



FISTBALL
ACADEMY

MODUL 2

Introduction



**Learning the game of Fistball
without prior knowledge**

- Training for beginners
- Education for teachers
- Education for coaches

Content



1.	Basics of the Game, Game Equipment and Rules	Page 3
2.	Fistball for Beginners and Fistball in Schools	Page 4
	2.1) Method	
	2.2) Basic techniques	
	a) Lifting the ball - acceptance and pass	
	b) Attack	
3.	Warm-up and Beginner Exercises and Games	Page 6
	3.1) Fistball specific warm up exercises	Page 6
	a) Ball under the line	Page 6
	b) Ball over the line	Page 7
	c) Armhockey	Page 7
	d) Fist-basket	Page 7
	e) Mat fistball	Page 8
	f) Meeting ball	Page 8
	g) Fire fistball	Page 9
	h) Tower fistball	Page 9
	i) 10-man fistball	Page 9
	j) Conqueror's castle	Page 10
	3.2) Lifting the ball – receiving and pass	Page 10
	3.3) Attacking from a standing position	Page 11
	3.4) Jump hit	Page 12
	3.5) Fistball – small games	Page 13
	a) Small field fistball	Page 13
	b) Mini-fistball	Page 13
	c) Fistball-squash	Page 14
	d) Fistball tennis	Page 14
	e) Fistball round	Page 14
	f) Bankers' fistball	Page 15
	g) Dead space	Page 15
	h) 2-net fistball	Page 15
	i) Emperor fistball	Page 16



4. Organisation of Complex Exercises	Page 16
5. Example Teaching Unit	Page 17
6. Bibliography	Page 17
7. Annex	Page 17
7.1) Service from below	Page 18
7.2) Receiving & passing - forearm play	Page 18
7.3) Attacking from below & accurate / flat forearm game	Page 19
7.4) Playing/tournament with forearm play	Page 19
7.5) High forearm play	Page 20
7.6) Service using overarm - attacking from above with catching & throwing	Page 20
7.7) Attacking from above - hitting the ball in movement - deepening forearm play	Page 21
7.8) Final tournament on small field in 2-2	Page 21

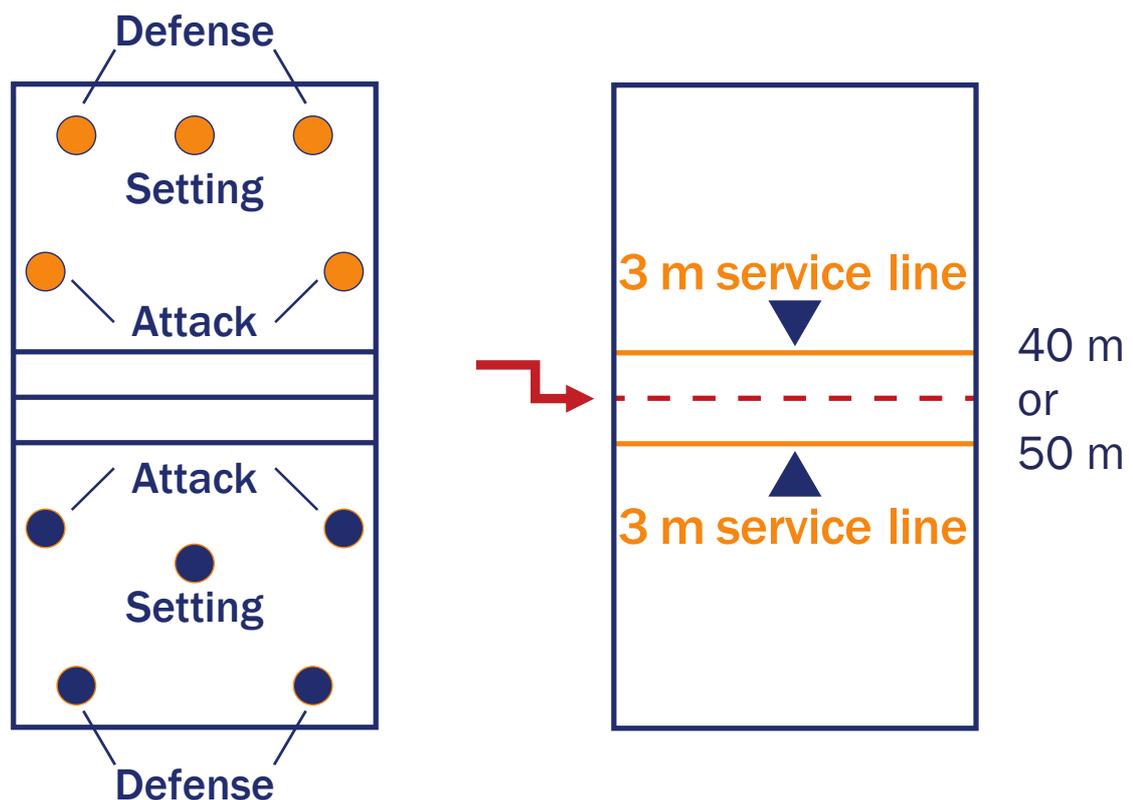
1. Basics of the Game, Game Equipment and Rules

