

# 2 Square Bounce

## SKILL FOCUS

Throwing | Catching



### GAME SUMMARY:

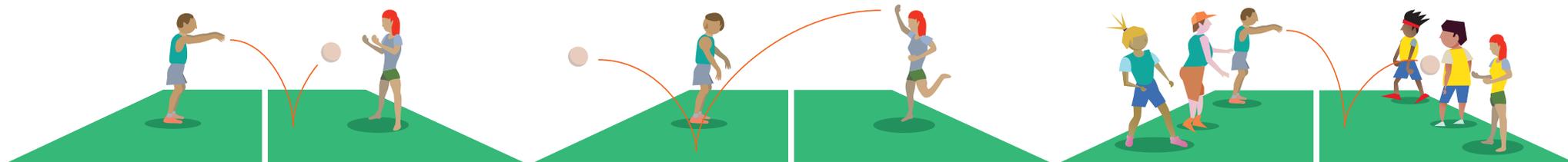
Mark out a court with 2 even halves on a surface that allows a ball to bounce. Ideally use an existing line to mark the middle of the court.

### Equipment needed:

- > 1 ball per pair (netball or similar)
- > Markers (6 per court)

### Game setup:

Mark out a court with 2 even halves on a surface that allows a ball to bounce. Ideally use an existing line to mark the middle of the court. Players work in pairs with one partner standing in each half of the court.



COACH INSTRUCTIONS

### STAGE 1

1 player vs 1 player.

**TO PLAYER 1:** "Throw the ball over the line and make it bounce on the other side of the court."

**TO PLAYER 2:** "Catch the ball and throw it back."

Alternate servers and allow more than one bounce.

### STAGE 2

Progression from stage 1 – add scoring.

"You score a point if your opponent cannot catch the ball after one bounce or the ball is thrown out of court."

Alternate servers.

**ASK:** "Where can you throw the ball to make it hard for your opponent to catch it?"

### STAGE 3

3 players vs 3 players.

"One person serves the ball by throwing it over the line to bounce in the other half. Any player can catch the ball and throw it back. Your team scores a point if the other team cannot catch the ball after 1 bounce or if they throw the ball out of court."

Rotate servers.

**ASK:** "How can you work together to make sure your team catches the ball after 1 bounce?"

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify 2 Square Bounce

## Rules:

- > Change partners after set time.
- > Restrict the time players can hold possession (e.g. 3 seconds).
- > Opposition is awarded 1 point if players drop the ball.
- > Make it easier by allowing 2 or 3 bounces.
- > Make it harder by hitting or tapping the ball back.
- > Players can use 1 or 2 hands to touch the ball.
- > Vary the type of throw (underarm, overarm).

## Teaching Style:

- > Use **visual aids** such as picture cards of a throw and catch to demonstrate the skill you want players to perform.
- > Use **staff helpers** to assist groups or join in the game.
- > **Pair players** of even ability levels.
- > Use **questioning** to encourage participants to think of their own strategies.
- > Use **role models** to teach game concepts such as finding space, anticipation and deception.

## Equipment:

- > Vary the size of ball. Make it easier with a larger, softer / low compression ball. Make it challenging with a smaller, harder ball.
- > Provide balls of a specific colour or sound to meet needs of individual players.
- > If playing with a bat or racquet, vary the size and weight.

## Environment:

- > Change the dimensions of the playing space (e.g. increase or decrease length and / or width of court).
- > Add a zone either side of the middle line where the ball cannot bounce.
- > Replicate games across several courts to ensure all participants are engaged.
- > Place a net across the middle of the court to add a challenge.

## ALTERNATE SPORTS & SKILLS

Use tennis racquets or smaller bats and tennis balls to develop tennis rally skills.



## SAFETY!

- > Ensure there is adequate space between courts.
- > The ball must be thrown over the line at waist height.
- > Ensure the equipment used is suitable for the ability level of the players.
- > Players must throw the ball at a safe height and speed (not too vigorous).

# Keep The Ball Up

## SKILL FOCUS

Throwing | Catching | Striking | Shot Placement



### GAME SUMMARY:

Players work in groups to keep the ball off the ground for as long as possible by passing or hitting a ball to each other.

### Equipment needed:

- Balls (various sizes)
- Racquets or bats (optional)
- Coloured dots (optional)
- Markers

### Game setup:

Use a flat playing space. Put players into groups of up to 6. Dots can be placed in a circle on the ground to show players where to stand (optional). If developing the skill of striking, give each player a bat or racquet and a ball appropriate to their skill level.



### STAGE 1 - Cooperative

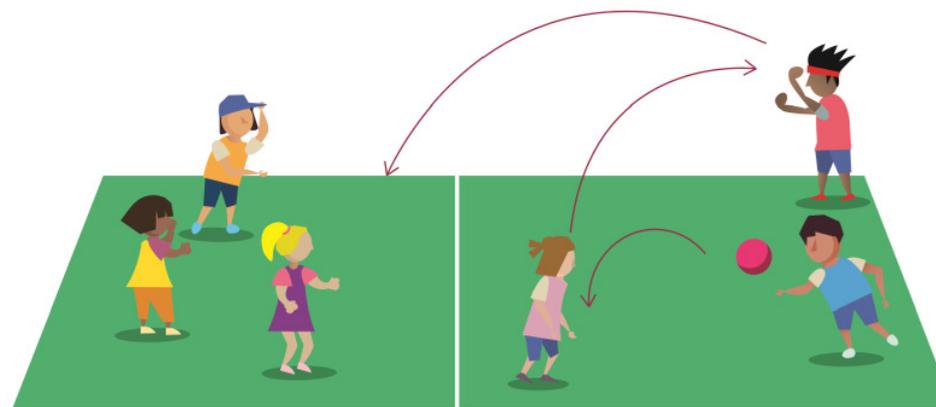
Players all work together as one team.

