

SPORT-THIEME®

School Sports · Club Sports · Fitness · Therapy

Our team is here for you!

11 Ball Tips



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Dear Customer,

We hope that you enjoy your high-quality balls from Sport-Thieme. With this booklet we aim to provide you with **11 tips** for making your balls last longer. These tips will also help them to retain full functionality in terms of bounce, flight characteristics and shooting accuracy, for example, for a long time.

Best wishes,

Maximilian Hohe
Managing Director
Sport-Thieme

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1 UNPACKING

When balls are supplied deflated, the surface may contain creases. These disappear once the ball has been used for the first time.



2 PREPARING THE PUMP

When inflating your sports and exercise balls, please take care to use the **correct valve needle or adapter**. There are 3 different types:

1. Valve needles for balls with a needle valve, e.g. volleyballs, basketballs, handballs, footballs
▷ Product code 109 9906 or 109 9922 
2. Special valve needles for the Quick Mini Pump (product code 107 0200) or the Airman electric pump
▷ Product code 109 9919 
3. Adapters for balls with a stopper, e.g. for fitness balls, Redondo balls, etc.
▷ Product code 110 0701 
4. To prevent valve needles from bending or breaking, we recommend using a flexible hose between the pump and the valve needle
▷ Product code: 109 9850 

GOOD TO KNOW!

Our adapters fit all of the pumps and compressors in our range. Why not replace any pumps that use different threads and use our adapters with a standard thread (VG 5.25)? Keep all of your equipment in one place with our handy storage box for pumps and adapters.



Sport-Thieme® Ball Pump with Flexible Hose and Valve Needle

▷ Product code 109 9863



Foot Pump

▷ Product code 109 9401

3

PREPARING THE BALL



Before inflating a ball, you should lubricate the valve with **valve oil**. This prevents the needle from damaging the valve and bladder. Alternatively, you can wet the needle with soap or saliva.

4

POSITIONING THE BALL



When inflating a ball, the valve should be at the top so that the bladder hangs freely inside the ball. This is important to allow the bladder to **expand evenly** inside the ball cover, otherwise the ball could lose its balance. This will cause it to swerve unpredictably in flight and depart from its intended trajectory.

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FASCINATED BY THE BALL

People of all ages have been seeking excitement, fun and amusement in ball games for over 3,000 years. In ancient times, ball games areas were set up in palaces specifically for that purpose. Furthermore, in the middle ages traditional ball games were played in 'ball houses'.

Over the centuries, countless ball games have been invented and their rules refined and adapted to the relevant mentalities. Even when the emphasis on sports came to the fore more and more in the 19th century, the pure joy of playing ball games still remained relevant. Balls have always captivated people and still do so to this day.

Allow yourself to catch the bug too – and discover what a wide range of match, fun, therapy and team sports balls Sport-Thieme can offer you.



5 INFLATING

Do not over-inflate the balls. If the pressure is too high, the ball may become oval. The seams on stitched balls may rip. The guarantee will no longer be valid. Gymnastics and exercise balls could expand on one side and become deformed.



✓ **Needle valve and plastic adapters can be conveniently and safely stowed away**



Ball Compressor

▶ Product code 109 9212

6 THE RIGHT PRESSURE

The optimum playing characteristics for a ball are only achieved if the pressure is right. You should therefore check the pressure using a pressure gauge immediately after inflating the ball. The correct pressure can be found on the valve of every Sport-Thieme ball.

The following measurements act as a guide:



Footballs	0.70–0.90 bar
Light footballs	0.50–0.80 bar
Futsal balls	0.40–0.60 bar
Indoor footballs	0.60–0.70 bar
Handballs	0.30–0.50 bar
Basketballs	0.49–0.63 bar
Volleyballs	0.29–0.32 bar
Beach volleyballs	0.17–0.22 bar
Rugby balls	0.55–0.69 bar
American footballs	0.50–0.70 bar
Fistballs	0.55–0.75 bar

7 INFLATING

Large gymnastics and exercise balls should only be gently inflated to $\frac{3}{4}$ of their official maximum size the first time they are inflated.

After 24 hours, you can continue to inflate them to the size indicated. This prevents deformation.



