

7. Hoop Bounce

Description

Arrange pupils in pairs, with one basketball or bouncy ball and one hoop per pair. Pupils place the hoop on the ground between them, with one pupil acting as the server and the other as the defender. To begin, the server bounces the basketball into the hoop. The aim for the other pupil is to return the ball by bouncing it back into the hoop again before it touches the ground. To do this they attempt to control the ball by striking it using their hand only (no catching).



The defender can only touch the ball once and the attacker scores a point if the ball is not successfully returned to the hoop. Invite the pupils to play the game as per tennis-rules and scoring system. Pupils will need to move around the hoop and react to a variety of bounces.

Equipment

- Hoop
- Basketball or bouncy ball

Variations

- Introduce catching or allow two or more touches per defender.
- Invite pupils to work together to maintain a rally for as long as possible.
- Introduce a Trampoline if available instead of a hula-hoop for added bounce.