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.
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.

**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.

**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.

**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?’

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