



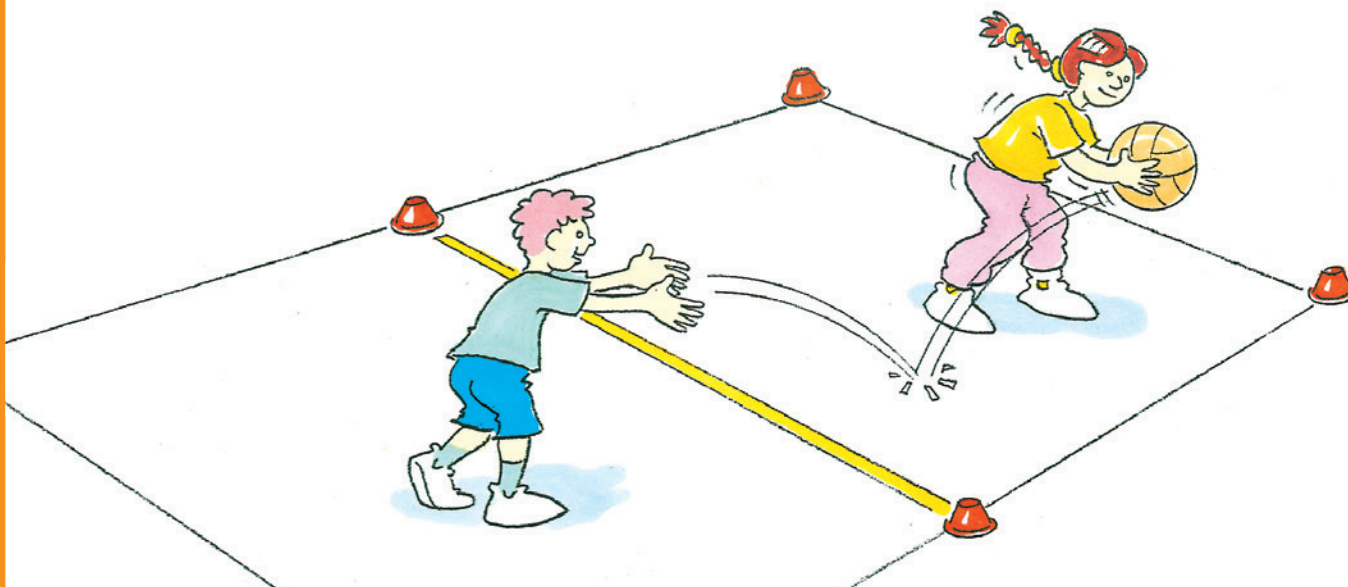
Australian Government
Australian Sports Commission

F-2 3-4 5-6



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 e.g. 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

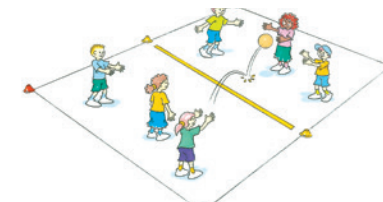
One point is scored for winning the rally. Points scored if:

- > 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



LEARNING INTENTION

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

SKILL FOCUS

BOUNCING
TREAMWORK

CATCHING
THROWING

CONTENT DESCRIPTIONS

ACPMPO25

ACPMPO43

ACPMPO61

2 square bounce

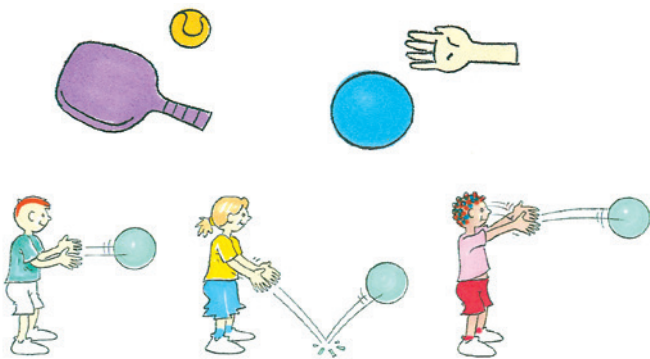
change it...

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

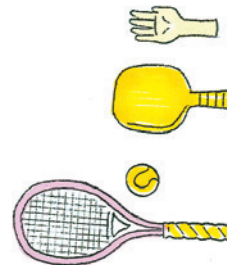
- > **Easier** – allow 2–3 bounces, or use slower balls.
- > **Harder** – bonus points for catching/hitting the ball on the full. Players use a small bat or their hand.



- > **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.

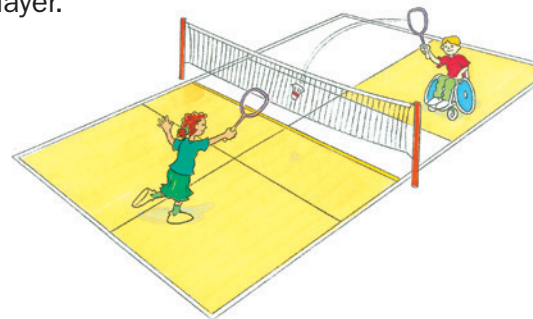
Equipment

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



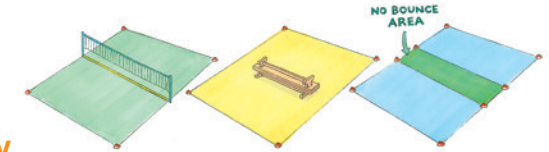
Playing area

- > 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

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?’