TO PLAYERS: "Throw the ball up in the air towards another player. If the ball comes near you, catch it before it touches the ground and throw it up towards another player."

Players work as a team to keep the ball off the ground as long as possible.

Scoring optional: Teams count how many passes/hits they can make before the ball touches the ground. Start again and try to beat their score.

ASK: "How can you tell your teammates that you will catch the ball?"



### STAGE 2 - Competitive

Split players into 2 teams of 3 and mark out a line in between the teams.

TO PLAYERS: "Throw the ball up to one of your team mates. They need to catch it and throw it to the other players on your team. Once all the players on your team have touched the ball, you can throw it over the line to the other team. Try to make the ball bounce on the other side of the line. Keep the ball off the ground on your side of the line."

Teams score 1 point if the ball bounces on the other side of the line. Any player can pick up the ball to continue the game.

ASK: "Where should you aim to throw the ball on the other side of the line?"

COACH INSTRUCTIONS

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics



# BRANCH OUT! Tips to modify Keep The Ball Up

## Rules:

- > Players can throw overarm, underarm or hit the ball with a racquet or bat.
- > For the competitive game, play with 2-4 players on each team.
- > Limit the amount of time players can hold the ball or implement a 'hot potato' rule.
- > Allow free movement or, if using coloured dots, allow players to keep only one foot on the dots.

## Equipment:

- > Vary the type of ball. Make it easier by using a larger or softer ball. Make it harder by using a smaller or harder ball, depending on the sport you are coaching. Balloons or beach balls can also be used.
- > Use tennis racquets or lighter bats if relevant.

## Teaching Style:

- > Use **visual aids** such as picture cards to demonstrate the skill you want players to perform.
- > Use **staff helpers** to assist each group.
- > Use player **role models** to demonstrate good shot placement.
- > Use **questioning** to encourage players to think of their own strategies.

## Environment:

- > Mark out a no-go zone between teams to make players throw/hit further.
- > Play indoors or outdoors on a flat non-slip surface.

## ALTERNATE SPORTS & SKILLS

Use this game to develop throwing, catching and hand-eye coordination. Give players a bat or racquet to develop tennis skills.



## SAFETY!

- > Ensure there is enough space between groups and games.
- > Players wait behind the line and only retrieve balls once all balls have been thrown.
- > Use balls appropriate for ability level.

# Hit It Round

## SKILL FOCUS

Striking



### GAME SUMMARY:

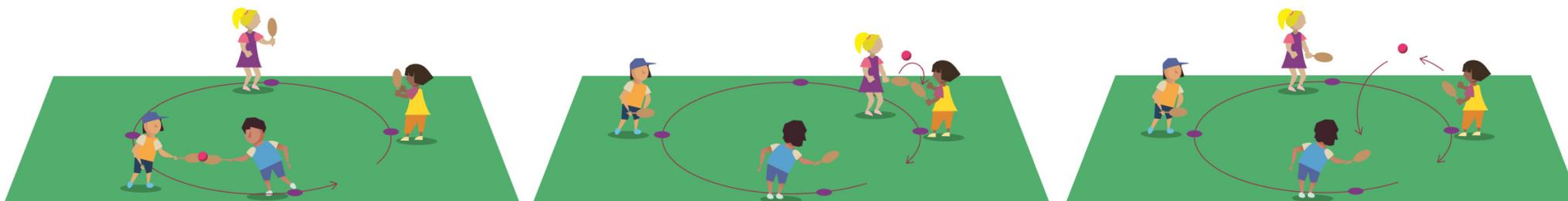
Players work as a team to hit a ball around a circle trying not to let it hit the ground.

### Equipment needed:

- > Ball
- > Racquets or bats
- > Coloured dots (optional)

### Game setup:

Play with groups of 4 - 7 players. Each player has a racquet and each group has a ball. Each group makes a circle with players facing inwards and approximately 1-2 metres between each player. Coloured dots can be used to show players where to stand.



COACH INSTRUCTIONS

### STAGE 1

TO PLAYERS: "Balance the ball on your racquet. Pass the ball from your racquet onto the racquet of the player next to you. Don't let the ball drop to the ground. Try to get the ball all the way around the circle without dropping it."

ASK: "How should you hold your racquet to make sure the ball doesn't drop?"

### STAGE 2

TO PLAYERS: "The player on your right will tap the ball to you. You need to catch the ball on your racquet then keep tapping the ball in the air. Move across and tap the ball to the player on your left. Don't let the ball drop to the ground. Try to get the ball all the way around the circle without dropping it."

ASK: "Is the ball easier to control if you're doing big taps or small taps?"

### STAGE 3

Progression from stage 2. There should be about 2 metres between each player.

TO PLAYERS: "As a team, you need to hit the ball around the circle trying to use as few hits as possible. Each player has to hit the ball with their racquet at least once. Try not to let the ball touch the ground."

Count how many times the team hits the ball as it goes around the circle. See if they can beat their score next time.

ASK: "How can you control the direction you hit ball?"  
"How can you control how high you hit ball?"

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify Hit It Round

## Rules:

- > Allow the ball to bounce once or twice.
- > Change direction after each turn (clockwise/anti-clockwise).
- > Limit the amount of time players can have possession of the ball before they have to pass it on.
- > Allow free movement or, if using coloured dots, allow players to keep only one foot on the dots.
- > Add scoring: teams get 1 point if they get the ball around the circle without dropping the ball.

