

smaggxx

RECOMMENDED WAYS TO PLAY



SMAGGXX® – RECOMMENDED WAYS TO PLAY

BASIC PRINCIPLE

There are many ways to play and use SMAGGXX®. SMAGGXX® is particularly well suited as a **training tool** (neuroathletics), a **leisure activity** (in the park, on the beach), a competitive sport (according to the official SMAGGXX® rules), a **therapeutic method** (prevention, rehabilitation) or for promoting **health in the workplace** (active breaks, "fitness snacks"). The recommendations are intended as examples only. They are designed to provide guidance and inspiration, without limiting the potential uses of SMAGGXX® in any way.

Each player's own creativity is an **essential part** of SMAGGXX®. SMAGGXX® can be played anywhere, sets **no limits** and is open for anyone, **regardless of age, level of fitness or gender**.

Players, coaches, teachers, therapists, companies, clubs and all other users are expressly **invited to develop their own formats of play and training methods** and to adapt them to their individual needs and preferences.

CONNECT MODE

PRINCIPLES OF PLAY:

- 🌀 Two or more players playing together, with the aim of keeping the ball in play for as long as possible – without the ball touching the ground.
- 🌀 There are no opponents and there is no scoring.
- 🌀 The players are passing the ball among them, supporting each other in order to ensure that the ball can be touched as many times as possible within the group.

RULES:

- 🌀 There is no limit to the number of players.
- 🌀 The game is played with one single ball.
- 🌀 Each player plays with two Splates®, i.e. one Splate® in each hand.
- 🌀 The ball may be played with either the right Splate® or the left Splate®.
- 🌀 Touching the ball multiple times, before passing it to another player, is permitted (e.g. brief juggling).
- 🌀 There is no predetermined order in which players can pass the ball to one another.
- 🌀 The ball may not touch the ground.
- 🌀 The players are free to move around the space.

GOALS:

- 🌀 Promoting cooperation and communication.
- 🌀 Improving rhythm and ball control.
- 🌀 Promoting movement and active participation within a group.

FOCUS MODE

PRINCIPLES OF PLAY:

- 🌀 A single player playing against a wall or another suitable surface that is flat.
- 🌀 The aim is to control the ball and to keep it in play for as long as possible.
- 🌀 Additional task can be combined with playing the ball.

RULES:

- 🌀 The game is played alone using a single ball.
- 🌀 The player plays with two Splates®, i.e. one Splate® in each hand.
- 🌀 The ball is played alternately with the right Splate® and the left Splate®.
- 🌀 The ball must touch the wall or other designated surface after every hit.
- 🌀 The ball may not touch the ground.
- 🌀 Any additional tasks are not to interrupt the flow of the game.
- 🌀 Examples of additional tasks:
 - 🌀 Counting out loud, up and down
 - 🌀 Counting in a foreign language
 - 🌀 Spelling of words
 - 🌀 Solving simple maths problems

GOALS:

- 🌀 Improving concentration and attention.
- 🌀 Improving faster reaction times and ball control.
- 🌀 Improving two-handed coordination.
- 🌀 Improving the ability to perform motor tasks and cognitive tasks simultaneously.

CHALLENGE MODE

PRINCIPLES OF PLAY:

- 🌀 A single player, or several players together, completing dynamic challenges involving tasks they have set on their own.

RULES:

- 🌀 Each player plays with its own ball (for example, against a wall or juggling).
- 🌀 Each player plays with two Splates®, i.e. one Splate® in each hand.
- 🌀 The players set their own additional rules, depending on the challenge. For example, they decide whether to play the ball alternating between the right Splate® and the left Splate® or whether the ball may touch the ground.
- 🌀 Example of challenges:
 - 🌀 Achieving a certain number of touches with the ball
 - 🌀 Playing for a certain duration
 - 🌀 Hitting a specific target area
 - 🌀 Completing a specific courses

GOALS:

- 🌀 Boosting motivation and improving stamina.
- 🌀 Improving focus and reflexes.
- 🌀 Improving precision and ball control.
- 🌀 Promoting a target-oriented training programme.

BALANCE MODE

PRINCIPLES OF PLAY:

- 🌀 A player performing controlled movement routines, without hitting the ball with a Splate®.
- 🌀 The focus is on precision, rhythm and quality of movement. Speed and competition are set aside.

RULES:

- 🌀 The ball remains on the surface area of one or both of the Splates® while the player moves calmly, for example with the arms or the full body (squats).
- 🌀 The routines can be performed standing, walking, sitting or in any other manner of choice.
- 🌀 The detailed form of each exercise is up to the individual players.

GOALS:

- 🌀 Improving body control and mobility.
- 🌀 Improving balance and coordination.
- 🌀 Improving controlled and conscious movement patterns.

PERFORMANCE MODE

PRINCIPLES OF PLAY:

- 🌀 A player competes against an opponent for points. The game can also be played by four players (doubles).
- 🌀 The game is played over a net on a designated court.
- 🌀 The focus is on performance, competition and a comparison between players.

RULES:

- 🌀 The game is played in accordance with the SMAGGXX® Official Rules for Competitions.
- 🌀 Currently, there are three modes:
 - 🌀 SMAGGXX® × Original
 - 🌀 SMAGGXX® × Pickleball
 - 🌀 SMAGGXX® × Tennis

GOALS:

- 🌀 Fair competition between players with official rules.
- 🌀 A sporting challenge.
- 🌀 Participation in and organisation of competitions and tournaments.