

# Quad Bounder Rebounder



The Quad Bounder Rebounder is a fun and versatile piece of equipment. It has four panels that can bounce back objects aimed at them. The panels can be set up with four sides, three sides or as four individual stations against a wall. It can be used for various activities and games and is easy to pack away and store.

Perfect for:

- ❖ 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.

Ideal for individual skill activities, pairs or small group work, or for team games.



**PE00583**

Here are some activity ideas that you can try with the Quad Bounder Rebounder. You can use these, modify the games or create new ones of your own. Whatever you do have fun and enjoy playing with your Quad Bounder Rebounder!



# Quad Bounder PE00583



## Quad Line Up

- ❖ Line up the quad bounders like in the photo shown.
- ❖ All line up at one end of the quad panels with one ball at the front.
- ❖ The first player bounces the ball at the first panel and runs to the end of the line.
- ❖ The second player retrieves the ball that is rebound from the first panel and throws at the second panel.
- ❖ The third player catches from the second panel and throws at the third.
- ❖ The game continues along the line.

## Control the Ball but not on the Floor!

- ❖ Play keep-me-ups throwing or kicking the ball against the rebounder not letting the ball touch the floor.
- ❖ Count the passes made without the ball touching the floor. How many can you do? See if you can beat your score each time or play against a friend or in teams, totalling everyone's score.

## Quad Sevens

Throw a ball against the rebounder doing different actions for each step. Try to get through all seven steps without dropping the ball.

- ❖ **Seven** throws against the rebounder and catch it without dropping it.
- ❖ **Six** throws so it bounces off the ground before hitting the rebounder, but then catch it without it hitting the ground.
- ❖ **Five** pat –bounces at the target.
- ❖ **Four** under the leg throws and catches.
- ❖ **Three** throws, clap and catches.
- ❖ **Two** throw against the rebounder, and as it comes back pat-bounce twice on the spot.
- ❖ **One** throw of the ball against the rebounder, turn around on the spot and catch the ball without letting it touch the ground.
- ❖ **Zero** Start again but change one action inventing more games as you go on.

# Quad Bouncer PE00583



## Quad Relay

- ❖ Divide into three 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.



## Quad Target

- ❖ Set up targets on the ground in front of each rebounder panel.
- ❖ The targets can be cones, hoops, mats, or anything else.
- ❖ Divide into teams, each team facing one of the rebounder panels.
- ❖ The groups take turns throwing different objects at the rebounder, trying to make them land on the target.
- ❖ The objects can be beanbags, balls, or similar.
- ❖ The group that hits the most targets wins.

## Quad Goal Score

- ❖ 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.

# Quad Bounder PE00583



## Throwing, bouncing, kicking, hitting

- ❖ Throw and catch the ball and move around the quad. Try different types of throwing techniques and use different size balls.
- ❖ 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.
- ❖ Practise kicking techniques and learn to control the ball when it rebounds.
- ❖ Use a hockey stick/cricket bat/tennis racket and practise hitting the ball at the quad bounder.

## Quad Dodgeball

- ❖ Divide into two teams, the throwers and the dodgers.
- ❖ Place the Quad Bounder Rebounder in the middle of the playing area.
- ❖ The throwers throw balls at the dodgers and try to get them out by hitting them below the knee.
- ❖ The dodgers can use the rebounder to dodge or deflect the balls.
- ❖ When all the team have been caught the teams swap positions.

## Quad Cricket

- ❖ Divide into two teams, batters and fielders.
- ❖ The batting team stands facing one of the rebounder panels. A cone is set up for the batters to make their runs. The fielding team stands around the rebounder, trying to catch the balls.
- ❖ The batting team throws a cricket ball at the rebounder and then runs to the cone. How many runs can they make before the fielders catch the ball or return it to their fielder positioned by the rebounder?
- ❖ The game ends when all the batting team have had a go.

We hope you enjoy these games.

If you have any brilliant ideas for other ways to use the Quad Bounder Rebounder please get in touch.

We'd love to hear from you.