## Equipment:

- > Vary the type of ball. Make it easier by using a large, soft and/or low compression ball or a balloon. Make it harder by using a smaller or harder ball.
- > Use tennis racquets or lighter bats.

## Environment:

- > Teams can play in a line instead of a circle. Use existing lines on a court to show players where to stand.
- > Play indoors or outdoors on grass or on a hard surface.
- > Move players closer together or further apart.

## Teaching Style:

- > Use **staff helpers** to assist each group.
- > Use player **role models** to demonstrate good ball control.
- > Use **questioning** to encourage players to think of their own strategies.

## ALTERNATE SPORTS & SKILLS

Use this game to develop hand-eye coordination and striking skills for tennis



## SAFETY!

- > Ensure there is enough space between players and groups.
- > Players should not swing racquets above chest height.
- > Use balls appropriate for ability level.

# Wall Tennis

## SKILL FOCUS

Throwing | Catching | Shot Placement



### GAME SUMMARY:

Players have a rally by throwing a ball against a wall for their opponent to catch and throw back.

### Equipment needed:

- Balls - 1 per pair (volleyball size)
- Markers
- Chalk or tape

### Game setup:

Set up a court with 2 squares side by side against a wall. Play in pairs with 1 player in each square. Have 1 ball for each court. Mark out a square on the wall in the middle of the court approximately 1 metre up from the ground.



COACH INSTRUCTIONS

### STAGE 1

**TO SERVER:** "Throw the ball at the square on the wall so it bounces into the other side."

**TO RECEIVER:** "Catch the ball then throw it back by making it bounce off the square on the wall."

Players have a rally. No restriction on number of bounces before the ball is caught.

### STAGE 2

**TO SERVER:** "Throw the ball at the square on the wall so it bounces into the other side."

**TO RECEIVER:** "Catch the ball on the full or after 1 bounce. Throw it back by making it bounce off the square on the wall."

**TO BOTH:** "Count how many times in a row you can throw and catch the ball before it is dropped or goes out of bounds."

Repeat and see if pairs can beat their score.

### STAGE 3

**TO SERVER:** "Throw the ball at the square on the wall to make it bounce into your opponent's side of the court."

**TO RECEIVER:** "Catch the ball on the full or after 1 bounce then throw it back."

**TO BOTH:** "Try to make it hard for your opponent to catch the ball. You get 1 point if your opponent can't catch the ball after 1 bounce, or if they throw the ball and it lands out of bounds."

**ASK:** "How can you make it hard for your opponent to catch the ball?"

"Where can you stand to make it easier for you to catch and return the ball?"

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

### PHYSICAL LITERACY ELEMENTS

Object Manipulation | Agility | Self-Regulation (Emotions) | Perceptual Awareness | Strategy & Planning

### AC:HPE CONTENT DESCRIPTIONS

ACPMPO43 | ACPMP045 | ACPMP061 | ACPMP063

# BRANCH OUT! Tips to modify Wall Tennis

## Rules:

- > Receivers must wait for the ball to bounce on the serve.
- > Give players 3 turns to serve accurately.
- > Allow more bounces before catching.
- > Change scoring e.g. use tennis scoring system.
- > Play with 2 players in each side of the court.

## Equipment:

- > Make it easier with a large or low compression ball. Make it challenging with a smaller, harder ball.
- > Use a tennis racquet to hit the ball against the wall.
- > Mark out boundary lines with tape or chalk to make it easier to see if the ball bounces out of bounds.

## Teaching Style:

- > Use **staff helpers** to assist pairs.
- > Use **questioning** to encourage players to think of their own strategies.
- > Use **role models** to highlight successful performance.

## Environment:

- > Change the dimensions of the court.
- > Increase or decrease the size of the square on the wall. With a larger square, players will need to make more decisions about where to place their shots. The square can also be removed and replaced with a line indicating the minimum height the ball must hit the wall.
- > Replicate game so players can participate in pairs.

## ALTERNATE SPORTS & SKILLS

Use this game to develop rallying skills for tennis. Players can also play with a racquet and tennis ball.

This game can also develop hand-eye coordination and catching and throwing skills for basketball, cricket, netball or softball.



## SAFETY!

- > Ensure there is adequate space between groups.
- > Use equipment that is suitable for the ability level of the players.
- > Monitor play closely to ensure the ball is not thrown too hard at the wall.
- > Ensure play is stopped if a ball needs to be retrieved from another group's playing space.

# Team Rally

## SKILL FOCUS

Throwing | Catching | Striking



### GAME SUMMARY:

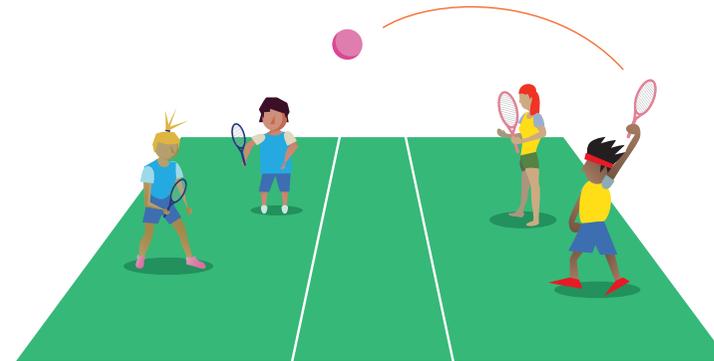
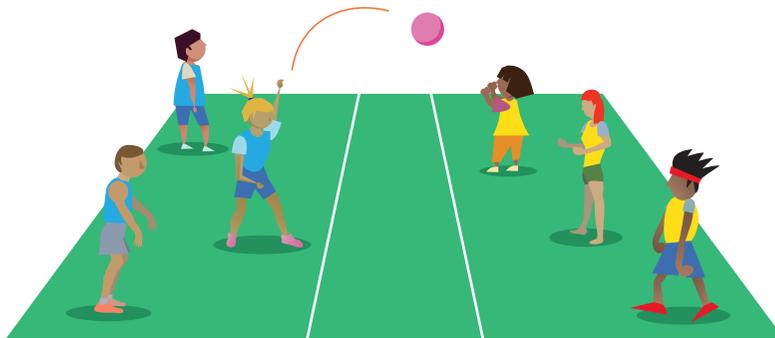
Teams hit a ball back and forth over a no-go zone trying to keep a rally going as long as possible.

