

Pelota Mano Canaria



Aim of the game: Approximately the same than tennis but with 2 teams of 5 players and without net and without racket.

Set up: The game field should have a minimum size of 50m length and 8,5m width. The ground is flat and there is no wall. Put at one end of the field there is a wooden construction or "El Bote" (see pictures).

Rules:

The field is divided in two equal parts by a middle line.

The 2 teams stand on each sides of the pitch. The team who serves has the wooden construction, "El Bote", at the end of the basic line, where the kick-off is carried out hitting the ball with one opened hand, making the ball bounce first against the little platform. The "bote" is fixed, so it is the teams must change fields to serve.

The player who bounces the ball, throws it to the "bote" and then he or she has to beat it to the opposite field. The player in the other team who is next to the ball tries to return it immediately. The ball only can be hit by the player's hand.

Each team is allowed to return it directly or after the first bounce on the ground.

The play continues until a fault is committed (offside; two bounces etc.).

The way of counting is similar to that of tennis (15, 30, 40, 50).



Equipment and Materials: A ball and "El Bote" - this is wooden construction with a little platform.

Age:
7 to 70

Number of players:
5 in each team

Duration:
Unlimited

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Teaching Style

1. Provide clear and simple instructions
2. Balance the ability level of the team
3. Provide enough time for players to familiarize themselves with the equipment and the game.
4. Practice games before introducing scoring
5. Encourage players to communicate throughout the game

Equipment

1. Brightly colored equipment can be used
2. Audible equipment can be used

Rules

1. Increase/decrease the number of players for each team
2. Increase/decrease the size of the pitch



Environment

1. Increase/decrease the size of the ball
2. Modify the texture of the ball
3. Ensure the playing area has a smooth surface and is free of obstacles

