

## **New Fistball Youth Concept Implementation of Fistball with 3 Players and a defined Rotation**

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The Deutsche Faustball-Liga (DFBL) is planning a new concept for youth fistball within the youth classes up to U10 or U12.

The target is, to play fistball with teams of three players with rotation of the players. The reasons for this concept are explained in this document.

We think, this concept will be interested also for the international area.

Even the IFA mainly is orientated to high level and professional fistball, the start into the training with kids will be important for all countries.

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# 1 Reasons for a new Concept of Youth Fistball in Germany

In Germany we recognize, that the number of youth teams and youth players are going down during the last years.

The reason is:

- demographic change
- changes of personal interests (in the society sport is going more and more into the background)
- soccer is dominating over all
- full-time school und abitur with one year reduced (G8 instead of G9)
- students are leaving to other cities
- changes in the structure of the competitions
- lack of trainers and assistances
- bad or not enough presence in the media

The outcomes are problems like that:

- losing new teams yearly → basic league operations are going into a risk
- losing teams in the flow through youth age classes, which had already started in U8, U10, or U12
- basic league operations are at risk
  - partially summary of more areas into a basic league operation  
→ very long drive distances to away matches
  - too small leagues and always the same less teams to play against → not attractive
  - high differences in the performance of the teams → not attractive
  - not enough game days → not attractive
- about 30% up to 40% of all clubs do not work in youth fistball → risk, to loose these clubs

**Fistball itself is an attractive sport.**

**But the documented problems make fistball to an unattractive sport.**

- too small leagues
- high differences in performance of the teams within one league
- not enough game days
- always the same teams to play against

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## 2 Survey Results

In the area of Bavaria we started a survey, to find out reasons, why the number of youth teams is going down during the last years.

Reason	Share	Responsibility
Losing players because of changes to other sports	50%	Federation + Club
Losing teams because of trainers and assistants are also active players	40%	Club
Losing players because of changing to high school or education	30%	out of control
Losing teams because of a lack of trainers	30%	Federation + Club
Losing teams because of a lack of assistances (Helpers)	20%	Federation + Club
Losing players because of not enough game days	20%	Federation
Losing teams, when after U14 the age class U16 doesn't exist	20%	Federation
Losing players because fistball is not played attractive enough	20%	Federation + Club

The summary of the shares is more than 100%, because answers could have more than only one argument.

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## 3 Gathering Ideas

For realizing a new youth concept in Germany we defined the following facts:

- Workshop with the German Olympic Federation (DOSB) and the subject:  
*Sport Competition new defined*  
  
Almost all German Top Federations have very similar problems to solve !!!
- Sport Diploma Dissertation (Author: Thomas Neubert)  
Content:  
Analysis, how fistball should be played better in the youth classes up to U12
- copying, how other Top Federations in Germany try to solve their problems
  - Soccer, Handball, Tennis, Table Tennis
- own ideas

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## 4 Youth Concept

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### 4.1 Fistball with 3 Players in a team for the Age Classes up to U10 or U12

Thomas Neubert has written down a Diploma Dissertation about fistball, to optimize the development in the youth classes up to U12.

The documentation includes a large number of spot checks with different arguments in these age classes out of teams with 5 and with 3 players in a team. And the spot tests of 5 and 3 players of a team are matched against each other. The result shows lacks and deficits in the system with 5 players.

The concept provides, to play fistball in the age classes up to U12 in a smaller field with 3 players in a team and with a defined rotation (must rotate) of the players

Even when in some German regions fistball is already played with 3 players in different variations, until now there no official regulation defined.

The Diploma Dissertation is comparing fistball with 3 and with 5 players in the age classes U10 and U12:

#### Contra: Fistball with 5 Players in a Team

- *Field* U8 up to U12 is too large (Outdoor = 30x15 – Indoor = 28x15)
- *the offensive player right side* takes part in the game with only 5% and he cannot reach the performance level of the other players
- *Substitute players* are changed into the team not enough and they are cannot reach the performance level of the other players
- *Specialisation of the positions* already in the lowe age classes, no overall education
- Up to U12 even *one good player can decide a game* alone in a team with 5 players without rotation.
- Up to U12 the *3 better players* of a team can form a game alone, the other players are only stand-bye