### Equipment needed:

- Balls or balloons
- Markers
- Bats or racquets (optional)

### Game setup:

Mark out a court with a no-go zone in the middle. Put players into pairs or teams of 3. One pair or team to stand in each end of the court.



### OPTION 1: COOPERATIVE ACTIVITY

**TO SERVING TEAM:** "Throw the ball over the no-go zone for someone on the other side to catch."

**TO RECEIVING TEAM:** "Catch the ball then throw it back."

**TO ALL:** "See how many times you can throw the ball over the no-go zone and back without dropping it."

Keep count of how many passes in the rally. Repeat and see if the group can beat their score.

**ASK:** "What height should you throw the ball to make it easy for the other team to catch it?"

### OPTION 2: COMPETITIVE ACTIVITY

**TO SERVING TEAM:** "Throw the ball over the no-go zone and try to make it bounce on the other side of the court."

**TO RECEIVING TEAM:** "Catch the ball before it bounces and throw it back."

**TO ALL:** "Try to place your throw so it is difficult for the other team to catch the ball. Your team gets a point if the ball bounces on the other side of the court, or if the other team throw it out of bounds."

Play for a set amount of time and get teams to keep score. Rotate teams after each game.

**ASK:** "Where can you throw the ball to make it difficult for the other team to catch it?"  
"What can your team do to stop the ball from bouncing on your side?"

COACH INSTRUCTIONS

**FOUNDATION:**  
Skill Development



**COMPLEX:**  
Strategies & Tactics

# BRANCH OUT! Tips to modify Team Rally

## Rules:

- > Play with a racquet and hit the ball over the no-go zone.
- > Make it easier by allowing the ball to bounce once before being returned.
- > Make it harder by enforcing a 'hot potato' rule where players must tap the ball back with their hands (play 1-handed as a lead into using a tennis racquet).
- > Change scoring, e.g. first team to reach 11 points wins.

## Equipment:

- > Make it easier by using a large, soft ball or balloon.
- > Provide balls of a specific colour or sound to meet needs of individual players.
- > If playing with a bat or racquet, vary the size and weight.
- > Use a net instead of a no-go zone.

## Environment:

- > Change the dimensions of the court according to ability level and mobility needs.
- > Increase or decrease the size of the no-go zone.
- > Replicate games across several courts to ensure all participants are engaged.

## Teaching Style:

- > Use **visual aids** such as picture cards of a throw and catch to demonstrate the skill you want players to perform.
- > Use **staff helpers** to assist groups or join in the game.
- > **Match players** of even ability levels.
- > Use **questioning** to encourage players to think of their own strategies.

## ALTERNATE SPORTS & SKILLS

This game can be used to develop striking and rallying skills for tennis. It can also be used to develop throwing and catching skills for basketball and netball.



## SAFETY!

- > Ensure there is adequate space between courts.
- > Ensure the equipment used is suitable for the ability level of the players.
- > Players must throw the ball at a safe height and speed (not too vigorous).
- > Players should call "MINE" when taking a catch to avoid collisions.

# Rebound Ball

## SKILL FOCUS

Throwing | Catching



### GAME SUMMARY:

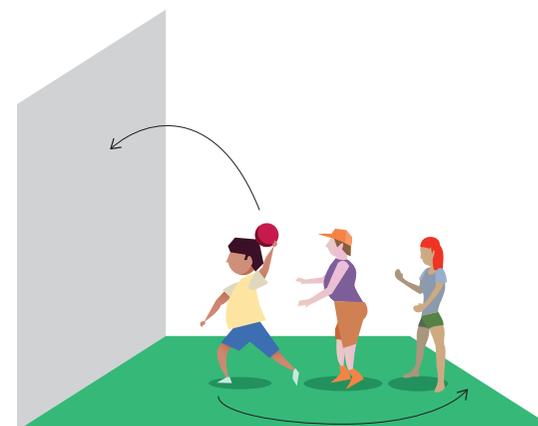
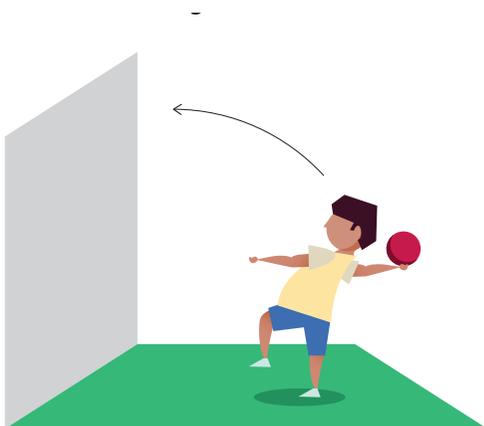
Players catch and throw a ball against a wall playing individually, in pairs or in teams.