Fistball is a game similar to volleyball in which two teams with up to five players face each other on two half-fields. The size of the pitch is up to 50 x 20 m on grass in summer and up to 40 x 20 m indoors in winter. The ball may be played three times and may only bounce once on the pitch before each touch - direct play (hitting before the bounce) is permitted. The teams try to hit the ball over a net (alternatively tape or string), which is up to 2 m for men and up to 1.90 m high for women. The aim is to play the ball in the opponent's field in such a way that the opponent cannot reach it or can only reach it with difficulty. The ball may be touched with only one arm or fist, and only three different players per move. It is transported into the opponent's field of play, received there, passed to the front, and finally struck back. The right to serve from a line three metres away from the net is given to the team that has previously made a mistake.¹

Possible errors are:

- Ball touches the net or is not played over the net
- Ball bounced twice
- Ball is played with the body or with both arms
- Ball is hit out
- Ball is touched twice by one person

The circumference of the ball is 65 to 68 cm, it's weight 320 to 380 g. For the youth and beginners', there are balls that are lighter and softer according to different age groups and requirements.



¹ Cf. IFA Fistball rules. Gümlingen (Schweiz): 2007.

2. Fistball for Beginners, and Fistball in Schools

- **Set up:** Volleyball court divided lengthwise by a band into three small fields
- **Age:** 6+ years
- **Group size:** 1 against 1 or 2 against 2 in each field
- **Materials:** one (long) band – stretched at head height – one ball per field
- **Field:** one third of the volleyball court
- **Rules of the game:** modified fistball rules – depending on level of performance
- **Target:** Learning the basic techniques



2.1) Method

At the beginning, 2 against 2 or 3 against 3 should be played on the playing fields, so that up to 30 children are actively involved in the games and exercises.

The bouncing of the ball, especially for beginners, considerably reduces the complexity of the game compared to volleyball and takes the dynamics out of the game. Each person has time to estimate the trajectory of the ball before touching it and does not have to continue to play the ball as accurately. As a result, children can have decent rallies within the first few hours.

At the beginning of the learning process, the children should develop fistball specific movements through free play and then reflect on these movements. The technically "correct" execution of movements and corrections are not the focus at the beginning of the learning process.

The playing field described above measures 6 m x 4.5 m per half, which is perfect to introduce the sport. They achieve immediate success, as the ball does not have to cover long distances. However, enough mistakes still happen in the game so that the children are still intrinsically motivated to improve.

In the initial phase, the motto of the game should be "precision before strength": the basic techniques should be learnt before power is a focus.

The original idea of a 5 vs. 5 game is reduced to 1 vs. 1, 2 vs. 2, so that if the playing field is reduced, each child can hit the ball more often, participate more, and develop his or her overall playing ability. For these reasons, fistball is ideal for school and beginner sports at all ages and levels.

2.2) Basic techniques

A rally is divided into receiving, passing and attacking. Receiving and passing are summarised under the term "ball lifting" which is played underarm. The basic technique for attack includes the playing at or above head height, hitting from a standing position and when advancing, playing with a jump.

a) Lifting the ball – Receiving and passing

For a successful game the body of the player should be behind the ball so that it can be played forward away from the body. The arm is stretched and straight (thumb outwards). The strength and movement does not come from the arm, but from an up and forward movement of the entire body with a fixed shoulder and elbow joint. The angle of the arm gives the ball direction- The steeper the arm, the flatter and further the flight curve of the ball. The flat and wide inner side of the forearm is the best place to play a ball to control it effectively. In the beginner area the ball can be tapped once before it is played over the net.

b) Attack

The attack stroke is executed with the fist overhead and is similar to throwing a ball. The ball is hit with the side of the little finger ("hammer blow") or the fist inside ("core strike"). The core strike uses straight fist with a larger surface area of the fist, which more success with beginners.

Core Strike



Hammer Blow



3. Warm-up and Beginner Exercises and Games

The following points provide help for school sports or beginners' training. They include general and specific warm-ups, coordination and strengthening exercises, as well as small games to help make school and training lessons meaningful. Strength and coordination can be trained intensively regardless of age, but not without specially adapting the exercises to suit the needs of your group.

"General warm up" refers to activities that aim to activate the entire body and warm it up. The cardiovascular system and the muscles are then prepared for the upcoming strain. Ideally, this is possible by primarily involving the large muscle groups. The general warm up should be done rather slowly and always before the specific warm up. ²

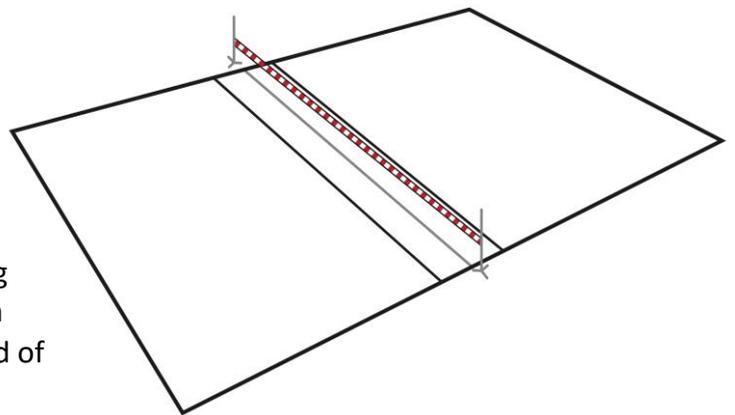
"The specific warm-up is to prepare for the specific contents of the sports lesson, training, or competition. Exercises that are directly related to fistball: sport-specific movement, stretching exercises, coordinative exercises, and warm up of specific muscles, are included in the preparation". ³

