

## Eclipse Ball Pre-Teaching Assignment

### *SECTION 1:*

**Title of the activity with an interesting piece of history of the game. (2pts):** Over the past 25 years Eclipse Ball has become a favorite sport for many Americans and is now an excellent game for physical education classes. The unique rules and modifications to the game make it a fun and energetic sport. Eclipse Ball is a combination of three sports: volleyball, badminton, and tennis. It is an exciting game, that with the “play it rule,” is sure to get the participant’s adrenalin pumping.

### *SECTION 2: (20 points total)*

**Objective of the game (1 point):** Eclipse Ball was created to have fun while playing a game that build confidence. It is a game where the non-athletic player can be on a more equal status with the athletic. Eclipse Ball is a true coed sport. In Eclipse Ball, a light touch is as important to the strategy of winning as a fiercely hit return. It is a game designed to have the camaraderie of volleyball, the spontaneity of badminton, and the excitement of tennis, with the rules designed with fun and action in mind. The fundamental ideas behind Eclipse Ball are a desire for a game with vigorous volleys that aren’t terminated easily and second chances that can extend play even longer. The objective of the player in the game is to win 2 out of 3 games played.

**How a winner is determined (1 point):** Games are to 21 points and half games are to 11. The game must be won by 3 points, and “Game Point!” must be called when the winning point is served. Whoever wins 2 out of 3 games played is the winner.

### **Rules (10 points):**

#### Scoring Rules:

- Only the serving team can score with the exception of the serving team hitting the ball over the net and faulting it. Then the opposing team can yell “Play it!” and continue the game, scoring two points if the original team is at fault.
- Games are to 21 points, half games are to 11, and a skunk is 11 to 0.
- In class, we play best of 3 games, played to 11.
- The game must be won by 3 points and “Game point!” must be called when the winning point is served.
- A ball on the line is always inbounds.
- If the result of a play is unclear the point goes to the losing team.
- Points are awarded to only the serving team when they win. When the other team wins, they do not receive a point but they get to serve.
- The serve is made from 3/4 court or further back and it is always underhand.
- Balls that hit the net and go over while serving are always good.
- Player rotation is like that in volleyball, clockwise. You may decide on the placement of players according to your strategy.
- The ball can bounce twice in bounds one time per side per volley.

#### Game Play Rules:

- When playing on a team the rotation of the players is always clock wise
- When a team is winning by three points or more and they have 10 pts, and they are serving. They must call "game point."
- The ball can bounce once between hits
- The ball can only bounce twice on one side, but not on consecutive bounces, for example; hit, bounce, hit, bounce, hit over, this is good. However; hit, bounce, bounce, hit over, this is no good.
- Each team has 4-6 players on a side and they rotate clockwise.
- Each team can only pass the ball four times between players on the same side.
- If a player hits the net, then the other team receives the point or the serve.
- The ball is usually hit with the racquet, but it is legal to use feet, hands, head, and other body parts to keep the ball in play, but it is illegal to catch the ball and throw it over.
- No player may score on a double hit, which is where they set them self up, but just like in volleyball others can set this player up.
- Players are forbidden to enter the opposing team's court.
- Players can go out of bounds to retrieve a ball hit by their own team.
  - The receiving team in the front row must let the ball bounce once on the serve; the back row may hit it on the fly or let it bounce.
- Ceiling is out of bounds.

#### "Play-It" Situation:

A "Play-it" situation is possible when one of the teams is at fault and the opposite team wishes to keep the ball in play. This is done to gamble for extra points or merely for the fun of extending the volley.

Each time that one team is at fault members of the opposite team have the option of returning the ball and shouting "Play-it!" This alerts all players that the ball is still in play and is worth 2 points. Both teams have the opportunity to rack up 2, 4, 6 or even more points in one extended volley! "Play-its" are not allowed on serves.

A player must not enter the opposite team's court in any way to recover the ball.

If a team fails to call "Play-it!" on an opposite team's fault, and keeps the ball in play, the game is continued as usual, with only the serving team being able to score.