### Equipment needed:

- > Markers or dots of different colours
- > Balls of various sizes

### Game setup:

Mark out square playing spaces, or courts, against a wall approximately 2-3 metres wide. Players stand in the middle of the court at a suitable distance from the wall. 1 ball per court.



COACH INSTRUCTIONS

### STAGE 1

Play individually.

*"Throw the ball against the wall and try to catch it."*

**Scoring Optional:** Set a time challenge, for example 30 seconds. Players count how many times they can catch it without letting it bounce.

Repeat and see if players can beat their score.

### STAGE 2

Play in pairs.

*"Throw the ball against the wall then move out of the way so your partner can catch it. Your partner will then throw it against the wall for you to catch."*

Add a time challenge similar to stage 1.

### STAGE 3

Players work in teams of 3.

*"The first person in line throws the ball against the wall then moves to the back of the line. The next person then catches and throws the ball against the wall for the next person to catch. Keep taking it in turns."*

Add a time challenge similar to stage 2.

**ASK:** *"How can you make it easy for your team mate to catch the ball?"*

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify Rebound Ball

## Rules:

- > Vary the throwing technique (overarm or underarm).
- > Vary the time challenge (e.g. 30 seconds, 1 minute, 2 minutes).
- > Allow the ball to bounce once before catching it.
- > Play a competitive version where players are trying to make it difficult for their partner to catch the ball.

## Equipment:

- > Vary the type of ball. Make it easier with a larger, softer ball. Make it challenging with a smaller, harder ball (e.g. tennis ball).

## Environment:

- > Vary the distance from the wall. To increase success, move players closer to the wall. To challenge players, move them further from the wall. Maintain a safe distance at all times.
- > Can be played indoors or outdoors against a wall with no windows.
- > Minimise external distractions.
- > Replicate game to allow all players to participate.

## Teaching Style:

- > Use **role models** to demonstrate good throwing and catching skills.
- > Use **questioning** to encourage players to think of their own strategies.
- > Place a **staff helper** with each group if possible.

## ALTERNATE SPORTS & SKILLS

Use this game to develop other skills such as hitting a ball with a tennis racquet, or catching using a softball glove.



## SAFETY!

- > Use balls appropriate for ability level, i.e. start with soft balls and move onto harder balls.
- > Ensure players throw safely for their partner or team mate to catch, i.e. they do not throw it as hard as they can.
- > Players must wait for other teams to stop play before they can retrieve a ball that has gone into another playing space.

# Rally Around

## SKILL FOCUS

Striking | Team Work

SPORTAUS



### GAME SUMMARY:

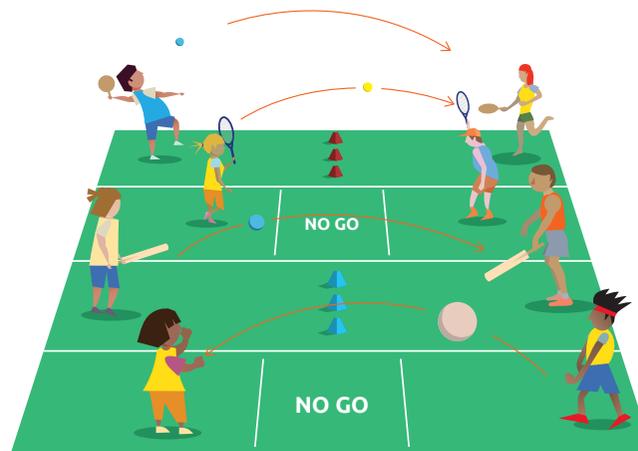
Players work in pairs to hold a rally for as long as they can at each hit-and-rally station.

### Equipment needed:

- > Tennis racquets or tennis bats
- > Balls
- > Range of equipment to make at least 4 stations, e.g. witches hats, markers, chalk / tape, hurdles

### Game setup:

Set up hit-and-rally stations, each with a no-go zone or objects to hit over. Split players into pairs. Each pair can start at a different station and rotate around stations in the same direction.



## COACH INSTRUCTIONS

### STAGE 1

"Hit the ball to your partner. Your partner will then hit it back. Keep going until I call **STOP**."

### STAGE 2

"Hit the ball to your partner. Your partner will then hit it back. Try to have a long rally by hitting the ball between you and your partner as many times as you can. After 1 minute I will call **STOP**. You will then move onto the next station."

**Scoring Optional:** Pairs count how many shots they can make in a rally. Pairs try to beat their score at the next station.

**ASK:** "Where should you aim your throw / hit to make it easier for your partner to get it back?"

**FOUNDATION:**  
Skill Development

**COMPLEX:**  
Strategies & Tactics

# BRANCH OUT! Tips to modify Rally Around

## Rules:

- > Allow players to throw the ball back and forth to each other instead of using a racquet. Vary the throw e.g. underarm, overarm.
- > Allow 1 or 2 bounces before returning the ball.
- > Change partners, e.g. players on one side stay at their station while players on the other side rotate around.
- > Vary rally type. Have all pairs throwing and catching or all pairs using racquets, or a combination of both.

## Teaching Style:

- > Use **one on one coaching** to assist with skill development during the game.
- > Use **role models** to highlight skilful play.

## Equipment:

- > Vary the ball. Make it easier by using a larger, softer ball. Also use low compression tennis balls.
- > Vary racquets according to ability level.
- > Any equipment can be used to mark out no-go zones or obstacles to hit / throw over, provided it is safe.

## Environment:

- > Game can be played indoors or outdoors, on grass or hard surfaces.
- > Expand or decrease size of playing space.
- > Make no-go zones bigger or smaller.