3.1) Fistball specific warm up exercises

a) Ball under the line



- **Age:** 6+ years
- **Group size:** two teams with five to ten players each
- **Materials:** five to ten balls and a string stretched to a height of approx. 60 cm
- **Playing field:** one volleyball court third of each volleyball court
- **Rules of the game:** The teams stand in their respective fields. Players roll or throw a ball under the line to try and hit the base board. Defenders may only use their hands to stop the ball. If the ball gets past them and hits the wall (or designated area), points are awarded to the other team
Important: The ball may only be defended with the hands.
- **Goal:** General warm-up
 - Practice the movement of getting in behind the ball
 - Training of the low KSP position for fistball defense



² Dober, Rolf (April 2010). Warming up in sports lessons. <http://www.sportunterricht.de/aufwaermen/allspezauf1.html> (10.01.2011)

³ Dober, Rolf (April 2010). Warming up in sports lessons. <http://www.sportunterricht.de/aufwaermen/allspezauf1.html> (10.01.2011)

b) Ball over the line



- **Age:** 6+ years
- **Group size:** two teams with up to five players each
- **Materials:** a ball and a cord stretched to approx. 2 m
- **Playing field:** one volleyball court third / one volleyball court
- **Rules of the game:** The teams face each other in their playing fields. Player A throws the ball one handed over the net from the base line. Player B throws it back in the same way.

Variation: Player A1 throws the ball two handed (underarm) up to the centre of their own court. Player A2 catches the ball after the bounce and the uses one hand to throw the ball overarm over the net

- **Goal:** - General warm-up
 - Introduces the basic idea of the game of fistball (three touches > move the ball gradually to the net)

c) Armhockey



- **Age:** 6+ years
- **Group size:** two teams with five to ten players each
- **Materials:** one or more balls
- **Playing field:** volleyball or basketball court
- **Rules of the game:** Teams use their arms as hockey sticks to play the ball into a goal or designated area. The ball must be rolled on the ground and arms must not be used above the waist.
- **Goal:** - General warm-up
 - Practice the movement of getting in behind the ball
 - Training of the low KSP position for fistball defence

c) Fist-basket

- **Age:** 8+ years
- **Group size:** two teams with four to ten players each
- **Materials:** one to two balls
- **Playing field:** Basketball court
- **Rules of the game:** Normal basketball game, points can only be scored with the fist or can be achieved on the forearm. A board hit scores one point, basket ring and Net two points and hits five points. The ball played to the board must be thrown by a team-mate.

Alternative:
The ball may not be run with and the ball may only be played on with the forearm will be (throw and catch).
- **Goal:** - General warm-up
 - Targeted game
 - Basic technique "Lifting the ball"

e) Mat Fistball

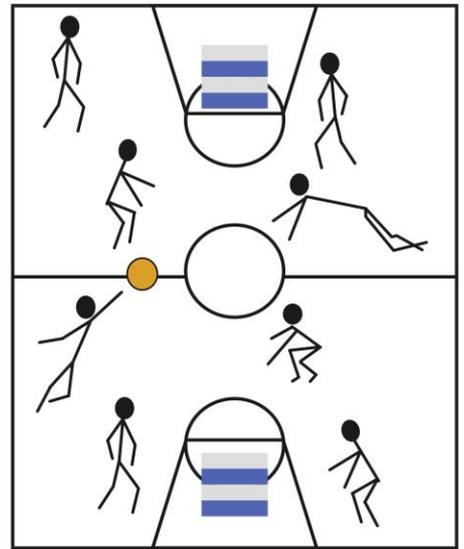


- **Age:** 8+ years
- **Group size:** two teams with four to ten players each
- **Materials:** two mats or boxes, one to two balls
- **Playing field:** Basketball or handball court
- **Rules of the game:** The aim is to get the ball onto the mat or into the box of the opponents. If the ball lands next to it, it always goes to the defending team. Lift the ball to your teammates using an underarm pass, they are then to catch the ball and continue the play to try and score a goal.

Alternative:

A point can only be scored if an attacker catches the ball in a jump and lands on the opponent's mat.

- **Goal:** - General warm-up
 - Targeted game
 - Basic technique "Lifting the ball"



f) Hitting ball



- **Age:** 6+ years
- **Group size:** 5 to 25
- **Materials:** fistball or soft ball
- **Playing field:** Basketball court
- **Rules of the game:** All against one, or against two. The team tries to chase a designated target (player A) using an underarm serve. A defense shot may be played with correct fistball defense. After a set time, the 'hunter' and the 'rabbit(s)' are changed.

Alternative:

Two teams face each other. The teams try to play the opponent's player. Every hit is counted. You may not cross the centre line.