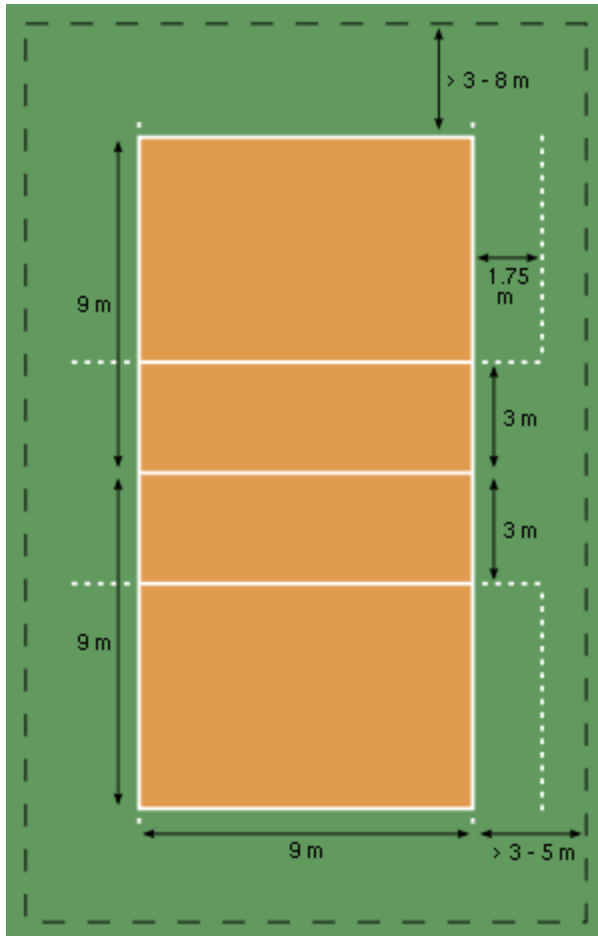
A "Play-it!" call adds 2 points to the team winning the volley for each time that it is used.

#### Recovery:

In the case where a ball first hits inbounds and then lands out of bounds, the returning team has a grace of three bounces to put the ball back in play. Bounces off the wall, bleachers, etc. are counted. Once a player hits the out of bounds ball, their team has three additional bounces for each time it is hit, to gain recovery. If a wildly hit ball lands out of bounds on the opposite team's side, the same rules apply, however the players may not cross under the net. The other team may not touch or interfere in any way with the recovery. Note: a player recovering the ball may not handle or hit the ball more than three consecutive times out of bounds and two consecutive times in bounds.

**Diagram of playing field with measurements (5 points):**

An example of an eclipse ball court could look like this:



**Equipment needed (1 point):**

- A standard volleyball court
- A standard volleyball net (8 feet tall)
- One racquet per player
- “Eclipse Ball” ball

**Number of players on a team (1 point):** There are 4-6 players on a team.

**Guidelines for the Official -where he/she stands, moves & what he/she is responsible for (1 point):** In Eclipse Ball, the official is responsible for determining points and keeping the game under control while enforcing foot faults, jumping past the 10 foot line, etc. The official determines whether the ball is in bounds or out and if “play it” has been played correctly. The official should stand outside of the court. If there is one official, he or she should stand by the

net, so he or she can see on both sides. It is better to have two officials, so that there can be one on each side of the net to administer the game play.

### **Section 3: (25 points total)**

#### **Day 1**

Rachel will take attendance while Wolfe and 3 other students go upstairs to set up 2 volleyball nets and pull out the racquets and balls. Rachel will take the students upstairs and lead them in a dynamic warm up, including skipping, butt kicks, and high knees from baseline to baseline. Students will be asked to do the warm up on the sides of the gym so that they won't get in the way of the set up.

**Introduce Eclipse Ball:** Eclipse ball is a sport that combines the rules and skills of volleyball, badminton, and tennis.

#### **Drill 1: Forehand hitting**

Students will be asked to gather around one of the courts as Wolfe and Rachel demonstrate and explain a forehand hit. Basically, the racquet will be held so that the side of the paddle is facing straight ahead and slightly tilted upward. The paddle should be gripped as though you were shaking hands with the paddle. The paddle should be held in each student's dominant hand. In a forehand, the racquet will hit the ball on the side of your dominant hand. For this drill, students will partner up. One person in each pair will need a ball and the other a racquet. The partners will be on opposite sides of the court, with the net in between them. The partner with the ball will toss the ball over the net so that their partner can practice their forehand and hit the ball back over the net. After 3 minutes, the students who were tossing will then hit and vice versa.

**Physical Set Up:** Two volleyball nets will be set up at the beginning of class. The balls and racquets will also be pulled out.

**Organization:** Students will be asked to partner up. One partner will be on each side of the net and there will be about 3 pairs per court.

**Equipment:** Two volleyball nets will be set up at the beginning of class by the leaders and students. They will be left up for the next drill and taken down at the end of class by the leaders and students. About 6 eclipse balls and 6 racquets will be needed. The balls and racquets will be pulled out at the beginning of class by the leaders, left out for the next drill, and returned at the end of class by the students.

