Blanket bounce

Time: 20 minutes

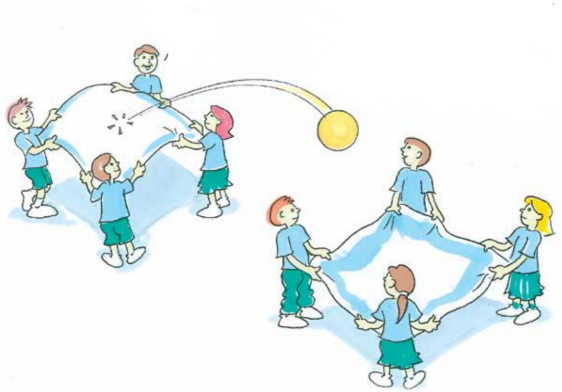
Activity

Partner/group

- A ball is kept in the air using a blanket or towel to prevent it from hitting the floor.
- Work either in pairs (towel) or teams of four (blanket).
- Players toss and catch their ball using their towel/blanket.
- See how many times you can catch and throw without the ball hitting the ground.
- Over-the-net play option: The ball is passed over a net between teams. The net can be a marked space on the ground or fixed object e.g. chairs or table.

Scoring

- Score one point for every time the ball is tossed and caught.
- Over-the-net play
  - Score one point if opponents don't catch the ball, or if they pass the ball out of court.





Equipment

- Blanket or towel.
- Various balls e.g. soccer ball, netball, tennis ball.

Activity variations

- Change the size, weight or shape of the ball being used.
- Try using different objects such as stuffed toys or shoes.
- Use different sized towels or blankets and see how this affects the height and distance of the toss.
- Increase the distance between groups.
- Add a second ball when more than one group is playing and see if you can keep both balls in the air, juggling between both blankets.
- Change the net height and/or court size.

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Adapted from Sport Australia, 2019, Playing for life *Blanket Ball*