## ALTERNATE SPORTS & SKILLS

This game can be used to develop striking and rallying skills for tennis. It can also be used to develop throwing and catching skills for basketball and netball.



## SAFETY!

- > Ensure sufficient space between groups.
- > If players need to enter another pairs' playing space to retrieve a ball, make sure play is stopped.
- > Ensure the equipment used is suitable for the ability level of the players.
- > Players must throw / hit the ball at a safe height and speed (not too vigorous).

# Racquet Relay

## SKILL FOCUS

Striking | Throwing | Catching  
Locomotor Movement



### GAME SUMMARY:

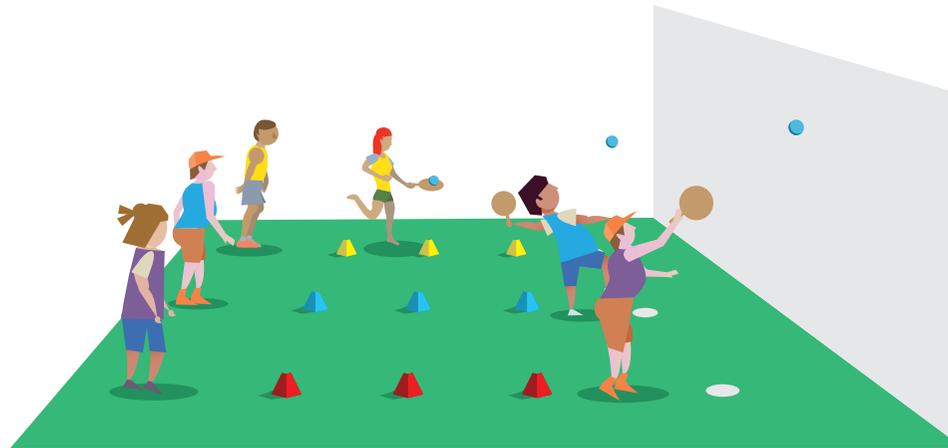
Players combine the skills of balancing a ball on a racquet and hitting against a wall in a relay race.

### Equipment needed:

- > Racquets (tennis, table tennis or bat tennis racquets)
- > Balls - 1 per team
- > Markers

### Game setup:

Players line up in teams of 3 standing approximately 5 metres out from a wall. Place 3 or 4 markers for each team evenly spaced in a line between the team and the wall. Use a dot or marker to indicate where teams line up, as well as where players stand to hit the ball against the wall (approximately 1.5 metres from the wall).



COACH INSTRUCTIONS

### STAGE 1

*“Walk between the markers in a zig zag pattern balancing the ball on your racquet. When you get to the dot / marker, turn around and walk straight back to your team. Give your racquet and ball to the next person in line.”*

Keep going until each player has had 2 turns or call **“STOP!”** after a set period of time.

### STAGE 2

Progression from stage 1 – add skill.

*“This time, when you get to the dot / marker you need to hit the ball against the wall and catch it before walking back to your team.”*

Teams to count how many relay runs they can do in 2 minutes. Repeat and see if they can beat their score.

### STAGE 3

Progression from stage 2 – add skill.

*“This time, after you have hit the ball against the wall, turn around and throw the ball to the next person in your team.”*

**ASK:** *“How can you communicate with your team mate to help them catch the ball?”*

*“What can you add to this relay to make it more challenging?”*

**FOUNDATION:**  
Skill Development



**COMPLEX:**  
Strategies & Tactics

# BRANCH OUT! Tips to modify Racquet Relay

## Rules:

- > Make it easier by removing markers and allowing players to walk in a straight line.
- > Make it harder by adding skills such as bouncing the ball on the bat or bouncing the ball on the floor.
- > Increase or decrease the number of wall hits.

## Equipment:

- > Make it easier with a large or low compression ball. Make it challenging with a smaller, harder ball.
- > Vary the racquet depending on the sport you are coaching and player ability level.

## Teaching Style:

- > **Walk through** the course with players to assist them.
- > Use **questioning** to encourage players to think of their own strategies.
- > Use **role models** to teach game concepts such as finding space, anticipation and deception.

## Environment:

- > Change the dimensions of the playing space. Increase or decrease length of the relay course.
- > Have more or less obstacles to weave around and vary distance between them.
- > Move the hitting line closer or further from the wall.
- > Make sure there are enough relay courses to allow for high involvement.

## ALTERNATE SPORTS & SKILLS

Use this game to develop hand eye coordination and striking skills for tennis or table tennis.



## SAFETY!

- > Ensure there is adequate space between groups.
- > Use equipment that is suitable for the ability level of the players.
- > Ensure play is stopped if a ball needs to be retrieved from another group's playing space.

# No Go

## SKILL FOCUS

Throwing | Catching



### GAME SUMMARY:

Players throw a ball over the 'No-Go' zone to their opponents who catch the ball and throw it back.

### Equipment needed:

- > Balls - variety of sizes
- > Markers

### Game setup:

Mark out a court with a No-Go zone in the middle. Have 1 ball per court. Select an appropriate ball to suit the ability level of players.

■ No Go



### STAGE 1

1 player vs 1 player.

**TO PLAYER 1:** "Throw the ball over the line and make it bounce on the other side of the court."

**TO PLAYER 2:** "Catch the ball and throw it back."

Alternate servers and allow more than one bounce.

### STAGE 2

Progression from stage 1 – add scoring.

"You score a point if your opponent cannot catch the ball after 1 bounce, or if they throw the ball out of court."

Alternate servers.

**ASK:** "Where can you throw the ball to make it harder for your opponent to catch?"

### STAGE 3

Play in teams of 3 or 4.