**Objective:** The objective of this drill is to get students comfortable with the basic hitting skill of a forehand stroke while being able to hit the ball over the net.

#### **Drill 2: Backhand hitting**

Students will gather around the court again as Wolfe and Rachel demonstrate and explain a backhand hit. The racquet will be gripped the same way, as though you were shaking hands with the paddle. The racquet will be held in the student's dominant hand. In a backhand, the ball will hit the racquet on the opposite side of your dominant side. (For a right handed player, they will

hit their backhand on their left side. And for a left handed player, they will hit their backhand on their right side.) The back side of the racquet will be used, since you are bringing your dominant hand across your body to your non-dominant side to hit the ball. The backhand stroke is similar to that in other sports. For this drill, students will get with their partners from the previous drill. They will use the ball and racquet from the last drill, with one person on each side of the net. One partner will toss the ball over the net so the other partner can practice their backhand hit. This drill will be done for 3 minutes, and then the students who were tossing will then hit and vice versa.

**Physical Set Up:** Two volleyball nets will be set up and the balls and racquets will be pulled out at the beginning of class.

**Organization:** Students will be partnered with the same partners from the previous drill. One partner will be on each side of the net, and there will be about 3 pairs per court.

**Equipment:** Two volleyball nets will be set up at the beginning of class by the leaders and students. They will be left up for the next drill and taken down at the end of class by the leaders and students. About 6 eclipse balls and 6 racquets will be needed. They will be pulled out at the beginning of class by the leaders, left out for the next drill, and returned at the end of class by the students.

**Objective:** The objective of this drill is to get students comfortable with backhand hitting so they can properly hit the ball over the net.

### **Drill 3: Serving**

Students will gather around the court again as Wolfe and Rachel demonstrate and explain how to serve. When serving, you stand  $\frac{3}{4}$ <sup>th</sup>s of the way back on the court. You can go further back if preferred. You can bounce the ball or hit it in the air and do an underhand pass to the other side of the net. If the ball hits the net and goes over, it is still a legal serve. For this drill, there will be 2 students on each side of the court. One student will serve the ball and they will pass the ball back and forth over the net. Once the ball drops, one student on the other side will serve. The drill will continue until each person has served twice. Both courts will be used, and if there are too many people, 3 students can be on one side.

**Physical Set Up:** Two volleyball nets will be set up and the balls and racquets will be pulled out at the beginning of class.

**Organization:** Students will line up and count off by fours to determine which court they are on.

**Equipment:** Two volleyball nets will be set up at the beginning of class by the leaders and students. They will be taken down at the end of this drill by the leaders and students. 2 eclipse balls and about 10 racquets will be pulled out by the leaders at the beginning of class and be put away by the students at the end of the drill.

**Objective:** The objective of this drill is to help students become comfortable with serving the eclipse ball. It will also help them learn how to control their passes so they can keep a rally going.

At the end of class, students will help the leaders put the equipment away. They will then gather for stretching and critiquing.

## Day 2

Wolfe will take attendance while Rachel and 3 other students go upstairs to set up 2 volleyball nets and pull out the racquets and balls. Wolfe will take the students upstairs and lead them in a dynamic warm up, including skipping, butt kicks, and high knees from baseline to baseline. Students will be asked to do the warm up on the sides of the gym so that they won't get in the way of the set up.

**Brief Review:** Students will be asked to demonstrate a forehand hit, a backhand hit, and a serve.

### **Drill 1:** Setting/Spiking/Blocking

Students will gather by one of the courts so the leaders can explain and demonstrate setting. Basically, when you set, you hit the ball straight up in the air. For this drill, students will get into pairs. The goal is to have each student set the ball to their partner. They will not hit the ball over the net, just practice hitting it in the air. After a couple minutes, the leaders will quickly demonstrate spiking. Basically, it's forcefully hitting the ball to the other side of the net. The students will go back to the court they were on. They will get into groups of three: one student will pass the ball, the next will set it, and the third will spike it over the net. After each group of three goes, the leaders will demonstrate blocking. That is jumping up to reject a spike. Students will get back into their groups of three. This time, there will be one group of three on each side of the net. They will pass, set, and spike the ball over the net and the other side will try to block it. Positions will then switch. Both courts will be used.

**Physical Set Up:** Two volleyball nets will be set up and the balls and racquets will be pulled out at the beginning of class.

**Organization:** Students will choose their groups of 2 and 3 and then be told which court to go on.

**Equipment:** Two volleyball nets will be set up at the beginning of class by the leaders and students, left up for the next drill, and put away by the leaders and students at the end of class. 5 eclipse balls and about 10 racquets will also be needed. They will be pulled out by the leaders at the beginning of class and put away by the students at the end of class.

