

One Bounce Net & Wall Games

Equipment

- Ball
- Cones

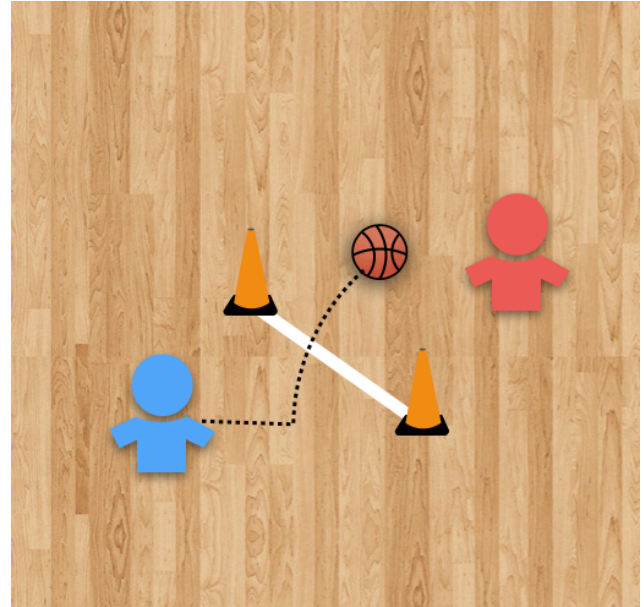


Tactical Focus

- Maintaining a Rally
- Winning a Point
- Setting Up for Attack
- Defend Space
- Defending Against Attack
- Restarting Play

Description

- One player starts with the ball and two hand bounce passes the ball between the cones to their opponent.
- Ball must bounce on your own side of the cones.
- On receiving the ball the opponent bounce passes the ball back through the cones.
- Player must pass the ball from where they catch it.
- Players try to move their opponent to create difficult passing angles.
- If ball does not go through the cones then opponent scores a point.
- If opponent doesn't catch ball a point is scored.
- All restarts must be from 3 steps back from the cones.

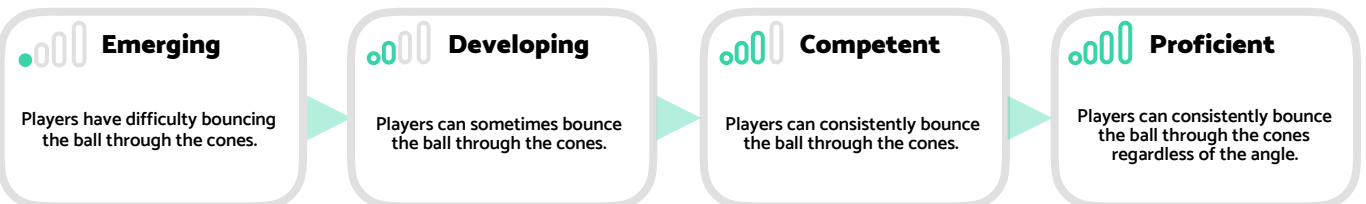


Modifications (Change It!)

- Change it Up**
 - Decrease the width of the cones.
 - Decrease the size of the ball.
- Change It!**
 - Use a racquet/paddle to strike the ball.
 - Create doubles teams and allow 2 players to team up.
- Change it Down**
 - Increase the width of the cones.
 - Allow players to take a designated number of steps before bounce passing the ball.



Assessment



Questions

What is the benefit of moving your opponent away from the cones?
 How can you move to defend your space?
 After you bounce pass where should you move to?