- **Goal:** - Basic technique "Lifting the ball"
 - Response training

g) Fire Fistball



- **Age:** 6+ years
- **Group size:** two teams with four to ten players each
- **Materials:** a ball, various mats or flags, 1 small box
- **Playing field:** volleyball or basketball court
- **Rules of the game:** The ball is placed in play from the start as an underarm serve. This player sends their serve into the group. The defending team plays the ball as an underarm serve towards a box placed in the middle of the hall. If the ball is in the box and the person running between two markers, the person is out. After a fixed playing time, the teams change their tasks.
- **Target:** - Basic technique 'Serving underarm'

h) Tower Fistball



- **Age:** 6+ years
- **Group size:** two teams with four to ten players each
- **Materials:** two small boxes, one ball
- **Playing field:** badminton, volleyball or basketball court
- **Rules of the game:** Each team places a box on the baseline and chooses a player to stand on this 'tower'. The other players in his/her team lift the ball to each other underarm, and try to send their ball to the player on the tower. The player that lifts the ball to the person on the tower earns a point for his team, and swaps places with the player on the tower. No walking with the ball is permitted.
- **Target:** - Basic technique 'Lifting the ball'

i) 10-man Fistball



- **Age:** 6+ years
- **Group size:** two teams with four to ten players each
- **Materials:** one ball
- **Playing field:** volleyball or basketball court
- **Rules of the game:** Players are split into two teams. Each team tries to reach ten 'lifts' in a row. Once this has been achieved the successful team scores a point. The defending team tries to catch the ball mid play, and then immediately becomes the scoring team.
- **Target:** - Basic technique 'Lifting the ball'

j) Conquerors Castle



- **Age:** 6+ years
- **Group size:** two teams with six to fifteen players each
- **Materials:** four benches (= castle walls); four small and/or large boxes; ten to fifteen fistballs (= stink bombs)
- **Playing field:** Benches and boxes are used to build a castle with a courtyard around which a water ditch is marked. Adjust the size of the castle and width of the moat according to the number of players and their strength.
- **Rules of the game:** The conquerors of the castle throw the stink bombs (balls) over the wall using an underarm throw, so that they land in the castle courtyard. Balls thrown must be from outside the water moat
Alternative:
Variant (1): The conquerors of the castle underarm serve into the castle courtyard. One point for each touch of the ground – playing time one to two minutes. Change conqueror and defender
Variant (2): The conquerors of the castle hit the balls from above, and the ball must now be played at least once in the water moat.
- **Target:** - General warm-up
- Basic technique 'Lifting the ball'
- Basic technique "Attacking the ball'

3.2) Lifting the Ball – Receiving and Passing

A short explanation of the rules (e.g. "The ball may be played once on the pitch before each touch. After a maximum of three touches, the ball has to pass back over the net) is quite sufficient to allow the first games to be played on small pitches. At these games (1 vs. 1 or 2 vs. 2) a few variations can then be introduced:

- the ball may be caught and thrown
- the ball may be lifted with one hand on the other forearm
- a certain number of touches of the ball is given (training of accuracy)
- rings are used as targets for the first or second ball in the field (training of accuracy)

In addition, there are tips and technical training courses to accompany the learning process – but only briefly. When playing, the children should make sure that

- play with the arm untwisted, stretched out and fixed
- the playing movement comes from a low-high movement of the legs
- always look in the direction of play (bring your body and arm behind the ball)

All measures and instructions promote the accuracy of the shots and thus bring success in the game.

These phases of the game can be interrupted by short series of exercises, which can be carried out for individual practice, even with a competitive character. The following exercises are suitable for this:

- Balance the ball on the forearm,
- Play the ball after throwing it up against the wall at a short distance
> **Variations:** Catch the ball or play continuously
- Play ball vertically up
- > **Variations:** Catch the ball or play continuously, play the thrown ball back to a given target
- Playing on the basketball hoop
- > **Variation:** Catch the ball or continuous play
- Playing to a person standing on a large box (high playing of the ball),
- Playing ball when standing on a bench/a small box (low-high movement),
- Play the ball back and forth in pairs, with one or two ball contacts per player, over a bench/net or under a net,
- See Fistball – "Small Games"

The playing field can be continuously enlarged during the exercise phases. The badminton, volleyball or basketball courts in the hall are ideal for this purpose. However, a game 3 against 3, 4 against 4 or 5 against 5 should then also take place.

3.3) Attacking from a standing position

For children, the "attack from a standing position" is nothing more than throwing a ball, so that this technique can be introduced as catching and throwing. You will learn the correct sequence of movements (leg /arm position leg/arm extension) and can extend their previous playing ability. With this form of play, put emphasis on high play (reinforces again the basic technique of "lifting the ball") so that the attacker can catch the ball overhead. The lift should only be integrated after further practice, as the ball becomes less accurate than when throwing and so the game becomes more difficult for the children. You should point out to the children here again the motto "precision before strength". Through the small, short playing field, they are also forced to attack in a reserved manner and thus use their technique carefully.

These phases can be interrupted by short series of exercises for Technical training or improvement.

The following exercises are suitable for this purpose:

- Bounce the ball on the ground with closed fist (both types of strokes: "hammer" and "core"),
- As above – but now while moving
- Gently knock the balls held by your partner out of their hand,
- Serves (throwing the ball up and hitting it overhead) to the wall/over a net
- Target hitting of the ball from the serve (on mats, boxes, etc.),
- Hit balls that are set/thrown,
- Serve over the net to a partner,
- Bounce bounced balls towards your partner > catch and play back,
- Target the bouncing ball (on mats, boxes, or similar)
- See Fistball – "Small Games"

As with "lifting the ball", the pitch should be continuously adapted to the performance and can be adjusted and enlarged. In order to "slow down" overly strong attackers during the game (so that a game can take place), either the net can be hung higher or an "attack line" can be introduced further back on the field, so that all players are able to take thrown or hit balls.

