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.
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?