



Australian Government
Australian Sports Commission

EASY MED HARD



Wulijini

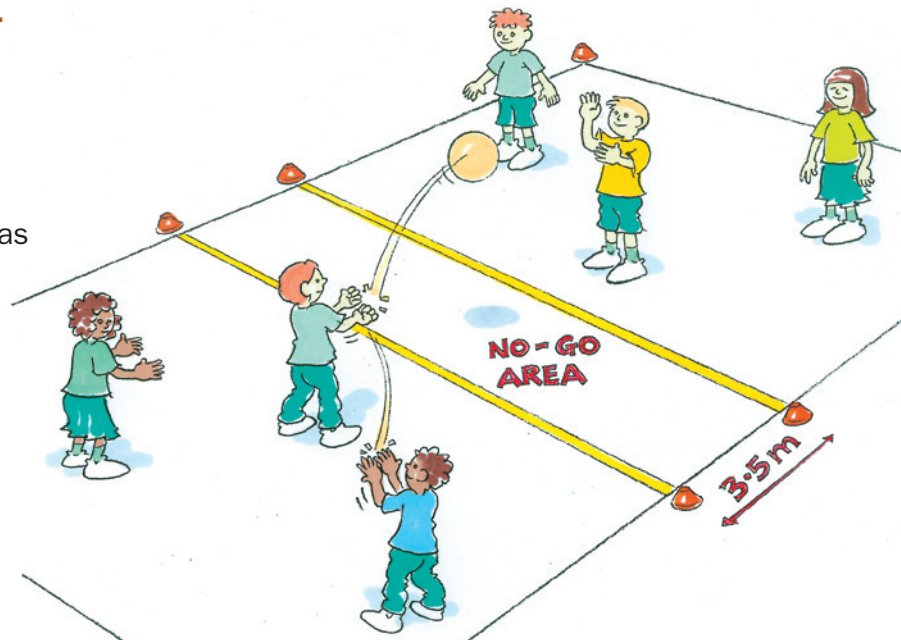
Two teams play. Cooperative and competitive options are described. Players try to keep a ball in the air for as long as possible.

What you need

- > A small inflated ball or a covered sponge ball
- > Markers to set out playing areas

What to do

The activities below are performed using a volleyball-like hitting action. An alternative for beginners is to allow passing and catching, with players attempting to return the ball as quickly as possible – the quick catch and return action becomes a ‘hot potato’ action with minimal holding of the ball.



Team cooperative play

- > Two teams. Increase the ‘no-go’ area to separate the teams by 3–5 metres.
- > Two teams face each other and hit (volley) the ball back and forth with the palms of their hands as many times as possible. The aim is to set a record for the *whole group*.

Pairs cooperative play

- > Two players face each other and hit (volley) the ball back and forth with the palms of their hands as many times as possible.

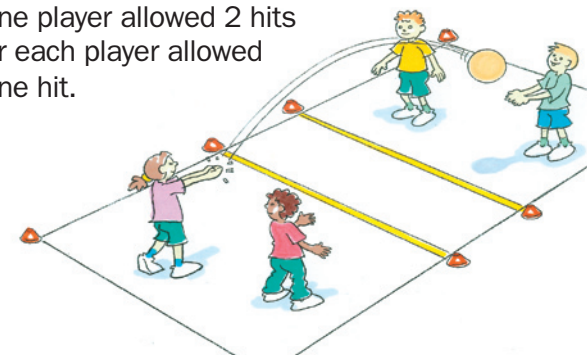
Scoring

- > First pair to a nominated number of points, e.g. 11.
- > A team scores if the opposition cannot return the ball.
- > If a ball is served out of court, the receiving team scores the point and then serves.

- > There is no need for a marked court, but ensure sufficient space between pairs of players. If a ball is ‘lost’ players should signal they are entering another pair’s playing area.
- > Allow each player up to 2 contacts (control and hit). Change this rule as the players become more confident.
- > Allow each side up to 3 different player contacts (i.e. potentially up to 6 hits).

Competitive game – in pairs

- > A ‘no-go’ area separates players as shown.
- > The ball is hit in an underarm action with one or two hands in ‘hot-potato’ style, that is without holding the ball.
- > Allow up to 2 hits on each side including the return of the ball – that is, one player allowed 2 hits or each player allowed one hit.



LESSON LINK

Wulijini provides cooperative play or competition options. The competition option relies on teamwork to cover a court in defence or to ‘find space’ and ground the ball in attack.