3.4) Jump Hit

This technique requires a high degree of coordination skills. Therefore the children should first catch the ball over their heads with one hand, they should then try to catch it again, following three steps. Start up, bring the arms backward and then in the jump phase perform a throw. The exercise hardly differs from the standing technique and still offers a new challenge for the children. The "Picking up" (catching) of the ball can be integrated into the starting phase depending on their level of performance. This is a complex movement, especially for younger people, because they have to concentrate on two things at once. At the end of this unit the children then try to "hit" the ball in the bounce phase.

These phases can be interrupted by short series of exercises for Technical training or improvement. The following exercises are suitable for this:

- Jump throws against the wall or over the net,
- Hit balls held in the hand of the partner in the jump,
- Hit bouncing balls in the jump,
- Jump throws or strikes with target,
- See Fistball – "Small Games"

As described in the previous sections, the playing field can again be enlarged to suit the performance. Just as with the "attack from a standing position", good throwers should again be "slowed down" by special rules, so that all children have a chance to improve their techniques.

3.5) Fistball – "Small Games"

a) Small Field Fistball

- **Age:** 6+ years
- **Group size:** up to 5 with or against 5
- **Materials:** one ball and one string per field
- **Playing field:** **depending on the** number and age of players and their level, hall markings will be determined separately (at the beginning start small rather than large)
- **Rules of the game:** The serve is served either from a position behind the court or from the service line. The ball may be played 3 times and may touch the ground once before each hit. The team that makes the mistake serves the ball next. Variations on the serve/the number of touches are permitted for varied ability
- **Target:** - Basic technique "Lifting the ball"
- Basic technique "Attacking the ball"

b) Mini-Fistball

- **Age:** 6+ years
- **Group size:** up to 3 with or against 3
- **Materials:** one ball and one bench per field/court
- **Playing field:** Determine the playing field according to the level of performance
- **Rules of the game:** The ball is put into play by a team by throwing it into the game. The ball may be touched (played or caught) a maximum of 3 times per team. The ball may touch the ground once in between. A point is scored if the ball cannot be played on, lands out of bounds or touches the line.
- **Target:** - Basic technique "Lifting the ball"
- Basic technique "Attacking the ball"

c) Fistball-Squash



- **Age:** 6+ years
- **Group size:** 1 with or against 1 or 2 with or against 2
- **Materials:** one ball per field
- **Playing field:** self-defined with one side of the wall as a boundary (maximum 9 x 9 m)
- **Rules of the game:** The ball must be played against the wall and then land in the playing field. Play is played alternately between the teams, in doubles also alternately in teams. A point is scored if one team has not played the ball against the wall or out of bounds.

Alternative:

Two touches per team per move (with attack)

- Target:**
- Basic technique "Lifting the ball"
 - Basic technique "Attacking the ball"

d) Fistball-Tennis

- **Age:** 8+ years
- **Group size:** 1 or against 1
- **Materials:** one ball and one string/bench per pitch
- **Playing field:** one third of a volleyball court (see above)/badminton court
- **Rules of the game:** The ball must be played directly back into the opponent's court after each touch. A point is scored if the ball cannot be played on, goes out of bounds or touches the line.
- **Goal:** - Basic technique "Lifting the ball"

e) Fistball Round



- **Age:** 6+ years
 - **Group size:** up to twelve players
 - **Materials:** one ball and one string per field
 - **Playing field:** one third of a volleyball court (see above)/badminton court / volleyball court
 - **Rules of the game:** The ball must be played directly back into the opponent's court after each touch. Each player follows the ball into the opposite field and lines up at the back of the field.
You are "out" if you do not manage to play the ball over the line into the opposing pitch. The last two players play a final game according to the rules of small field football with victory after three points. (cf. round robin in table tennis)
- Alternative/facilitation:*
- Two touches of a player in a row*
- **Goal:** - Basic technique "Lifting the ball"

f) Bankers' Fistball

- **Age:** from six years
- **Group size:** 1 with or against 1 to 3 with or against 3
- **Materials:** one ball and one bench per field/markings cap
- **Playing field:** Determine the playing field according to the level of performance
- **Rules of the game:** The team that has made a mistake brings the ball into play. The serve is served from a position behind the pitch executed. The ball may be played 3 times and may touch the ground 1 time before. The ball may only be played by "lifting the ball".
- **Goal:** - Basic technique "Lifting the ball"
 - Training of the low KSP position for fistball

g) Dead Space

- **Age:** 6+ years
- **Group size:** up to 5 with or against 5
- **Materials:** one ball and one string per field
- **Playing field:** badminton/volleyball court
- **Rules of the game:** The ball is brought into play by a team by throwing it into the game. The ball may only touch (played or caught) a maximum of 3 times per team will be. The ball may touch the ground once each time. A point is scored if the ball cannot be played on, lands out of bounds or touches the line. The "dead space" (around the centre line) may not be entered by the players to prevent hard attacks or throws.
- **Goal:** - Basic technique "Lifting the ball"
 - Basic technique "Attacking the ball"

