



Australian Government
Australian Sports Commission

EASY MED HARD



Bucket and hoop

From a drop shot, a ball is hit with a bat into a hoop or a bucket to score points.
Play in groups of 3 players – a feeder, a hitter and a collector.

What you need

- > Hoops, bins or buckets
- > Markers
- > Paddle bat or racket ball or tennis racket
- > 4 tennis balls or similar per group



Scoring

- > Bucket – 3 points.
- > Hoop – one point.
- > Total score after every 6 hits.

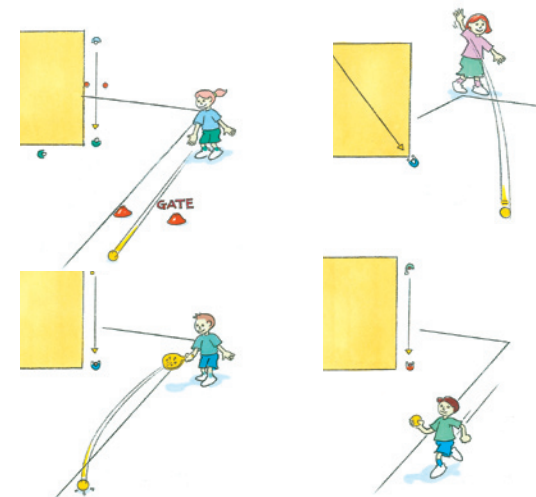
What to do

Hitters

- > 6 hits, then rotate roles.

Collectors

- > Collect balls and return using a nominated path and type of return, e.g. roll down the side.



Feeders

- > Feed with drop shots as shown.

LESSON LINK

Bucket and hoop combines fielding, passing, feeding and target-hitting. The activity could be used as a lead-in for target or net/court games.

SESSION PLANS

Mixed combo > Start out WC 03b + Start out SF 02 + Get into it INV 07a

Bucket and hoop

Skills > Passing · Fielding · Using a bat for target-hitting · Cooperative play

change it...

Coaching

- > Use player role models to highlight particular skills. Follow up with individual coaching to one side if necessary.

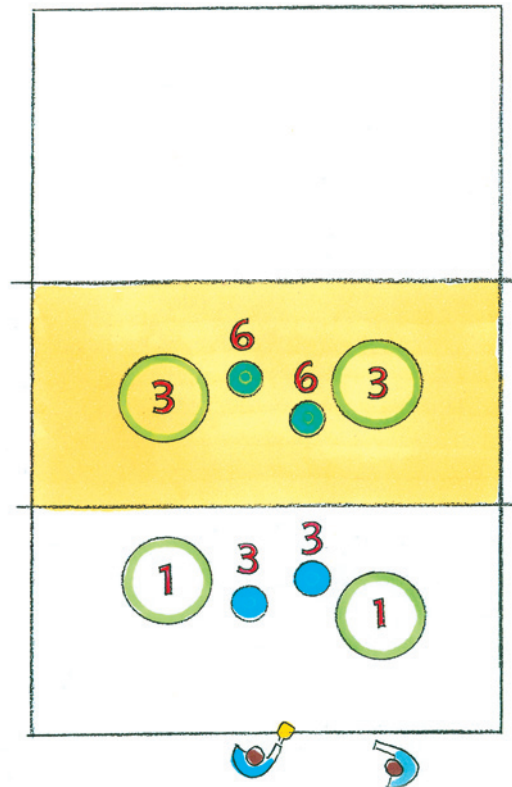
Game rules

- > **Easier serve** – the feeder places the ball on the racket for a hit; or tosses it, depending on ability.
- > **2-bounce rule** – allow 2 bounces if necessary.
- > **Hit a bucket** – an easier option is to allow one point for hitting the bucket.
- > **Time challenge** – how many points in 5 hits?
- > **Team challenge** – how many total points (best of 2 rounds)?
- > Vary the time/team challenge according to ability.



Playing area

- > Change the position of the hoops and buckets. Have scoring zones.



Equipment

- > Vary the type, size and weight of the balls and bats/rackets used according to ability
- > Allow player choice.

Safety

- > Ensure adequate space for the number of players. Allow enough space between groups.
- > Players must ensure play has stopped before running into another group's area.



ASK THE PLAYERS

Hitters

- > 'How will you get the best hit?' (Think about bat grip or swing).

Feeders

- > 'How can you ensure the hitter can make the best possible hit?'

Collectors

- > 'How can you make sure the feeder gets the ball quickly and accurately?'