

# Prellball

(Bouncing Ball)



**Aim of the game:** To bounce the ball on the ground over the net to the opponent's side to score the point.

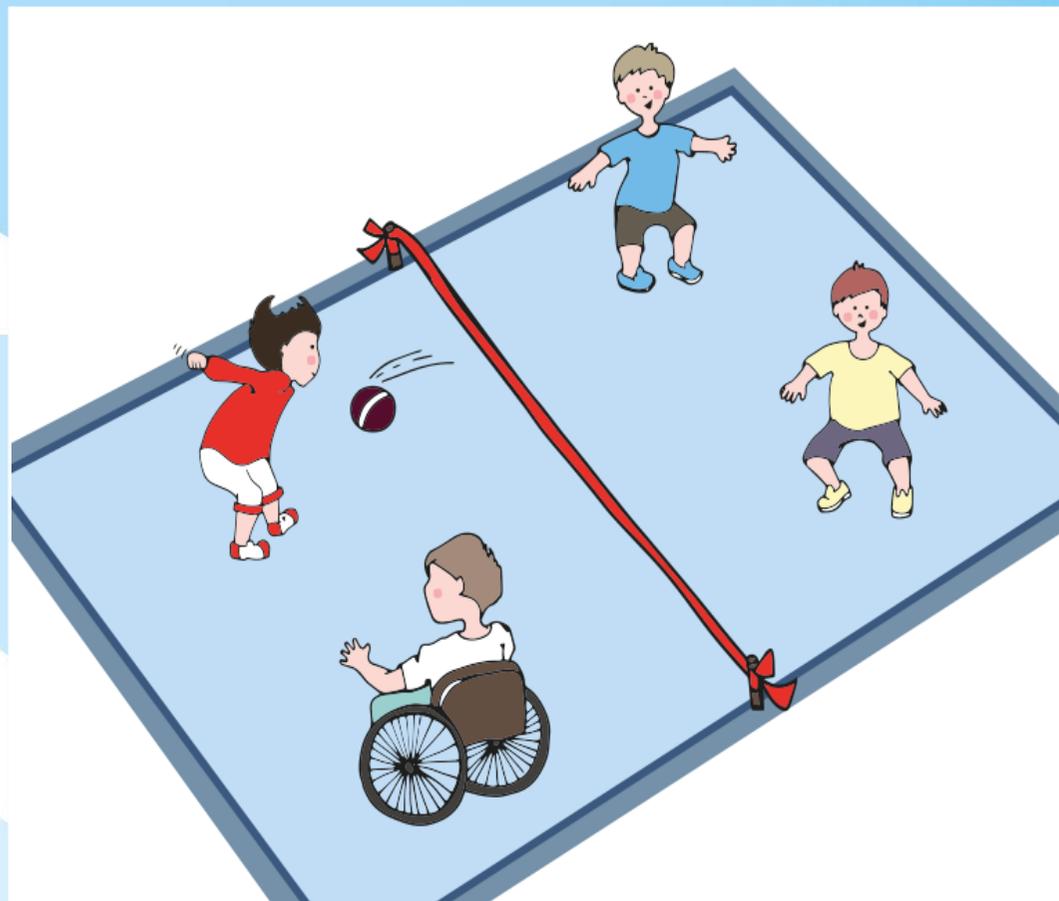
**Set up:** Indoor or outdoor court of 16 x 8 meters, with a 40cm high net in the centre. 2 teams of 2:2, 3:3 or 4:4.

## Rules:

Each point begins with service and ends with the following fault. After each contact the ball must be bounced once. In one turn, each player should bounce the ball one time only, and the ball should be played over the net (ribbon/string) after three touches maximum. Each team has the task to bounce the ball with the fist or forearm on the ground of their own field and pass it over the net into the opponent's half. Here, each player tries to hit the ball so skillfully to make it as difficult as possible for the opponents to return. Neither the ball nor the player may touch the net. An incoming enemy-ball can be bounced right out of the air or after the first bounce on the ground.

The most important errors (i.e. points to the opposing team) are as follows:

- the ball is not returned
- the ball or a player touches the net,
- the ball touches the ground outside the court,
- the ball touches the ground twice in a row without any contact by a player in between,
- the ball is played below the net into the opponent's box,
- more than three players on a team touch the ball during a game turn.



## Equipment and Materials:

Hollow, inflated soft ball; net/ribbon or string or flat mat

**Age:**  
5+

**Number of players:**  
4 – 8

**Duration:**  
Two halves of 10min

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Co-funded by the European Commission



**TAFISA**  
The Association For International Sport for All

## Let's Inklusivize TSG!

### Teaching Style

1. Provide clear and simple instruction
2. Balance the ability level of the teams
3. Complete a walk through the playing area
4. Practice games before introducing scoring
5. Encourage players to communicate throughout the game
6. Safety instructions to be tailored to the environment and participants playing the game.

### Equipment

1. Range of balls can be used that vary in weight, size, speed, texture, density etc.
2. Audible equipment can be used ( e.g. bell or rattle ball, bases that have a buzzer)
3. Brightly coloured equipment can be used
4. Use a flat net or just a line instead of the net

### Rules

1. Allow 2 bounces per player, allow more than 3 hits per team
2. Allow catch and throw instead of hitting the ball
3. Increase/decrease time limit
4. Increase/decrease number of players per team

### Environment

1. Increase/decrease the playing area/distance/ boundaries/zones/pitching distance/shape
2. Ensure the playing area has a smooth surface and is free of obstacles
3. Increase/decrease level of net