h) 2-Net-Fistball

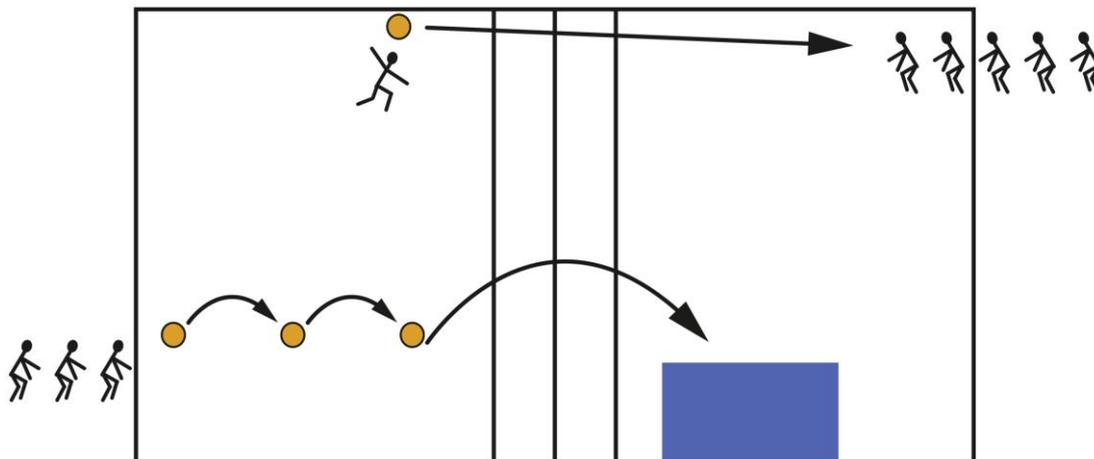


- **Age:** 10+ years
- **Group size:** up to 3 with or against 3
- **Materials:** one ball and two strings per field
- **Playing field:** depending on the number and age of players, playing strength, hall markings are defined separately (at the beginning start small rather than large)
- **Rules of the game:** The team that has made a mistake brings the ball into play. The serve is made from the service line. The ball may be played 3 times, before it touches the ground once each time and must be played through between the nets.
- **Goal:** - Targeted game
 - Basic technique "Lifting the ball"
 - Basic technique "attack" if applicable

i) Emperor Fistball

- **Age:** 6+ years
- **Group size:** up to 5 against 5
- **Materials:** one ball and one string per field
- **Playing field:** depending on the number and age of players, playing strength, the hall markings defined separately (at the beginning start small rather than large)
- **Rules of the game:** The team that has made a mistake brings the ball into play. The serve is served from a position behind the pitch or the service line. The ball may be played 3 times and may touch the ground once before. Variations in the number of touches on the serve are desired for variety. After the final whistle, the winner moves one field forward and the loser moves one field back. The loser on the worst field stops and the winner on the best field stops as well.
- **Goal:** - Basic technique "Lifting the ball"
- Basic technique "Attacking the ball"

4. Organisation of Complex Exercises



- **Age:** 6+ years
- **Group size:** up to 20 students
- **Materials:** one ball per person/one cord/one mat
- **Playing field:** fistball field or volleyball court
- **Rules of the game:** each player runs after his ball and places himself on the other side again.
- **Procedure:** Take the ball > pass > lift the ball twice and then play variations over the line: changing arms/number of touches and targets/direct play/etc.
- **Goal:** - Basic technique "Lifting the ball"
- Basic technique "Attacking the ball"

5. Example Teaching Unit

After the first couple of double lessons, children should be able to perform almost flawless rallies. After eight double lessons, a game is played on the small pitch according to modified fistball rules.

The field sizes given in the script should be adjusted according to age and performance. Beginners have more success in smaller fields, therefore the field size should be adjusted carefully.

The complete overview of the unit is in the appendix of this script.

Hour	Subject
1	Underarm serving
2	Receiving & passing forearm play
3	Passing underarm & accurate / flat forearm play
4	Playing/tournament with forearm play
	Finish flat forearm play
5	High forearm play
6	Attacking from above with catching & throwing
7	Attacking from above/Hitting the ball in motion/Deepening forearm play
8	Final tournament on small field in 2-2
	Completion of the fistball unit – small field in 2-2

6. Bibliography

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Sport in general:

Dober, Rolf (April 2010). Aufwärmen im Sportunterricht.

<http://www.sportunterricht.de/aufwaermen/allspezauf1.html> (10.01.2011)

7. Annex

The following unit serves as an introduction to "Fistball in School" and can be implemented with beginners from age 3/4. The exercises of the whole unit are described in the script and offer even younger children a playful introduction to this sport, which is usually new to them. In the eight double lessons, children learn the basic techniques of the game of fistball and at the end of the unit they are able to practise them on a small field and in small groups. In these lessons, no learning objectives, competences, etc. are set, as these vary greatly between schools and clubs in the federal states and cannot therefore be used uniformly.

Due to the differences in nations and associations, competences / teaching objectives / learning goals / etc. are not included.