#### Pro: Fistball with 3 Players in a Team

- Fistball with 3 players in a team can *almost started out of one family* → easy start into youth fistball
- *Number oft he teams* will grow up by 50% → much more attractive
- Fistball with 3 players of a team with a defined rotation (must rotate)
  - *No specialisation in the positions* in these age classes → all players must play all positions
  - All players are *included 100% into the activities oft a game* → over all education of the players
  - *A single player* cannot decide a game for itself → much more attractive
- Playing out one point has *more contacts to the ball and passing the rope* → much more attractive
- *Reducing transportation costs and reducing manpower of the trainers and assistants* (1 team = 1 car)

#### Basic Rules for Fistball with 3 Players in a Team

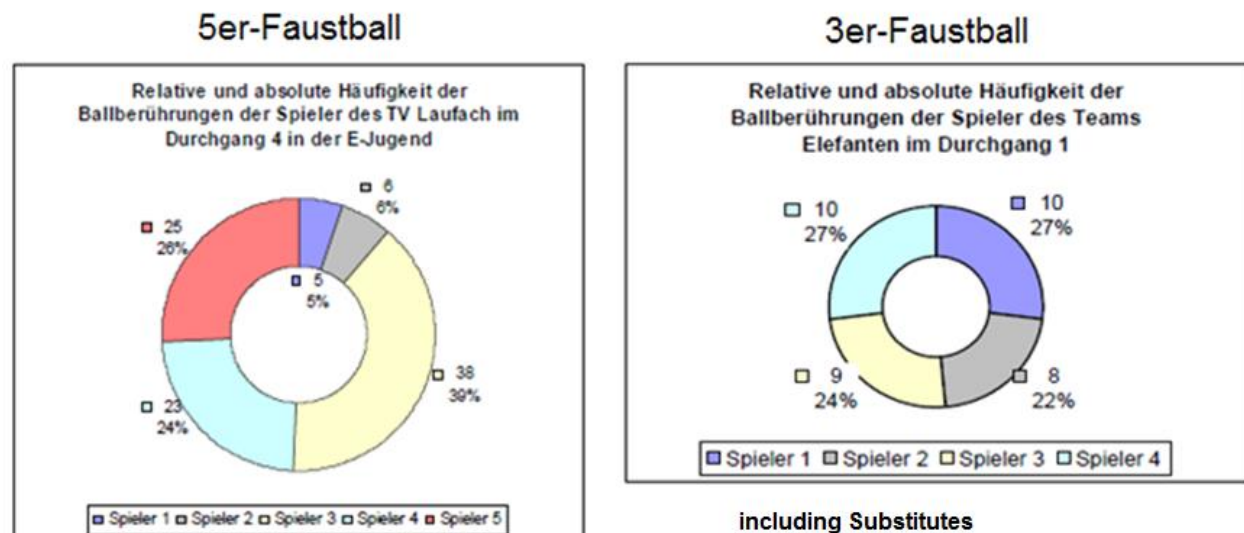
Court dimension = 20x10 m  
Service Line = 3m in front of Central Line  
Rope Height = U8 to U10 → 1,50m  
Rope Height = U12 → 1,60m  
Ball Weight = 290g to 320g  
Set = up to 11, absolute end 15:14  
max. Ball Contacts = 3  
each payer is allowed to have 1 contact

Number of Players on the Field = 3  
Number of Players of a Team = 5  
Rotation respectively after 4 played points, changing from the right side to the left side,  
Service by the player on the middle position.  
Teams with Substitudes:  
During the rotation the player in the left position is leaving the team, the Substitute is coming into the team on the right side.