Handpump

▷ Product code 110 0105

'Powergrip' Electric Pump ▷ Product code 264 8907

Which exercise ball for which height?

Height	Arm length	ø of the ball
135–152 cm	46–55 cm	45 cm
152–164 cm	56–60 cm	50 cm
157–169 cm	61–65 cm	55 cm
164–176 cm	66–70 cm	60 cm
169–181 cm	71–75 cm	65 cm
176–188 cm	76–80 cm	70 cm
181–192 cm	81–85 cm	75 cm
188–200 cm	86–95 cm	80 cm

Ball recommendation



Exercise Ball

▷ Product code 265 4108

Ball Base

▷ Product code 109 7304



HOW THE BALL BECAME ROUND

The ball is round – so says one of the most popular football adages. However, early footballs – like the one from the 1903 FA Cup final in England – were not. They were neither round nor flexible. The air-filled pig's bladders covered in a leather hide were more of an oval shape.

Before balls with round, watertight rubber tubes could be manufactured, a solvent for rubber first needed to be invented. This happened towards the end of the 19th century. However, even then balls were still not round. There was still an unpleasant 'bump' at the spot where the ball needed to be tied due to the lack of an air valve. This caused nasty injuries when heading the ball.

The first untied ball in the 1920s was a minor sensation. It was celebrated as a major accomplishment in advertisements. But these leather balls still would not meet the requirements of the modern game either. When it rained, they became saturated with water and became heavier and heavier with every minute of the game.

Only the seal of quality introduced by FIFA in 1970 ensured a minimum standard with regards to the quality and characteristics of a football. Official balls are no longer made of leather, but of synthetic materials instead. The synthetic materials used are sealed and do not absorb any water. And that's right: the ball is now round, too! It is of course tested in the laboratory and its flight characteristics are put to the test in a wind tunnel.

This quality is essential! After all, there is no other piece of sports equipment that is knocked around and kicked as much as a football! That's why at Sport-Thieme, you'll only find footballs that can withstand this kind of use – **branded balls of extraordinarily high quality.**



Sport-Thieme®
'CoreX Pro' Football

▶ Product code 263 8515

8 LOOKING AFTER BALLS

Balls with a coating should only be cleaned using clear water. If the balls are particularly dirty, use lukewarm, mild soapy water. Never treat the balls with leather grease, leather spray or other greasy substances, as the oil damages the coating.

9 REPAIRING BALLS

If a ball loses air, often only the needle valve is faulty. The valves on basketballs, volleyballs and small exercise balls are easy to replace. To change a faulty needle valve, pull it out using the valve extractor from the ball repair kit (product code 150 7108). Push the new valve straight into the ball using the valve inserter. Accidentally pushing a valve through the outer shell into the ball will not cause any damage; you will just hear a slight rattling noise.



Useful accessories & repair materials

Ball Repair Tool

▷ Product code 150 7108

Replacement Adapters

▷ Product code 110 0714

Replacement Valves for Basketballs

▷ Product code 150 9801

Replacement Valves for Volleyballs

▷ Product code 150 9902

Replacement Valves for Gymnastics Balls

▷ Product code 151 0108

Replacement Stoppers for Gymnic Balls

▷ Product code 150 9700

Replacement Stoppers for Pezzi Balls

▷ Product code 150 9713

Replacement Stoppers for Over Balls

▷ Product code 150 9726

Replacement Bladder for Kin-Ball

▷ Product code 254 3303

10 STORING BALLS

Store balls in cool, dry, well-ventilated areas (~15°C), ideally with their playing pressure reduced by approx. 50%. Only store balls when dry. Wet or damp balls should not be placed in the immediate vicinity of heat sources to dry them out.

Well-ventilated ball storage cupboards and ball trolleys allow residual moisture to dry off more easily. For this reason, do not use boxes or cupboards that are completely closed due to the risk of mould stains.