**Objective:** The objective of this drill is to make students more comfortable with setting, spiking, and blocking the ball.

**Mini Game:** Students will be broken up into groups of 4 and sent to a court. They will be told that you could also use your body when playing, and are encouraged to try it during the mini game. They will play to 11 points, and whichever team wins 2 out of 3 games wins.

At the end of class, students will help the leaders put the equipment away. They will then gather for stretching and critiquing.

### **Day 3**

Rachel will take attendance while Wolfe and 3 other students go upstairs to set up 2 volleyball nets and pull out the racquets and balls. Rachel will take the students upstairs and lead them in a dynamic warm up, including skipping, butt kicks, and high knees from baseline to baseline. Students will be asked to do the warm up on the sides of the gym so that they won't get in the way of the set up.

**Review:** Students may be asked to recall, and demonstrate what mechanics were learned the previous day (serving, setting, etc).

**Physical Set Up:** Two volleyball nets will be set up and the balls and racquets will be pulled out at the beginning of class.

**Organization:** Teams will be pre-determined by the teachers based on gender in order to evenly distribute males and females based on the skill level the students presented in the previous two days.

**Equipment:** Two volleyball nets will be set up at the beginning of class by the leaders and students, and put away by the leaders and students at the end of class. 2 eclipse balls and about 10 racquets will also be needed. They will be pulled out by the leaders at the beginning of class and put away by the students at the end of class.

**Objective:** The objective is to put the skills that the students have learned in the past two days to the test. They will play games in order to show their knowledge of the game and its rules, along with proper mechanics and fundamental gameplay.

**Gameplay:** Three games will be played at approximately 10 minutes each. Four teams will have been pre-determined by the leaders, team 1, team 2, team 3, and team 4. After each game the teams will rotate so that no two teams play each other twice. The games will be played to 11, and the leaders will keep track of scoring. If a team reaches 11 and ends their game before the 10 minute mark, those two teams will play again or until it is time to rotate teams.

At the end of class, students will help the leaders put the equipment away. They will then gather for stretching and critiquing.

### **Day 4**

Wolfe will take attendance while Rachel and 3 other students go upstairs to set up 1 volleyball net and pull out the racquets and balls. Wolfe will take the students upstairs and lead them in

a dynamic warm up, including skipping, butt kicks, and high knees from baseline to baseline. Students will be asked to do the warm up on the sides of the gym so that they won't get in the way of the set up.

**Review:** Students may be asked to explain the rules and or gameplay of eclipse ball, along with understanding how scoring is done. The leaders will review with the students what the "play it" rule is and how it works.

**Physical Set Up:** One volleyball net will be set up and the balls and racquets will be pulled out at the beginning of class.

**Organization:** Teams will be pre-determined by the teachers based on gender in order to evenly distribute males and females based on the skill level the students presented in the previous three days.

**Equipment:** One volleyball net will be set up at the beginning of class by the leaders and students, and put away by the leaders and students at the end of class. One eclipse ball and about 10 racquets will also be needed. They will be pulled out by the leaders at the beginning of class and put away by the students at the end of class.

**Objective:** The objective is to put the skills that the students have learned in the past few days to the test. They will play one large game (a full 6 v 6 game, unlike the previous half games, and mini games they have played thus far) in order to show their knowledge of the game and its rules, along with proper mechanics and fundamental gameplay.

**Gameplay:** One Full game will be played, consisting of three matches played to 21 in order to determine the victor. The class will be split evenly into two teams, separating the students by gender (equal number of males and females on each team). The leaders are to encourage the use of the "play it" rule along with the use of all the Mechanics that were taught. Both leaders will officiate the game. The leaders will also be in-charge of the scoring. If the game ends before it is time to break down the nets, put away equipment, and critique; then the two teams will continue to play until it is time to do so. The game will end when it is time to begin the clean up, stretch, and critique process.

At the end of class, students will help the leaders put the equipment away. They will then gather for stretching and critiquing.

**Leaders' Role:** The role of the leader is to officiate gameplay, to instruct proper mechanics along with the rules of the game, to make sure all players are actively participating in the activity while also behaving, to effectively discipline those students who aren't behaving appropriately, to work as a leader and a teammate with the other leader in order to properly and effectively teach eclipse ball.



**Expectation of students:** Students are expected to actively participate in learning and performing the game's mechanics, rules, and gameplay; so that they are able to play without the help of the leaders after the lesson has ended. Meanwhile, they are also expected to maintain an appropriate behavior throughout the class.