



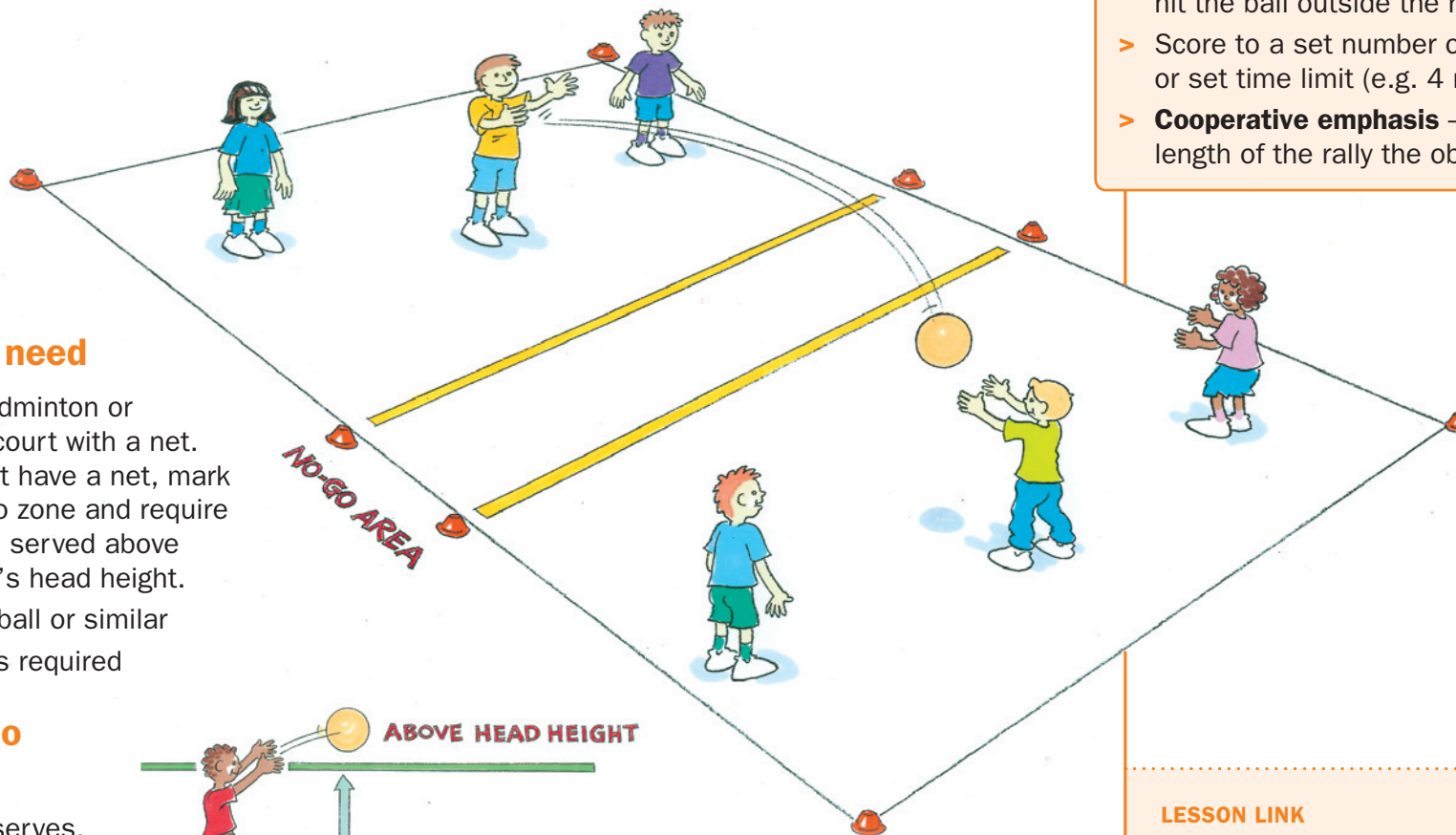
Australian Government  
Australian Sports Commission

EASY MED HARD



# Space ball

2 teams on a court with or without a net. A net is preferable. The serving team sends the ball over the net. The opposing team has to catch the ball and keep it off the floor. The receivers become the servers and return the ball. (Play with 6 or more.)