Wall Storage System ▶ Product code 106 9903



Ball Cabinet ▶ Product code 173 3802

Mobile Stand for Exercise Balls ▶ Product code 106 9929

11 SPECIAL BALLS



Sport-Thieme 'Core Xtreme' Street Football

An extremely robust ball for use on tarmac

▷ Product code 265 6003

Reflex Ball

Bounces in unexpected directions

▷ Product code 265 0210

'Dune' Beach Handball

A handball for the beach and park

▷ Product code 254 4407

Sport-Thieme 'Jumbo' Volleyball

Massive yet lightweight, flies at a reduced speed

▷ Product code 265 1109

Sport-Thieme 'Softi Night' Skin Ball

Glow in the dark

▷ Product code 269 3109



Redondo Ball

The most well-known soft exercise ball

▷ Product code 176 0037

Sport-Thieme Massage Ball

With soft or hard pimples

▷ Product code 264 8431

Emoji Balls

12 original emojis on 6 balls

▷ Product code 263 7206

Water Polo Ball

With a grooved surface

▷ Product code 276 4102

Football for the Blind

A rattling football

▷ Product code 271 1704



WHICH BALL FOR WHICH AGE?

Football

Which football for which age?

Category	Age group	Size	Weight	Circumference	Approx. ø	Pressure in bar
Minis	over 3s	3	280–300 g	61–63 cm	20 cm	0.50–0.70
Youth G (Bambinis)	U7s	4	290–300 g	64–66 cm	21 cm	0.60–0.80
Youth E/F	U8s–U11s	5	290–300 g	68–70 cm	22 cm	0.60–0.80
Youth D	U12s–U13s	5	350–360 g	68–70 cm	22 cm	0.60–0.80
Youth A/B/C	U14s+	5	410–450 g	68–70 cm	22 cm	0.70–0.90
Men/women		5	410–450 g	68–70 cm	22 cm	0.70–0.90



Ball recommendation

'Core X Kids' Football

▶ Product code 186 4670

Ball recommendation

'Core X Pro' Football

▶ Product code 263 8502



FIFA CERTIFICATIONS



The **IMS** (International Match Standard) logo is given to footballs that are manufactured to the FIFA standard product specifications. When playing FIFA matches, only balls that have at least the FIFA Quality or the IMS seal of approval may be used.

FIFA Quality is given to footballs that have successfully passed the first 6 tests regarding weight, volume, pressure loss, roundness, water absorption and bounce.

FIFA Quality Pro represents the highest quality standard. For this, footballs must pass all the tests in a rigorous test procedure. In addition, the football is tested for size and dimensional stability.



BALL TESTS

Sport-Thieme footballs are tested regularly and they have proven themselves well.



Futsal

Futsal has asserted itself all over the world as the official version of indoor football. At size 4, the special balls are smaller than regular footballs. Their bounce is considerably reduced, meaning they do not bounce off the pitch as easily and they sit closer to your foot. A good and fair playing technique is therefore required when playing futsal, and is optimally trained with futsal balls.

Which futsal ball for which age?

Category	Age group	Ages	Size	Weight	Circumference	Pressure in bar
Minis, Youth F/G	U7s–U9s	3–8	3	290–310 g	57–58 cm	0.50–0.70
Youth E/F	U8s–U11s	7–10	3	290–310 g	57–58 cm	0.50–0.70
Youth D	U12s–U13s	11–12	4	340–360 g	62–64 cm	0.50–0.70
Youth A/B/C	U14s+	13+	4	400–440 g	62–64 cm	0.60–0.90
Men/women			4	400–440 g	62–64 cm	0.60–0.90



Ball recommendation

Size 4	'CoreX Pro' Futsal Ball	over 12s	400 g
Size 4	'CoreX Light' Futsal Ball	under 12s	350 g

'CoreX Pro' Futsal Ball ▶ Product code 265 2001

'CoreX Light' Futsal Ball ▶ Product code 265 1923

Handball

Which handball for which age?

Category	Age group	Size	Weight	Circumference	Approx. ø
Minis	under 8	00	170–190 g	approx. 44 cm	14 cm
Juniors / Youth E	8–10	0	170–260 g	46–48 cm	15 cm
Boys Youth D	10–12	1	290–330 g	50–52 cm	16 cm
Girls Youth C–D	10–14				
Boys Youth B–C	12–16	2	325–375 g	54–56 cm	17.5 cm
Girls Youth A–B	14+				
Women	14+	3	425–475 g	58–60 cm	19 cm
Boys Youth A	16+				
Men	16+				



Ball recommendation

'Grippy' Handball ▶ Product code 267 9730

Basketball

Which basketball for which age?

