

HOOVERBALL

"It required less skill than tennis, was faster and more vigorous, and therefore gave more exercise in a short time." - Herbert Hoover

HISTORY

- The sport originated in 1928, when shortly after his election Hoover took a goodwill trip to South America. While aboard the battleship Utah on his return, he watched a game of "bull-in-the-ring", a medicine-ball game that was popular on naval ships.
- A soft nine-pound medicine ball was thrown from one to another of the players standing in a circle as the "bull" in the center tried to intercept it.
- During the trip, the president-elect played and enjoyed the game, which was the inspiration for Hoover-ball.
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RULES

The court is 60 feet by 30 feet

A 4-6 pound medicine ball and 8-foot volleyball net are used.

Teams consist of 2-4 players

Points are scored when a team: fails to catch the return pass, fails to return the ball across the net, or returns the ball out of bounds.

The ball is served from the back line.

A ball that hits the out-of-bounds line is a good return.

Preparation:

Prisoner Squats:

1. Start with feet shoulder width apart, toes pointing slightly angled out
2. Make sure hips, knees and toes are aligned correctly throughout the range of motion
3. Hands are placed behind the head to make sure that the chest is up and shoulders are back throughout the range of motion
4. As you lower your center of gravity, the gluts push back (as if you were sitting down), bending at the hips and knees
5. Make sure the knees don't pass over the toes, and stay on your heels
6. Also make sure that you don't lean too forward, which can cause strain on the lower back.
7. Remember to keep the core tight.

CROSSFIT: High Intensity Interval Training

CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide.

Coach,

Just thought I would let you know about a little PT session we had. We played Hoover Ball with a 12lb TKO medicine ball, 5 players per side, 6 games to 10 points. It took 55 minutes and everyone was wiped out.

- *Sincerely, SSgt Frank Ollis U.S. Marines*