Australian Government
Australian Sports Commission

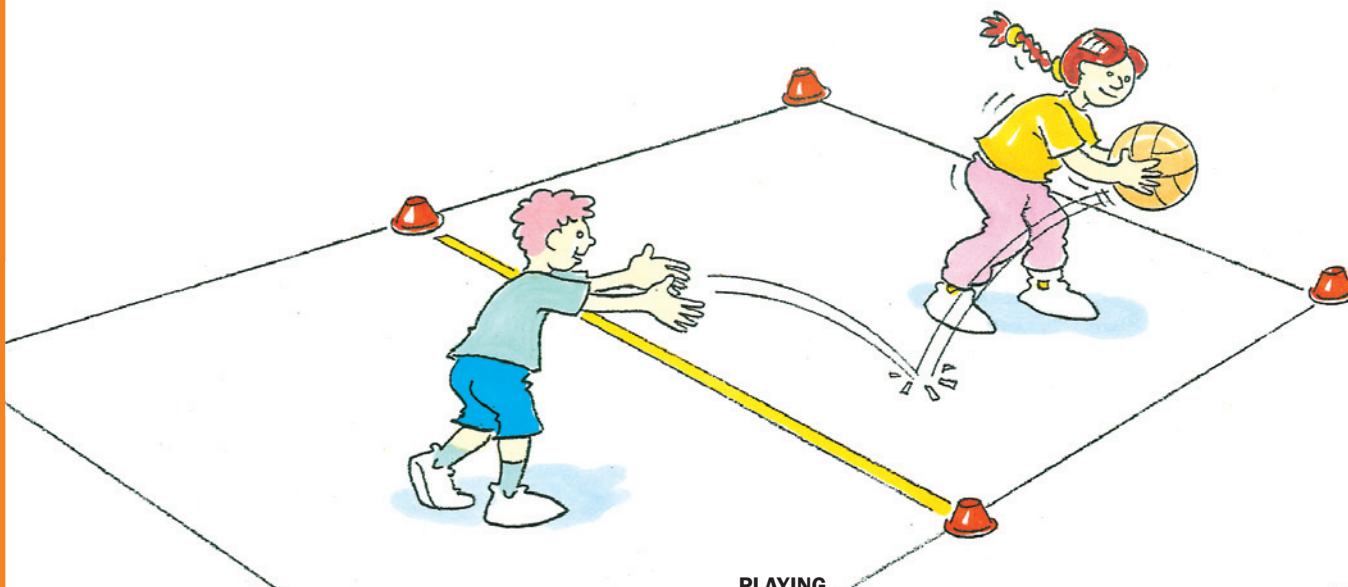EASY   MED   HARD

INDOOR FRIENDLY

2 square bounce

A court is divided into 2 with a player in each half. The server hits 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. Start out WC 01a.
> 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.
> Restrict the time in possession depending on the ability of the players, e.g. 3 seconds or more.
> Play to a specified number of points, (e.g. 5) or a set time limit (e.g. 3 minutes).

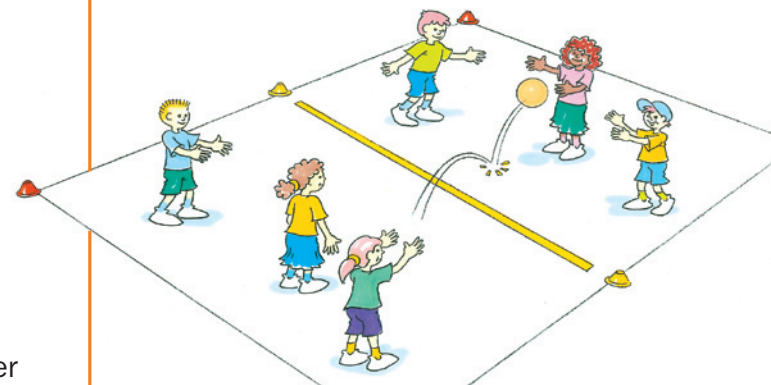## Scoring

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.

> Provide a 'no-go' or bounce-free zone.

LESSON LINK

2 square bounce is a net/court game to develop the concepts of finding space, anticipation, teamwork and deception.

2 square bounce

Skills > **Serving (throwing) with accuracy · Finding space · Anticipation – 'covering an area' · Teamwork**

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.
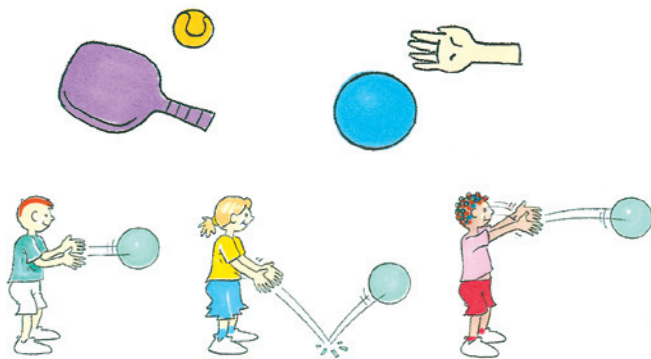
> **Vary the pass** – allow players to choose or specify the type of pass.
> Choose player pairs (similar ability) carefully, use uneven combinations, e.g. 3 v 2, where necessary.
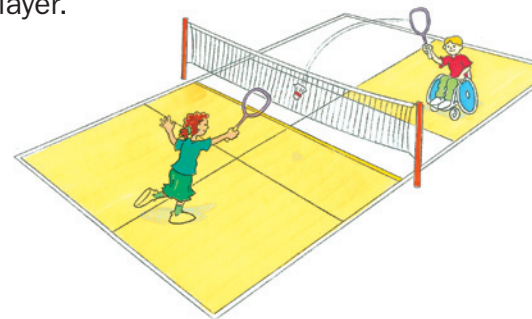> Ball must cross centre of court above waist height.
> Allow underarm throws.

Equipment

> Smaller ball
> **Bat** – use hand as a bat, or use a paddle bat.
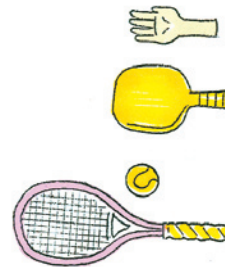
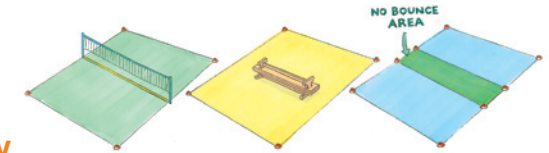### Playing area

> 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?'
> '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 cover the court to make scoring difficult for your opponent?'