

Ideas for Double-Sided Rebounder

TTS Double Sided Rebounder PE00188

The Double-Sided Rebounder is perfect for:

- Hand-eye coordination and motor skills
- Improving throwing, catching, hitting and kicking skills
- Developing reaction and coordination in different sports and games
- Increasing knowledge and understanding of health and fitness
- Motivating pupils and building confidence and interest in sports
- Small spaces or setting up game stations for practising skills
- Using indoors or outdoors (*weather resistant nylon net makes it ideal for using outside, but it is recommended to avoid leaving it outside for extended periods of time when not in use*)
- Inclusion as the rebounder can be used in different ways and pupils can choose to use from standing or sitting positions.

The Double-Sided rebounder is suitable for a range of ages, from teaching fundamental skills to younger pupils, to sport-specific techniques to older students. They are ideal for individual skill activities, pairs or small group work, or team games. Being double-sided means that it can be played from both sides.

There are many ways to use the rebounder. Here are a few ideas to get you started. We hope you enjoy them.

Games can be adapted to suit different age groups and abilities. For example, under and overarm throwing techniques can be used and the distance from the target can be changed to make it easier or harder.

Young leaders can easily plan, organise and lead activities and set up friendly competitions for all to participate.



Foldable for easy storage

Fundamental Movement Skills

Use the rebounder to develop key skills such as underarm throwing, overarm throwing, bouncing a ball, kicking a ball and catching. You can demonstrate techniques and children can practise the different skills at their own pace to build up confidence.

Throwing and Catching Techniques

Throw and catch the ball using the rebounder. Try different types of throwing techniques and use different size balls. Four players could use the rebounder, two pairs on each side- One practising throwing skills whilst their partner focuses on catching the ball as it rebounds off the net and then swapping.

You could try games such as -

- Throw the ball at the rebounder.
- Let it bounce and practise catching the ball.
- Put in a clap before catching the ball.
- If you drop the ball, go down on one knee, two knees, sitting position.

Relay Rebound

The use of relay type games lend themselves easily to any subject content and can be adapted for a range of cross-curriculum activities.

- Divide into two teams. Each team stands in front of a rebounder panel.
- Teams take turns to throw/hit/kick a ball at the rebounder, retrieve the ball, and run to the back of their line.
- The first team to complete the set number of throws and catches wins.

Kicking and Controlling Techniques

Practise kicking techniques and learn to control the ball when it rebounds. Encourage pupils to use the inside of their foot to kick the ball and control the ball by stopping it with the foot before kicking it back.

Hitting Techniques

Use a hockey stick/cricket bat/tennis racket and practise hitting the ball at the rebounder. Show the pupils how to hold the stick/bat/racket, and how to hit the ball accurately at the target. Bring a competitive edge to see who can keep the ball in the air the longest or who can make the most hits on the net over a set time period.

Rebound Games

Make up games using the rebounder to practise the techniques and skills learnt. For example,

- Play with two teams.
- The attackers try to score by hitting the ball on the rebounder.
- The defenders try to protect the rebounder by deflecting the ball away from the rebounder and stopping the attackers from gaining points.
- When the attackers have a score of 5 the teams swap positions.

Rebound Sports

Use to teach the early phases of sports such as cricket, tennis, football.

- Take turns shooting a basketball, rugby ball, football, hockey ball, etc at a rebounder panel.
- The teams can use different distances to challenge themselves.
- The team that scores the most goals wins the game.

You could also use a goalie to try to stop the ball from hitting the rebounder.

The Two-Sided Rebounder has many possibilities and can be enjoyed by all.

We hope you have fun with your Rebounder. If you have any brilliant ideas for using it and would like to share them with us, we'd love to hear from you.



*Also available as a circular rebounder- **TTS Double Sided Circular Net Rebounder PE02330***