

the  
**CrossFit**  
JOURNAL ARTICLES

## Hoover Ball

Greg Glassman



**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***

We found Hoover Ball when we were on the Internet looking for something more competitive and sporting for the medicine ball. It has a distinguished history (<http://www.mob.net/~jabalino/hoover/history.html>), looked promising as a conditioning tool, and sounded fun so we suggested it on the WOD page and got the response above from Frank Ollis.

We know Frank well enough to know that if he thinks it's tough, it's tough.

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## Hoover Ball (continued...)

The game is officially a game of catch played with a medicine ball under a volleyball net on a tennis court and with tennis scoring. The official rules are here: <http://www.hooverassociation.org/hooverballrules.html>. There are even regularly scheduled games (<http://www.hooverball.org/>) and an annual Hooverball competition (<http://www.hooverassociation.org/hooverfest.html>).

The official game is played with a four or six pound ball. We had to give it that CrossFit flavor so we played on sand with a twenty-pound ball and an aggressive ball snapping Pit bull. It was indeed hard; everyone was tired, and one well known Brazilian Jiu-jitsu Black Belt got bit.

We experimented with two, three, and four men per side. The two-man version is a very athletic game and played well with an 8 lb. ball. The best throws were thrown underhand while the back is turned towards the net with a beautiful hip snap like a clean or kettlebell swing.

The following day a number of the athletes were sore in the trunk and back. As important, the crew has been asking to play again since that afternoon.



Greg Glassman is the Founder of CrossFit, Inc. and Crossfit Santa Cruz and is the publisher of the CrossFit Journal. He is a former competitive gymnast and has been a fitness trainer and conditioning coach since the early 1980s.