

What, Where, Why?

Two Square and Technology

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Court Construction

- Painters tape/Floor tape
- Use 2' by 4' pieces of wood to help measure and tape courts
- Most 2' by 4's come in 8 ft. length (which is the same dimensions as a two square court)
Total = 8' by 16'
- The 2' by 4's will be used as the middle line or net
- Measure the area of the playing space ahead of time and make sure to calculate how many courts can be constructed within the play area
- Milk Crates/cones if wanted for the net where the 2 X 4 sits on top (nets could also be used)

Rules

- Players must strike the ball with an open hand
- Players may not "carry" or catch the ball
- The ball must bounce at least once and only once inside a player's square per shot
- If the ball touches any part of the boundary line, it is in play
- If the ball hits the center line or net it is out of bounds
- If the ball lands outside the line it is out of bounds
- Players may only hit the ball once during a single shot attempt
- A player starts a point at their service line/baseline with an underhand serve
- The serve alternates to the other player after each point
- Rally scoring used (point scored after every serve)

Two Square Shots

Underhand serve
Side strike dominant hand
Side strike non-dominant hand
Two hand drop shot
One hand drop shot
One hand spike

Two Square Drills

One Person Drill
➤ Bounce ups (without court)
Two Person Drill
➤ Partner bounce (without court)
➤ Spot Square (with court)
➤ Times Rally (with or without court)

Game Play Drills

- King/Queen of the Court (with court)
- Around the World (with court)
- Gameplay is for a set amount of time determined by the physical educator
 - Ex. Three minutes, five minutes, length of a particular song
 - Person with the most points wins, if there is a tie, one point sudden victory

For 2nd and 3rd grade students, score does not have to be part of the lesson(s)

Task Analysis/Checklist Example

Type of Ball	Height of “Net”	Rule Modifications
8 ½ inch vinyl ball	On floor	No spike shots
8 ½ inch playground ball	6 inches	Spike shots allowed
6 inch playground ball	12 inches	Allow drop shots
Foam tennis ball	18 inches	Use lollipop paddles