**TO SERVING TEAM:** "Throw the ball over the No-Go zone. Try to make it bounce on the other side."

**TO RECEIVING TEAM:** "Catch the ball before it bounces and throw it back."

**TO BOTH TEAMS:** "If your team does not catch the ball before it bounces, or if you throw it out of court, the other team scores a point."

**ASK:** "Where should you and your team mates stand to make it easier for a player to catch the ball before it bounces?"

### STAGE 4

Progression from stage 3.

"Before you throw the ball back, you need to make 3 passes (or touches) amongst your team."

**ASK:** "How can you work together to make 3 passes between your team without dropping the ball?"

COACH INSTRUCTIONS

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics



# BRANCH OUT! Tips to modify No Go

## Rules:

- > Restrict the time players can hold possession (e.g. 2 seconds).
- > Vary the type of throw (underarm, overarm).
- > Change the skill – make it harder by hitting or tapping the ball back.
- > Opposition is awarded 1 point if players drop the ball.
- > Make it easier by allowing 2 or 3 bounces.
- > Players use 1 or 2 hands to touch the ball.

## Teaching Style:

- > Use **visual aids** such as picture cards of a throw and catch to demonstrate the skill you want players to perform.
- > Use **staff helpers** to assist groups or join in the game.
- > **Match** players of even ability levels.
- > Use **questioning** to encourage players to think of their own strategies.
- > Use **role models** to teach game concepts such as finding space, anticipation and deception.

## Equipment:

- > Vary the size of the ball. Make it easier with a larger, softer / low compression ball. Make it challenging with a smaller, harder ball.
- > Provide balls of a specific colour or sound to meet needs of individual players.
- > If playing with a bat or racquet, vary the size and weight.

## Environment:

- > Change the dimensions of the court according to ability level and mobility needs.
- > Increase or decrease the size of the No-Go zone.
- > Replicate games across several courts to ensure all players are engaged.

## ALTERNATE SPORTS & SKILLS

Use tennis racquets or smaller bats and tennis balls to develop tennis rally skills.



## SAFETY!

- > Ensure there is adequate space between courts.
- > The ball must be thrown over the line at waist height.
- > Ensure the equipment used is suitable for the ability level of the players.
- > Players must throw the ball at a safe height and speed (not too vigorous).
- > Players should call "mine" when taking a catch to avoid collisions.

# Continuous Tennis

## SKILL FOCUS

Striking | Shot Placement



### GAME SUMMARY:

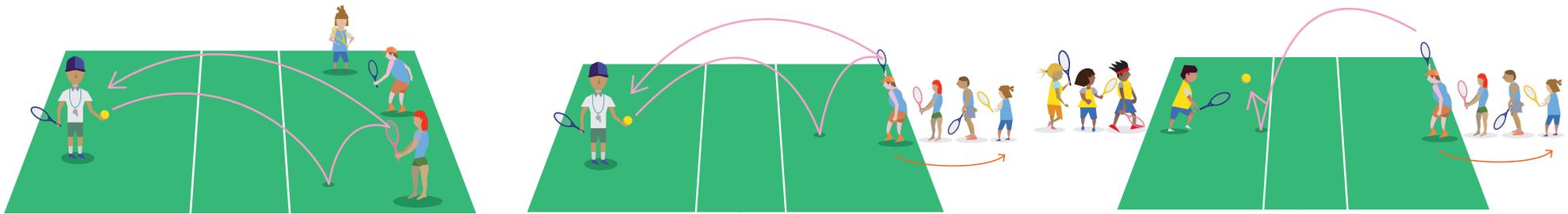
Players hit the ball to the other side of the court then run to the back of the line, making way for the next player in line to hit the ball.

### Equipment needed:

- > Tennis balls (low compression)
- > Racquets - 1 per player
- > Markers

### Game setup:

Play on tennis courts or mark out playing spaces with a no-go zone in the middle to hit over. Split players into teams of 3 or 4. 1 ball for each court.



### STAGE 1

#### Coach vs Players:

Players spread across their side of the court.

*"When I hit the ball to you, try to hit it straight back to me."*

Hit the ball to each player one at a time. After a few shots, get players to move to another spot on the court.

### STAGE 2

#### Coach vs Players:

Players make 1 line behind the base line with the first player on the court ready to receive the ball.

*"I will hit the ball to you. The first person in line needs to hit the ball back to me then run to the end of the line. The next person in line will then hit the next ball back and run to the end of the line."*

### STAGE 3

#### Players vs Players:

One line of 3 or 4 players at each end.

*"The first person in line needs to hit the ball over the net / no-go zone then run to the end of the line. The next person in line will then hit the next ball over."*

Alternate the team who serves to start the rally.

#### Scoring Options:

- COOPERATIVE:** Count how many shots are made in a rally between both teams. Repeat and try to beat their score.
- COMPETITIVE:** A team gets 1 point if the other team is unable to hit the ball back, or if they hit the ball out of court.

COACH INSTRUCTIONS

### FOUNDATION:

Skill Development

### COMPLEX:

Strategies & Tactics



# BRANCH OUT! Tips to modify Continuous Tennis

## Rules:

- > Allow the ball to bounce twice.
- > Serve underarm or overarm. Give players 3 attempts to serve accurately.
- > Change scoring e.g. use a tennis scoring system.
- > Vary numbers on each team.
- > Swap teams – players hit the ball then run to the end of the line on the other side of the court.

## Equipment:

- > Make it easier with a large or low compression ball. Make it challenging with a smaller, harder ball. A balloon can be used if playing indoors.
- > Mark out boundary lines with tape or chalk to make it easier to see if the ball bounces out of bounds.