## 4.2 Analysis of the Diploma Dissertation

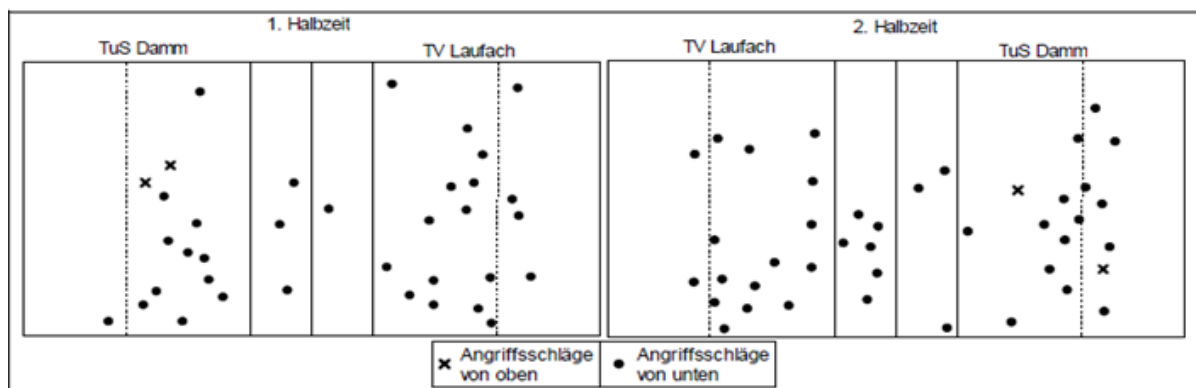
Here you see the results out of a lot of spot checks by using examples.

### Distribution of Ball Contacts

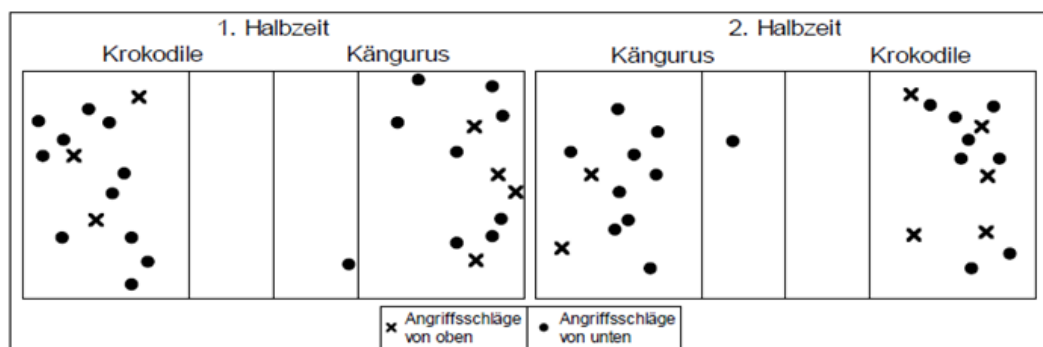


### First Floor Contact off the ball after crossing the Rope

5er-Fistball (30x15) / Court too large

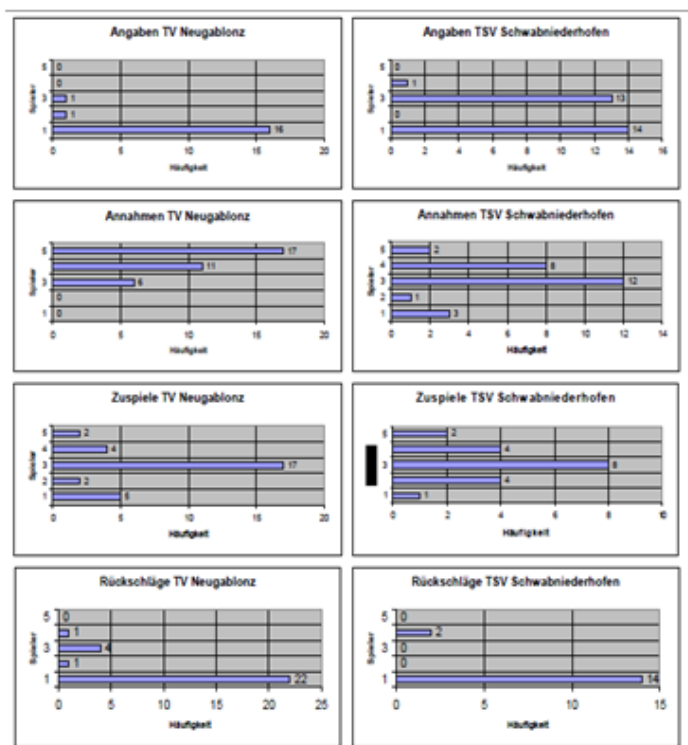


3er-Fistball (20x10)