Explanations:

PT	=	Presentation by the teacher
IW	=	Individual work
GW	=	Group work
PW	=	Partner work

7.1 Service from below

Time	Content	Social shape	Equipment Media
5'	Welcome video -short explanation of the sport of fistball	PT	Projector / iPad
10'	Getting used to the ball Player A balances the ball on the outstretched forearm / plays the ball using the same hand to hit a ball / plays the ball several times in a row without catching between	IW	1 ball per player
10'	Warm up Ball over the net (see 5.2 b) - 2 against 2 with throwing the ball and then catching (basic idea of playing fistball)	GW	1 ball per group
10'	Game 2 against 2 with each other (see 5.8 h) Player A1 serves using underarm- Player B1 catches the ball after the serve and throws it centrally - Player B2 runs to the central position, catches the thrown ball, and serves it underarm	GW	1 ball per group
10'	Fistball squash (see 5.8 a) Player A opens the game with an underarm serve - Player B hits the ball up to himself, catches the ball and then serves underarm against the wall	GW	1 ball per group
10'	Round running (see 5.8 c) Player A opens the game with an underarm serve- Player B hits the ball to himself, catches the ball, and serves underarm	GW	1 ball per group
10'	Game 2 - 2 against each other (see 5.8 h) Player A1 serves underarm - Player B1 catches the ball after the bounce - Player B2 runs into the central position, gets the ball thrown and serves underarm	GW	1 ball per group
20'	Emperor fistball (see 5.8 i) Game 2 against 2 (rules see above) - loser moves one field back / winner moves one field forward - loser on the worst field and winner on the best field remain standing	GW	1 ball per group

7.2 Defence & setting – forearm play

Time	Content	Social shape	Equipment Media
2'	Describing the defending and setting	PT	
10'	Warm up Mat fistball (see 5.2 e)	GW	1 ball per group
10'	Game 2 against 2 with each other (see 5.8 h) Player A1 throws the ball over the net underarm - Player B1 catches the ball and then underarms it to the central position - Player B2 runs to the central position, catches the ball and then underarm serves it over the net.	GW	1 ball per group
10'	Fistball squash (see 5.8 a) - with two touches Player A opens the game with an underarm serve - Player B plays the ball (receiving), catches the ball after hitting and serves the ball over the line as an underarm serve	GW	1 ball per group
10'	Game 2 against 2 with each other (see 5.8 h) Player A1 throws the ball over the net underarm - Player B1 catches the ball and then underarms it to the central position - Player B2 runs to the central position, catches the ball and then underarm serves it over the net.	GW	1 ball per group
10'	Round running (s. 5.8 c) – with two touches Player A opens the game with an underarm serve- Player B plays the ball to himself (receiving), catches the ball after hitting it up and the serves underarm	GW	1 ball per group
10'	Game 2-2 against each other (see 5.8 h) Player A1 throws the ball over the net underarm - Player B1 catches the ball and then underarms it to the central position - Player B2 runs to the central position, catches the ball and then underarm serves it over the net.	GW	1 ball per group
20'	Emperor fistball (s. 5.8 i) Game 2 against 2 (rules see above) - loser moves one field back / winner moves one field forward - loser on the worst field and winner on the best field remain standing	GW	1 ball per group

7.3 Attack from below & accurate / flat forearm play

Time	Content	Social shape	Equipment Media
2'	Describing the topic of the lesson	PT	
10'	Warm up Tower fistball (see 5.2 h)	GW	1 ball per group
10'	Precise game: Player A of each team stands on the central position - Player B on the baseline - Player A throws the ball over the net using underarm- Player B plays the ball (receiving) to Player A <u>Increasing the exercise:</u> a) Throws aimed precisely at the opponent b) throws into the corners of the field c) Change positions after each ball turn Game 2-2 against each other (see 5.8 h)	PW	1 ball per group
10'	Player A1 throws the ball over the net underarm - Player B1 catches the ball and then underarms it to the central position - Player B2 runs to the central position, catches the ball and then underarm serves it over the net.	GW	1 ball per group
10'	Attack from below: Player A1 throws the ball vertically up - Player A2 plays the ball over an increasing distance against the wall - Target: Meeting point on the wall at approx. 2m height	PW	1 ball per group
10'	Game 2 against 2 with each other (see 5.8 h) Player A1 serves underarm over the net - Player B1 catches the ball after it bounces and throws the ball from the baseline to the central position - Player B2 plays the ball over the net after the bounce	GW	1 ball per group
10'	Fistball squash (see 5.8 a) Player A opens the game with an underarm serve - Player B plays the ball against the wall after touching it twice (playing it to themselves)	GW	1 ball per group
10'	Game 2 against 2 with each other (see 5.8 h) Player A1 serves underarm over the net - Player B1 catches the ball after it bounces and throws the ball from the baseline to the central position - Player B2 plays the ball over the net after the bounce	GW	1 ball per group
10'	Emperor fistball (see 5.8 i) Game 2 against 2 (rules see above) - loser moves one field back / winner moves one field forward - loser on the worst field and winner on the best field remain standing	GW	1 ball per group

7.4 Play/tournament with forearm play

Time	Content	Social shape	Equipment Media
90'	Game 2-2 against each other (see 5.8 h) Using what has been learned so far - game with a maximum of three touches (catching and throwing the ball is allowed for weaker players)	GW	1 ball per group