## Teaching Style:

- > Use **staff helpers** to assist each group, or individuals within the groups.
- > Use **role models** to highlight good hitting technique.

## Environment:

- > Change the dimensions of the court.
- > Replicate game to ensure players get regular turns.

## ALTERNATE SPORTS & SKILLS

Use this game to develop rallying and shot placement skills for tennis. Swap the racquet and tennis ball for a larger ball and use this game to develop passing skills for netball and basketball.



## SAFETY!

- > Ensure there is adequate space between players and groups.
- > Use equipment that is suitable for the ability level of the players.
- > Ensure players waiting for their turn stand behind the base line.
- > Players must quickly get out of the way of the next player. Specify which side of the line players need to run along to get to the back.
- > Ensure play is stopped if a ball needs to be retrieved from another group's playing space.

# Skittle and Wall

## SKILL FOCUS

Throwing | Shot Placement



### GAME SUMMARY:

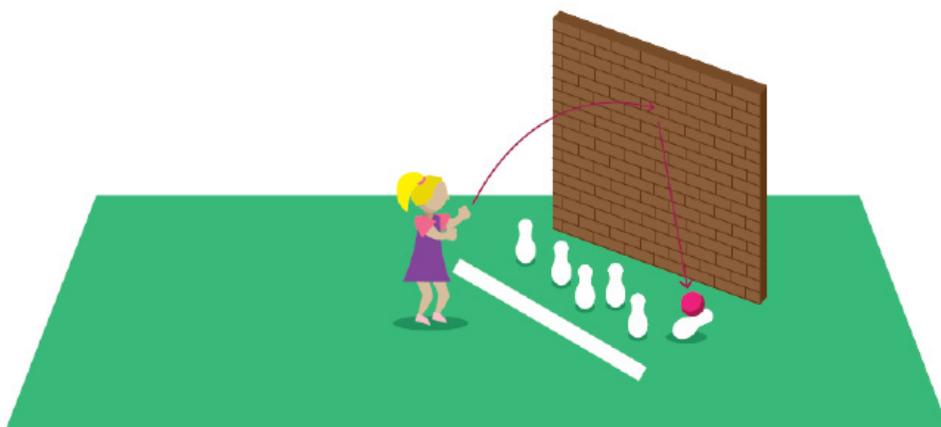
Players throw or hit a ball at a wall trying to use the rebound to knock over skittles with the ball.

### Equipment needed:

- > 6 - 8 Skittles per group
- > Balls (3 per group)
- > Tape or chalk
- > Coloured dots (optional)

### Game setup:

Use a flat playing space against a wall. Set up 6 - 8 skittles approximately 1.5 metres off the wall. Draw a line behind the skittles approximately 2 - 2.5 metres off the wall. Players stand behind the line facing the wall and skittles (coloured dots can be used to show where to stand).



**COACH INSTRUCTIONS**

#### STAGE 1

Play individually. Each player stands behind the line.

*"Throw the ball at the wall. Try to make it bounce off the wall and knock down a skittle."*

Players take it in turns to throw the ball.

Scoring optional: Players get 1 point for each skittle they knock down.

#### STAGE 2

Play in pairs. Pairs line up behind the line.

*"Throw the ball at the wall. Try to make it bounce off the wall and knock down a skittle. After you have had a throw it is your partner's turn."*

Pairs play against another pair. Keep going until all skittles have been knocked down. Pairs count how many skittles they knock down. The team who knocks down the most skittles wins.

#### STAGE 3

Progression from stage 2. Place 2 skittles of a different colour, e.g. red, within the group of skittles (or you can use a different object such as a plastic bottle or witches hat).

*"This time the [red] skittles are worth 5 points and the rest are worth 1 point. The team with the highest score once all skittles have been knocked down wins."*

#### ASK:

*"Which skittles will you try to knock down first?"*

*"Where on the wall will you aim at to try to knock down the [red] skittles?"*

### FOUNDATION:

Skill Development



### COMPLEX:

Strategies & Tactics

# BRANCH OUT! Tips to modify Skittle and Wall

## Rules:

- > Vary the skill according to the sport you're coaching. Players can throw overarm, underarm, hit the ball with a tennis racquet, kick or bowl the ball at the wall.
- > Play in teams of 3.
- > Use more balls. Give each player 2 or 3 attempts each turn.
- > Allow players to throw from wherever they choose from behind the line.

## Equipment:

- > Vary the type of ball. Make it easier by using a larger softer ball. Make it harder by using a smaller or harder ball depending on the sport you are coaching.
- > Use tennis racquets and balls if relevant.
- > Use anything that can be knocked over instead of skittles e.g. plastic bottles, witches hats, drink bottles.

## Teaching Style:

- > Use **visual aids** such as picture cards to demonstrate the skill you want players to perform.
- > Use **staff helpers** to assist each group.
- > Use player **role models** to demonstrate good shot placement.
- > Use **questioning** to encourage players to think of their own strategies.

## Environment:

- > Vary the throwing distance. Move the skittles and the throwing line closer or further from the wall.
- > Play indoors or outdoors.
- > If no wall is available, players can aim directly at the skittles without using a deflection.

## ALTERNATE SPORTS & SKILLS

This game can be used to develop shot placement skills. Players can hit the ball at the wall to develop tennis skills. The ball can also be bowled or kicked at the wall.



## SAFETY!

- > Ensure there is enough space between groups and games.
- > Players wait behind the line and only retrieve balls once all balls have been thrown.
- > Use balls appropriate for ability level.