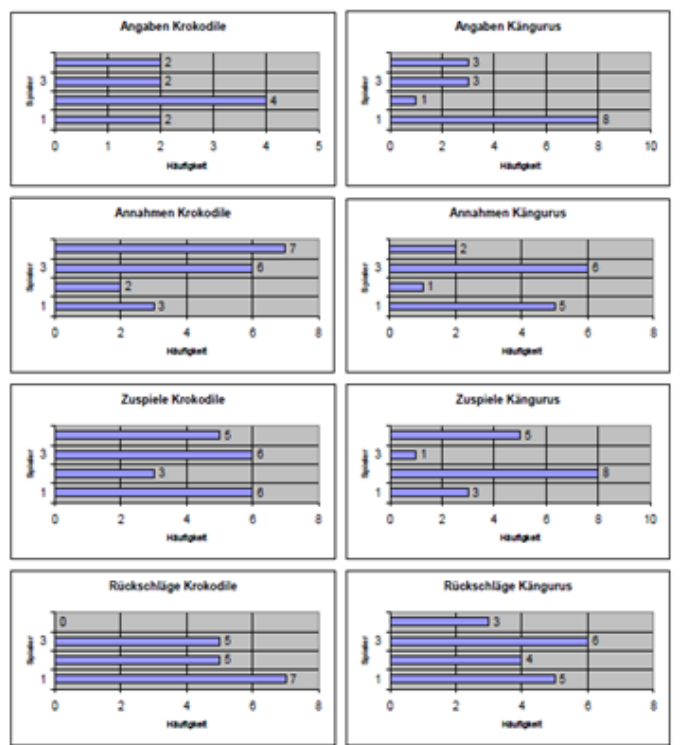


## Participation of all Players in the Game (Defence, Pass, Return)

### 5er - Faustball



### 3er - Faustball



## 4.3 Classification of Age Classes U8 to U14

Fistball with three players should be played especially by new established teams. It also should be played with rotation, to prevent a too early specialisation.

The establishment of a new fistball team is not only for U8, but also for U10 and U12. But U12 is already performance orientated for talent checking in Germany. So U12 is the disputing age class for fistball for 3 or 5 players.

The establishment and the of a fistball team is much more better for indoor fistball (flat, dry floor, no wind) than for outdoor fistball. So there is an example, how to play with teams of 3 and 5 players:

- U8 – Indoor → Fistball with 3 Players / Court 20x10 / Rope = 1,50m
- U8 – Outdoor → Fistball with 3 Players / Court 20x10 / Rope = 1,50m
- U10 – Indoor → Fistball with 3 Players / Court 20x10 / Rope = 1,50m
- U10 – Outdoor → Fistball with 3 Players / Court 20x10 / Rope = 1,50m
- U12 – Indoor → Fistball with 3 Players / Court 20x10 / Rope = 1,60m
- U12 – Outdoor → Fistball with 5 Players / Court 30x15 / Rope = 1,60m
- U14 – Indoor → Fistball with 5 Players / Court 40x20 / Rope = 1,80m
- U14 – Outdoor → Fistball with 5 Players / Court 40x20 / Rope = 1,80m

Currently the DFBL is in a discussion to decide these rules new. The discussion is moving between supporting the establishment of new youth teams and the performance ideas in U12.

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#### **4.4 Plan for the Establishment of Fistball Youth Teams**

In Germany fistball is played mostly in clubs, which are having gym lessons. Out of this here is the plan:

- Clubs are having gym lessons for kids
- Gym Lessons are ending by kids in the age of 11 to 13 years
- changing Gym lessons to Ballgame Lessons in time
- afterwards changing to Fistball

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#### **4.5 Lack of Trainers and Assistances (Helpers) in the Clubs**

It is necessary, to find parents of fistball playing children for assistance.

But these parents often don't have enough know how and they only get very easy tasks.

The target ist, to get these parents as qualified assistances.

The DFBL is developing an education book for assistances (helpers):

This education book is directly orientated to parents.

There will be a one day training for parents with the following topics:

- Become know how about the structure about the whole federation
- Learn tasks for the organisation of a play day
- Learn tasks for assisting a youth team in away game days
- Possibly learn tasks, to run a game up to U12 as a referee

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