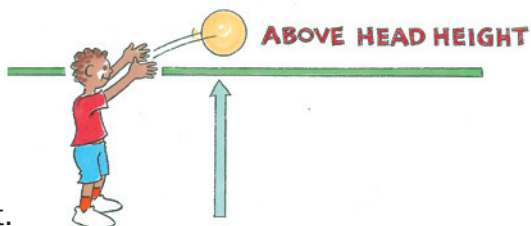
## What you need

- > Tennis, badminton or volleyball court with a net. If you don't have a net, mark out a no-go zone and require balls to be served above the server's head height.
- > One volleyball or similar
- > Markers as required

## What to do

### PLAYING

- > Alternate serves.
- > Serve above head height as shown right.



## Scoring

- > **Servers** – a point is scored if the ball touches the ground in the receivers' area.
- > **Receivers** – a point is scored if the servers hit the ball outside the receivers' court.
- > Score to a set number of points (e.g. 10) or set time limit (e.g. 4 minutes).
- > **Cooperative emphasis** – make the length of the rally the objective.

### LESSON LINK

Space ball requires players to work as a team to cover court space on receiving a ball. Servers work on 'finding space' and deception.

SESSION PLANS

Combo > Start out CP 08 + Start out NC 02a + Get into it NC 05  
Mixed combo > Start out CP 08 + Get into it TG 01 + Get into it NC 05

## change it...

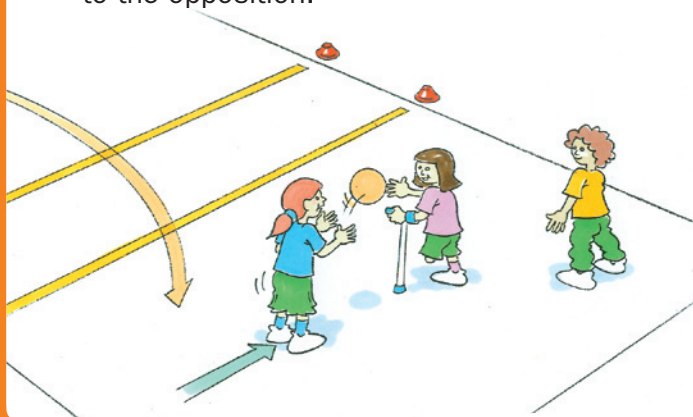
**Coaching**

- > Use player role models to help players understand the concepts of the game – working as a team to cover court space (in defence), and finding space in attack (servers).
- > Encourage cooperative play from the beginning, with players aiming for long periods without a dropped ball.

**Game rules**

- > 2 players work in tandem – player and ‘buddy’ (helper). If a receiver catches a ball anywhere on the court, it is passed across court to the ‘buddy’ and in turn to a player with restricted mobility.

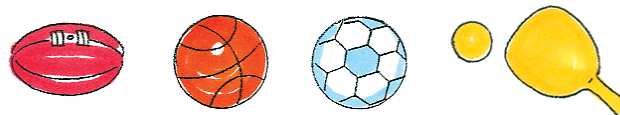
The ball is either returned to the buddy and play continues or it is served directly to the opposition.



- > Play different combinations – 2 v 3, 2 v 4.
- > **Serve and sprint** – once the ball has been thrown, the thrower sprints to a marker at the side of the court. Team-mates re-position themselves to cover the spot vacated. The thrower rejoins the team in an appropriate space.
- > **3 passes** – allow 3 passes to be made on one side of the court before the ball must be thrown to the other side. In a further variation, players on the receiving side must ‘hot-potato’ the ball by immediately sending it to a partner.
- > **Serve off the hand** – play any of the variations above, requiring players to serve the ball off the hand. Allow one bounce for an easier option.

**Equipment**

- > **Bats** – hand serve, paddle bat racquets
- > **Balls** – foam balls, tennis balls or other suitable balls

**ALTERNATIVES****Playing area**

- > Vary the size and shape of the court – bigger/smaller; skinnier/wider.
- > Vary the width of the ‘no-go’ area if playing without a net.

**Safety**

- > Use a smooth surface and a playing area free of obstructions.
- > The court should be an appropriate size for the number of players.
- > Encourage players to call ‘mine’ and remind players to keep an eye on the ball and their team-mates.
- > Ensure sufficient space between groups.

**ASK THE PLAYERS**

- > ‘What different formations can be used to cover the space?’

**Server**

- > ‘Where might you throw the ball to make it hard for your opponents?’