

Speedball

Elmer Mitchell, the intramural director at the University of Michigan, developed the game of speedball in 1921. Mitchell wanted a game that taught basic skills that could be utilized across a number of activities. When developing speedball, Mitchell was looking for a new activity to replace traditional games such as football and soccer.

Speedball combines the basic skills of soccer, football, and basketball, and it is played outdoors on a football or soccer field. Due to its popularity with both men and women, in 1930 the American Alliance for Health, Physical Education and Recreation developed modified rules for women. However, very few changes have been made to the men's game since Mitchell originally developed it.

REVIEW QUESTIONS

1. Who invented the game of speedball?
2. What was his job?
3. Why did he invent the game of speedball?
4. Speedball combines the skills for many other sports into one, name those sports.

	Example	Monday	Tuesday	Wednesday	Thursday
Type of Exercise	Basketball practice				
Length of Time	2 hours				
Who did you exercise with?	brother				
Parent/Guardian Initials	SJM				