



Australian Government
Australian Sports Commission

EASY MED HARD

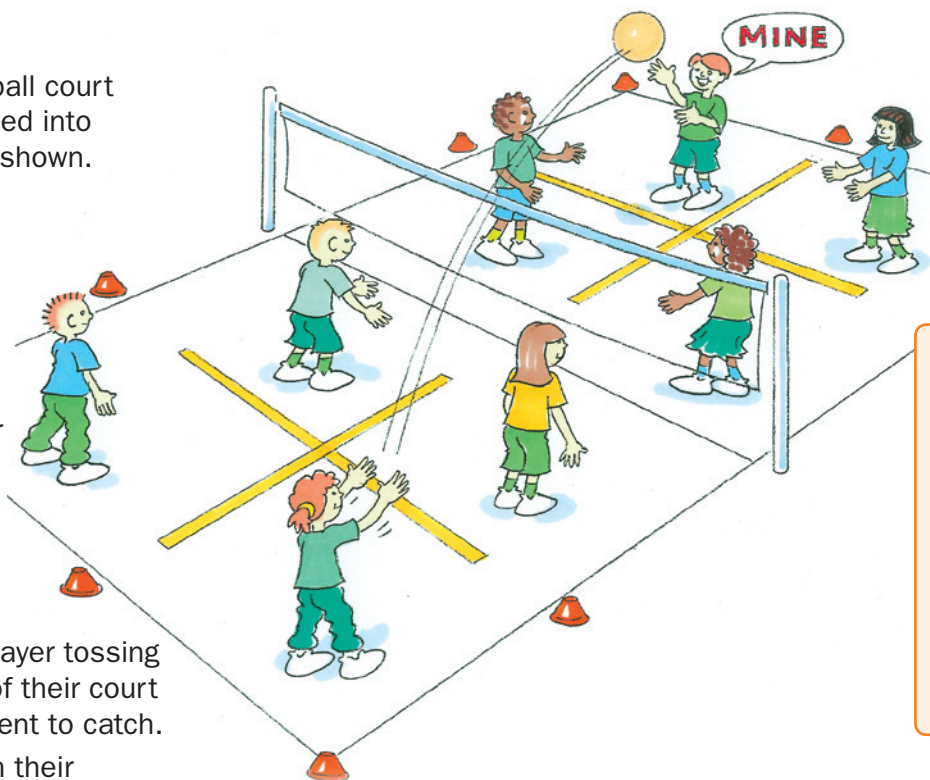


Newcombe ball

2 teams on a court with or without a net. A net is preferable. The serving team sends the ball over the net from the back of the court. 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 8 per court, 4 v 4.)

What you need

- > Tennis, badminton or volleyball court with a net. Each half is divided into four – use masking tape as shown.
- > Net at medium height
- > If you don't have a net, mark out a 'no-go' zone and require balls to be served above head height of teammates in the front row.
- > One soft volleyball or similar
- > Markers as required.



What to do

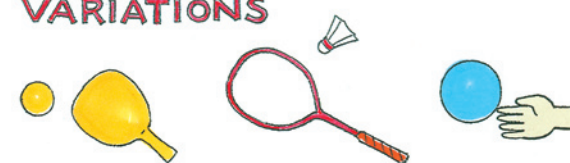
PLAYING

- > The game starts with one player tossing the ball from the back half of their court across the net for an opponent to catch.
- > Each player must stay within their own playing area.
- > A maximum of 3 passes can be made between players *before* the ball is returned across the net.
- > Alternate serves and rotate server each time a point is won.

Change it

- > **Use equipment** – e.g. paddle bat and sponge ball, softball and glove or racquet and shuttle.

VARIATIONS



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

Newcombe ball requires players to work as a team to cover court space on receiving a ball. Servers work on 'finding space' and deception. The receivers combine catching, passing and attacking play.

SESSION
PLANS

Combo > Start out WC 05b + Start out NC 04 + Get Into It NC 06
Mixed combo > Start out WC 05b + Get Into It TG 12 + Get Into It NC 06

Newcombe ball

Skills > Serving (throwing or hitting) with accuracy · Finding or covering space · Anticipation · Teamwork

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), finding space in attack (servers), and combining catching and passing leading to attacking play.
- > Encourage cooperative play from the beginning, with players aiming for long periods without a dropped ball.

Game rules

- > **Supporting a team-mate** – this involves the player in square #1 receiving support. Players can assist the player in square #1 by moving out of their square to work in tandem with this player.

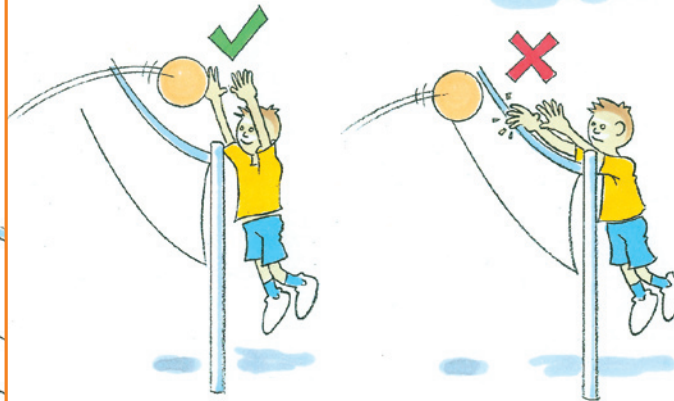


A player can only move out of their square if the ball goes directly to the player in square #1.

The player in square #1 can either send the ball over the net or return it to a team-mate.

Allow 4 touches of the ball before returning it.

- > Allow players access to all court space.
- > Relax the 3-ball rule and allow a ball to be returned directly or passed to a team-mate.
- > Allow serving by a hit over the net.
- > Allow blocking – but not reaching over the net.



- > Allow 'hot potato' passes (instant pass without holding).

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

- > A smooth surface and playing area free of obstructions.
- > Encourage players to call '*mine*' and remind players to keep an eye on the ball and their team-mates.
- > Only use a bat with 1 v 1 or 2 v 2 combinations.

ASK THE PLAYERS

Receivers

- > 'How can you avoid too many players in one area?'
- > 'If you are allowed to move out of your area, what different formations can be used to cover the court? And how can you work together and avoid confusion about ball ownership?'

Servers

- > 'Where might you throw/hit the ball to make it hard for your opponents?'
- > 'What will you do to avoid your opponents blocking the ball?'