Two teams play. Cooperative and competitive options are described. Players try to keep a ball in the air for as long as possible.

**What you need**

- A small inflated ball or a covered sponge ball
- Markers to set out playing areas

**What to do**

The activities below are performed using a volleyball-like hitting action. An alternative for beginners is to allow passing and catching, with players attempting to return the ball as quickly as possible—the quick catch and return action becomes a ‘hot potato’ action with minimal holding of the ball.

**Team cooperative play**

- Two teams. Increase the ‘no-go’ area to separate the teams by 3–5 metres.

**Scoring**

- First pair to a nominated number of points, e.g. 11.
- A team scores if the opposition cannot return the ball.
- If a ball is served out of court, the receiving team scores the point and then serves.

**Pairs cooperative play**

- Two players face each other and hit (volley) the ball back and forth with the palms of their hands as many times as possible. The aim is to set a record for the whole group.

**Competitive game — in pairs**

- A ‘no-go’ area separates players as shown.
- The ball is hit in an underarm action with one or two hands in ‘hot-potato’ style, that is without holding the ball.
- Allow up to 2 hits on each side including the return of the ball—that is, one player allowed 2 hits or each player allowed one hit.

**Lesson Link**

_Wulijini_ provides cooperative play or competition options. The competition option relies on teamwork to cover a court in defence or to ‘find space’ and ground the ball in attack.
Coaching

> The cooperative activities can be used as warm-ups which lead to a range of activities where the object of the game is to keep the ball up in defence and ‘ground it’ in attack.

> Use instances of effective play to highlight teaching points. Let the players do the ‘teaching’!

Change it

> **Lighter ball** – including a balloon.

> **Team sizes** – try different combinations. Use uneven numbers to make teams more even, e.g. if differences are due to age or ability.

> **Serve** – variations include throwing the ball into play, any kind of ‘hot-potato’ (not a ‘carry’) hit with one or two hands or a side-on volleyball type serve.

> **Use a net** – either volleyball or badminton net.

> **Playing area** – adjust the playing area. A long skinny court for example forces one player to the front.

CULTURAL HISTORY

This hand-ball game was played with zamia (Cycas media) seed by the people of Bathurst Island in northern Australia. In the Meda district of north-western Australia, players used flat pieces of wood.