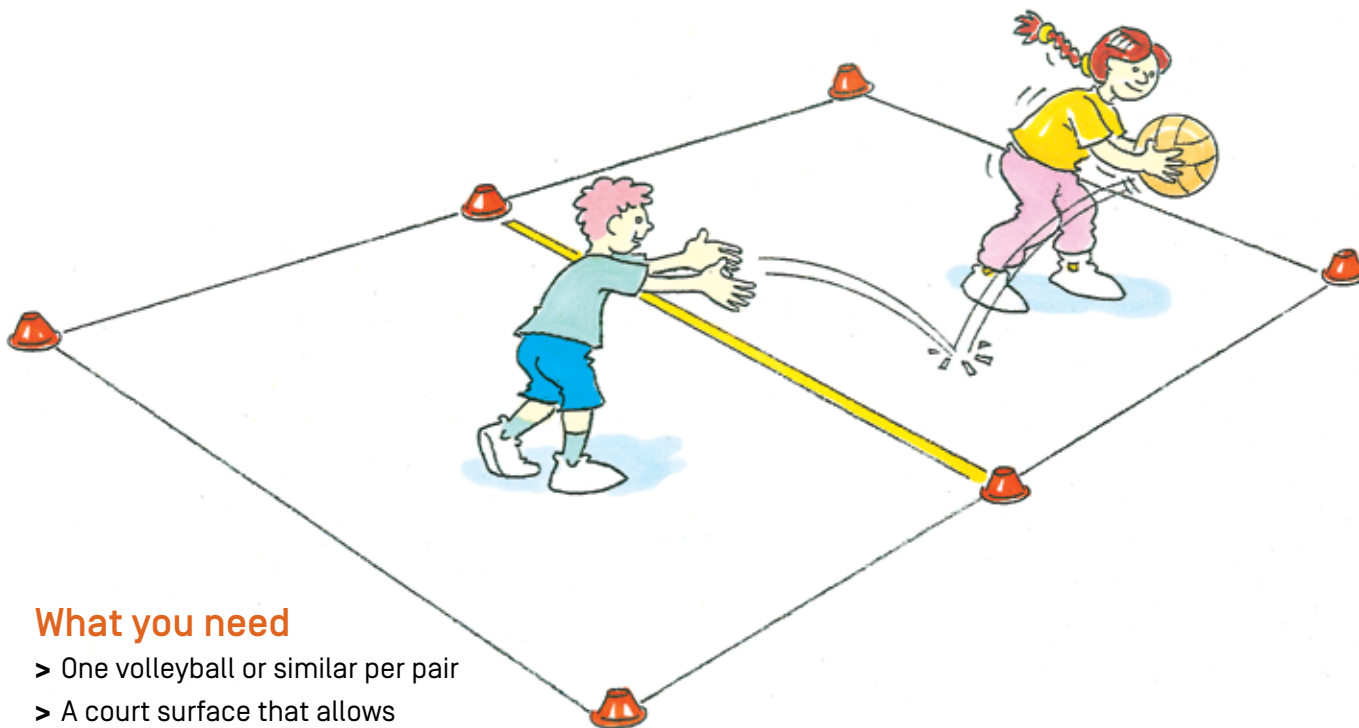




# 2 square bounce

A court is divided into 2 with a player in each half. The server serves the ball into the receiver's half – the receiver tries to catch the ball after one bounce. Play 1 v 1.



## What you need

- > One volleyball or similar per pair
- > A court surface that allows the ball to bounce
- > 6 markers per court

## What to do

### Setting up

- > Form pairs – see *Form a Group*
- > Players in position as shown – player with the ball serves.

### Playing

- > The ball must cross the line above waist height.
- > Play continues until one player cannot return the ball after one bounce, or the ball is thrown out of court, or the receiver drops the ball.
- > The serve alternates between players.
- > Play to a specified number of points, (e.g. 5) or a set time limit (e.g. 3 minutes).

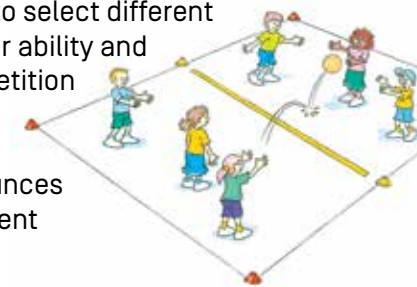
## Scoring

One point is scored for winning the rally. Points scored if:

- > ball is not returned after one bounce
- > ball is thrown out of court
- > receiver drops the ball.

## Change it

- > Play 3 v 3 – alternate serves between teams. Ensure each player has an opportunity to serve.
- > Restrict the time in possession depending on the ability of the players (e.g. 3 seconds or more).
- > Provide a 'no-go' or bounce-free zone.
- > Restrict the type of passes that players can use (e.g. chest pass, one handed pass, overhead pass, underarm pass).
- > Allow students to select different rules to suit their ability and make the competition more even (e.g. one student is allowed two bounces and their opponent only one).



## LEARNING INTENTION

*2 square bounce* aims to develop the concepts of finding space, anticipation, teamwork and deception.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION  
AGILITY

ENGAGEMENT AND ENJOYMENT  
MOTIVATION

STRATEGY AND PLANNING  
COLLABORATION

AC:HPE CONTENT DESCRIPTIONS

ACPMPO25  
ACPMPO43  
ACPMPO61

# change it...

# 2 square bounce

## Coaching

- > Demonstrate the activity using players from the group.
- > Let the game run a little before any intervention – ‘let the kids play!’
- > Use player role models to help players understand the concepts of the game – finding space, anticipation, teamwork and deception.
- > Try different combinations [e.g. 2 v 1].
- > Use a smaller court area to balance play.

## Game rules

- > **Easier** – allow 2–3 bounces, or use slower balls.
- > **Harder** – bonus points for catching/hitting the ball on the full. Players use a small bat or their hand.
- > **Vary the pass** – allow players to choose or specify the type of pass.
- > Choose player pairs (similar ability) carefully, use uneven combinations [e.g. 3 v 2, where necessary].
- > Ball must cross centre of court above waist height.
- > Allow underarm throws.



## Equipment

- > Smaller ball
- > **Bat** – use hand as a bat, or use a paddle bat.



## Playing area

- > Create a bounce zone to ensure the ball is directed within easy reach of the player.



- > Make bigger or smaller – a long skinny court provides a challenge.
- > Make shorter and wider – this will encourage use of ‘side-to-side’ space.
- > Use a net or a net substitute to establish a ‘no-bounce’ area.



## Safety

- > Start with passes that are not too vigorous.
- > Ensure the playing area is free of obstructions.
- > With more than one player on the same court, encourage communication.
- > Ensure sufficient space between courts.

## Ask the players

- > Which part of the game did you enjoy the most? Why?

### Server

- > Where is the best place to bounce the ball?
- > How can you get your opponent out of position so you can win the point?
- > How can you deceive your opponent so they don't know where the ball will bounce?

### Receiver

- > Where should you stand so you're ready to catch the ball after it bounces?
- > How could you modify the rules to allow all players to be successful?
- > Can you anticipate where your opponent will bounce the ball? How will this help?
- > 2 v 2 or 3 v 3 games – How can you work as a team to cover the court to make scoring difficult for your opponent?