2
Round #1	1,2,A,B	3,4,C,D
Round #2	1,2,C,D	3,4,A,B
Round #3	1,2,A,C	3,4,B,D
Round #4	1,3,A,B	2,4,C,D
Round #5	1,3,C,D	2,4,A,B
Round #6	1,3,A,C	2,4,B,D
Round #7	1,4,A,B	2,3,C,D
Round #8	1,4,C,D	2,3,A,B
Round #9	1,4,A,C	2,3,B,D
Round #10	1,2,B,D	3,4,A,C
Round #11	1,2,A,D	3,4,C,B

UNIT 13

Open Combine



Unit Procedures & Outcomes

In this unit, students will be participating in an Angleball® Open Combine.

Unit Description

In this unit, students will be participating in an Angleball® Open Combine.

Equipment Needed

Angleball Targets and Angleball Throwballs or equivalents.

Set Up

The Instructor will need space for a runoff, a push-up competition, and a throwing competition. The order is left to the instructor's determination.

UNIT 14

Angleball® Combo™ Tourney



Unit Description

In this unit, students will be participating in the patented Angleball® Combinatorial™ (Combo™) Tournament, made freely available for non-profit scholastic use exclusively with Angleball® Equipment.

Equipment Needed

Two complete Angleball Standards with Angleball throwballs. A class-set of reversible pinnies.

Set Up

Two fields or courts should be set to play Angleball Classic. The instructor should feel welcome to modify the field size to fit his or her group.

Unit Procedures & Outcomes

In this unit, students will be participating in an Angleball Combo Tournament.

UNIT 15

Wind Down



Unit Description

In this unit, students will be reviewing and synthesizing the fitness and athletic lessons of this complete module.

Equipment Needed

A drawing surface such as a whiteboard.

Set Up

Students should be seated or standing facing the instructor's whiteboard (or equivalent).

Unit Procedures & Outcomes

The objective is for the students and instructor to discuss their experience with this module, to discuss the strategies they used and the outcomes of those strategies. Here are some questions to facilitate discussion.

In unit 9 we discussed Angleball strategy; now that you have played classic rules and participated in a Combo Tourney, have any of your thoughts or ideas changed?

Is it better to have designated positions?

If there are positions, what should be the duties of those positions?

Is it better to have a teammate behind the target before taking a shot (this is called "mirroring")?

Is it possible to run plays in Angleball? What would those plays look like? Can they be diagrammed on the whiteboard? Would anyone like to diagram a play on the whiteboard?

Where should the offense position themselves on the court? How about the defense?

Is it better to play "man to man" or zone defense, and what does that mean?

When you get the ball, in what scenario is it better to pass than shoot? When is it better to shoot than pass?

How can communication be used?