SESSION PLANS

Combo > Start out CP 01b + Get into it NC 03 + Get into it NC 04
Mixed combo > Start out CP 01b + Get into it TG 04 + Get into it NC 04

change it...

Coaching

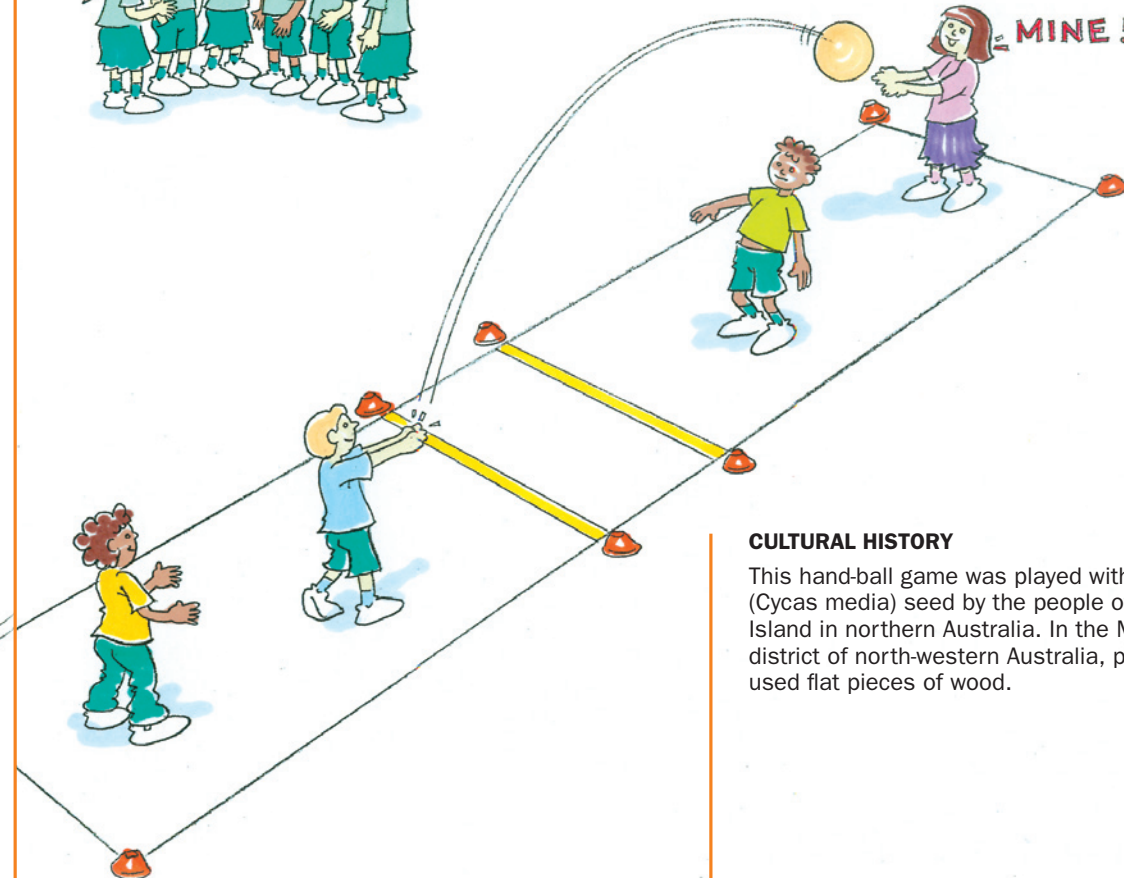
- > The cooperative activities can be used as warm-ups which lead to a range of activities where the object of the game is to keep the ball up in defence and 'ground it' in attack.
- > Use instances of effective play to highlight teaching points. Let the players do the 'teaching'!

Change it

- > **Lighter ball** – including a balloon.
- > **Team sizes** – try different combinations. Use uneven numbers to make teams more even, e.g. if differences are due to age or ability.
- > **Serve** – variations include throwing the ball into play, any kind of 'hot-potato' (not a 'carry') hit with one or two hands or a side-on volleyball type serve.



- > **Use a net** – either volleyball or badminton net.
- > **Playing area** – adjust the playing area. A long skinny court for example forces one player to the front.

**CULTURAL HISTORY**

This hand-ball game was played with zamia (*Cycas media*) seed by the people of Bathurst Island in northern Australia. In the Meda district of north-western Australia, players used flat pieces of wood.