7.5 High feed / forearm play

Time	Content	Social shape	Equipment Media
2'	Describing the topic of the lesson	PT	
10'	Warm up Tens fistball (see 5.2 i)	GW	1 ball per group
10'	High forearm movement Player A throws the ball up vertically - Player B plays the ball from close range into the basketball hoop points are awarded per hit (board 1 / ring 2 / into basket 5)	PW	1 ball per group
10'	Game 2 against 2 with each other (see 5.8 h) According to known rules over a high net (3m) 2-net fistball (see 5.8 g) as a 1-on-1 game	GW	1 ball per group
10'	Player A & Player B play the ball again and again to the other side after max. 2 touches according to the variations below a) both play the ball flat under the lower net b) 1 player plays the ball over the high net & 1 player plays the ball under the flat net c) both play balls over the high net	PW	1 ball per group
10'	2-net fistball (see 5.8 g) as game 1 on 1 Normal game - the ball must always be played between the nets	GW	1 ball per group
10'	High forearm movement Game in groups of 3 - Player A throws the ball vertically up - Player B plays the ball high on Player C opposite at a short distance - Player C catches the ball with a marker cap /cardboard/ etc. over his head	GW	1 ball per group
10'	Emperor fistball (see 5.8 i) over high net Game 2 against 2 (rules see above) - loser moves one field back / winner moves one field forward - loser on the worst field and winner on the best field remain standing	GW	1 ball per group

7.6 Serving using overarm – Attacking from above with catch & throw

Time	Content	Social shape	Equipment Media
2'	Describing the topic of the lesson	PT	
10'	Warm up Fire fistball (see 5.2 g)	GW	1 ball per group
10'	High setting / attack from above with catching & throwing Player A throws the ball vertically up - Player B plays it as a high set towards the net (the ball should be tipped in a ring 1m in front of the net) - Player A catches the ball with one hand overhead and throws it over the net Game 2-2 with each other (see 5.8 h)	PW	1 ball per group
10'	Player A1 opens the game with an underarm serve- Player B1 plays the ball after it bounces, to the central position - Player B2 plays the ball after playing it as a high setting to the net - Player B1 catches the ball overhead and throws it over the net	GW	1 ball per group
5'	Pre-exercise attack from above Bounce the ball on the floor with your fist / play the ball indirectly (bounce it first on the floor) against the wall Pay attention to hand position and hitting area (see 4.2 b)	IW	1 ball per player
5'	Pre-exercise attack from above Player A holds the ball in front of them and up high - Player B hits the ball from their hand against the wall (don't hit the hand!!!) Pay attention to hand position and hitting area (see 4.2 b)	PW	1 ball per group
10'	Pre-exercise service from above Player A hits the ball he has thrown himself against the wall above head height - the ball is thrown upwards at an angle to the front	IW	1 ball per player
10'	Fistball squash (see 5.8 a) Player A opens the game with an overarm serve - Player B plays the ball after it hits the wall, catches the ball after repeated bounces and reset using an overarm serve Game 2-2 with each other (see 5.8 h)	GW	1 ball per group
10'	Player A1 opens the game with an overarm serve- Player B1 plays the ball after it bounces, to the central position - Player B2 plays the ball after playing as a high set to the net - Player B1 catches the ball overhead and throws it over the net Emperor fistball (see 5.8 i)	GW	1 ball per group
10'	Game 2 against 2 (rules see above) - loser moves one field back / winner moves one field forward - loser on the worst field and winner on the best field remain standing	GW	1 ball per group

7.7 Attack from above – hitting the ball in motion – Deepening forearm play

Time	Content	Social shape	Equipment Media
2'	Describing the topic of the lesson	PT	
10'	Warm up Fistball castle (see 5.2 j (2)) Repetition of forearm play	GW	10-15 balls
20'	2 stations: a) half the players retrieve balls from the drill b) half the players participate in the drill a) Group of 3: Player A throws the ball from the central position - Player B starts from the centre of the baseline and plays the balls back - Player C collects the balls a) b) Group of 3: Player A throws balls from the centre of the baseline into the field - Player B plays the balls high up to the net - Player C stands under the net and passes the balls back	GW	1 ball per group
5'	Attack from above Player A throws the ball up vertically - Player B hits the ball against the wall above head height Game 2-2 with each other (see 5.8 h)	PW	1 ball per group
10'	Player A1 opens the game with an overarm serve- Player B1 plays the ball after it bounces, to the central position - Player B2 plays the ball after playing it as a high set to the net - Player B1 catches the ball overhead and throws it over the net Round running (see 5.8 c) - with 3 touches	GW	1 ball per group
10'	Player A opens the game with an underarm serve- Player B plays the ball (receiving) to themselves, catches the ball after playing it, throws it high up to the net and hits it over head height over the net	GW	1 ball per group
5'	Attack from above Player A throws the ball up vertically - Player B sets the ball high - Player A hits the ball against the wall above head height Game 2-2 with each other (see 5.8 h)	PW	1 ball per group
10'	Player A1 opens the game with an overarm serve- Player B1 plays the ball after it bounces, to the central position - Player B2 plays the ball after playing it as a high set to the net - Player B1 hits the ball over head height over the net Emperor fistball (see 5.8 i)	GW	1 ball per group
10'	Game 2 against 2 (rules see above) - loser moves one field back / winner moves one field forward - loser on the worst field and winner on the best field remain standing	GW	1 ball per group

7.8 Final tournament on small field in 2-2

Time	Content	Social shape	Equipment Media
90'	Game 2-2 against each other (see 5.8 h) Using what has been learned so far - game with a maximum of three touches (catching and throwing the ball is allowed for weaker players)	GW	1 ball per group