Category	Age group	Size	Weight	Circumference	Approx. ø
Minis	under 8	3	approx. 300 g	approx. 56 cm	18 cm
Juniors	under 11	5	approx. 480 g	approx. 69 cm	22 cm
Youth	under 13	6	approx. 520 g	approx. 73 cm	23 cm
Women	12+	6	approx. 520 g	approx. 73 cm	23 cm
Men	14+	7	approx. 600 g	approx. 75 cm	24 cm



Ball recommendation

'School' Basketball

► Product code 265 1806

Dodgeball

Which dodgeball for which age?

Category	Age group	Size	Weight	Circumference	Approx. ø	Pressure in bar
Youth	under 14	5	290–300 g	62–68 cm	20 cm	0.55–0.70
Men/women	14+	5	350–380 g	62–69 cm	20 cm	0.55–0.70



Ball recommendation

Drohn® 'Effet' Dodgeball

► Product code 107 2903

Volleyball

Which volleyball for which age?

Category	Age group	Size	Weight	Circumference	Approx. ø	Pressure in bar
Youth	under 12	5	170–210 g	65–67 cm	21 cm	0.29–0.32
Men/women	12+	5	260–280 g	65–67 cm	21 cm	0.29–0.32



Ball recommendation

'Magic' Volleyball

▶ Product code 108 2513

Beach volleyball

Which beach volleyball for which age?

Category	Age group	Size	Weight	Circumference	Approx. ø	Pressure in bar
Any	any	5	260–280 g	66–68 cm	21 cm	0.17–0.22



Ball recommendation

'Super' Beach Volleyball

▶ Product code 108 0012

Rugby

Which rugby ball for which age?

Category	Age group	Size	Weight	Length	Approx. ø	Pressure in bar
Youth G	under 8	3	approx. 340 g	approx. 25 cm	16.5 cm	0.55–0.69
Juniors	8–13	4	approx. 370 g	approx. 27 cm	17 cm	0.55–0.69
Seniors	14+	5	approx. 440 g	approx. 29 cm	17.5 cm	0.55–0.69



Ball recommendation

'Training' Rugby Ball

▷ Product code 261 1701

'Match' Rugby Ball

▷ Product code 261 1600

American football

Which American football for which age?

Category	Age group	Size	Weight	Length	Approx. ø	Pressure in bar
Juniors	under 13	6	approx. 330 g	approx. 26 cm	15 cm	0.80–0.90
Youth	13–15	7	approx. 360 g	approx. 27 cm	16 cm	0.80–0.90
Official	16+	9	approx. 410 g	approx. 28 cm	17 cm	0.80–0.90



Ball recommendation

'American' Football

▷ Product code 271 4426

Fistball

Which fistball for which age?

Category	Age group	Size	Weight	Circumference	Approx. ø	Pressure in bar
Minis	under 10	5	260–290 g	65–68 cm	21 cm	0.55–0.75
Women/youth	10–14	5	320–340 g	65–68 cm	21 cm	0.55–0.75
Men	14+	5	350–370 g	65–68 cm	21 cm	0.55–0.75



Ball recommendation

Drohnn® 'New Generation' Fistball

► Product code 107 0369

Prellball

Which prellball for which age?

Category	Age group	Size	Weight	Length	Approx. ø	Pressure in bar
Juniors	11–14	5	260–300 g	65–68 cm	21 cm	0.55–0.75
Men/women	14+	5	350–380 g	65–68 cm	21 cm	0.55–0.75



Ball recommendation

Drohnn® 'Saturn' Prellball

► Product code 108 2829

Gymnastics balls

Which gymnastics ball for which age?

Category	Age group	Size	Weight	Circumference	Approx. ø	Pressure in bar
Children	4–10	3	300 g	60 cm	19 cm	0.2–0.3
Competition	any	3	420 g	60 cm	19 cm	0.2–0.3



Ball recommendation

'420' Gymnastics Ball

► Product code 264 2156

SPORT-THIEME ONLINE SHOP

www.sport-thieme.com

