



Dear Teachers,

Thank you for your purchase of the new SPACE BLITZ™ RICOCHETBALL GAME designed for school physical education programs.

Our SPACE BLITZ™ is a fun, efficient, and multi-ability game perfectly suited for elementary and secondary school physical education programs. The SPACE BLITZ™ features a two-sided, ANGLE ADJUSTED rebounder net which deflects balls to the receiving student or opponent team, improving hand-eye coordination, mobility, agility, and stamina. It comes with two soft foam balls. Plus, it includes this free Lesson Plan Guide developed in partnership with a 11-year veteran physical education instructor!

The SPACE BLITZ™ provides instructors with a new activity perfectly suited for the shorter time periods that schools allot for physical education. The lesson plan guide also supports teachers in developing adapted mobility physical education programs as well as accommodating neurodivergent students.

We believe in the power of sport and play for youth that change the way our children develop motor skills and form bonds with their peers. With the SPACE BLITZ™ we hope we can help make your job as an educator easier, more efficient, and most of all – fun for your students!!



DEVELOPED IN PARTNERSHIP WITH TEACHERS LIKE YOU!

Special thanks to Brendan Rubenstein, a former pro baseball player, youth baseball coach, and elementary physical education teacher with 11+ years of experience.

Based in Wellington, Florida, Brendan is passionate about bringing physical education to underserved communities and providing children with a safe, supportive and engaging environment for learning healthy habits and having fun.

You can find him on TikTok at [@coachrubenstein!](#)



CLICK ON THE QR CODE BELOW WHICH WILL TAKE YOU TO OUR **YOUTUBE CHANNEL** TO VIEW THESE 5 INDIVIDUAL ACTIVITIES.

CREATE YOUR OWN GAME AS WELL AND POST ON SOCIAL MEDIA!



Scan here for different fun games !

- **Number of players:**

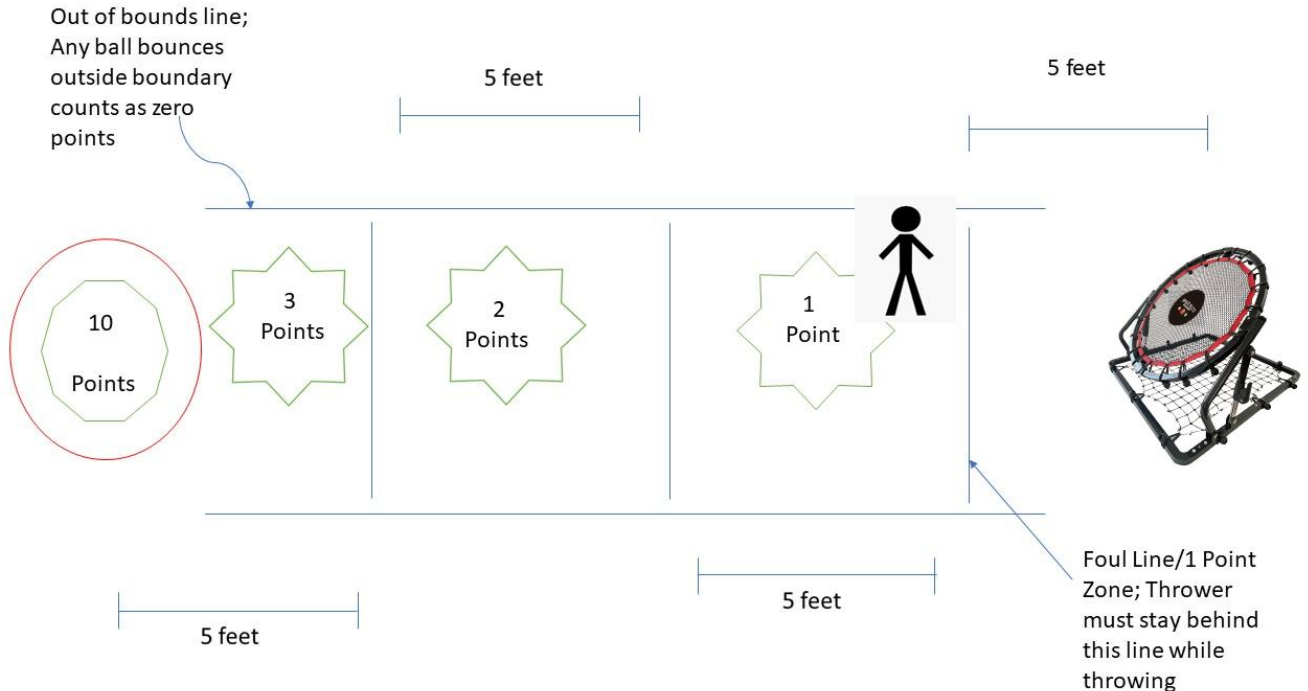
2-4 per ricochet.

- **Equipment:**

- Ricochet
- Ball
- Floor markers
- Hula Hoop
- 25 feet of clear space

- **Set up:**

- Ricochet Set to be able to reach distance of farthest target
- Floor marking 5 feet from the Ricochet; this is the foul line/1 point line.
- Floor marking 5 feet from foul line; this is the 2-point line.
- Floor marking 5 feet from 2-point line; This is the 3-point line.
- Hula Hoop placed 5 feet behind 3-point line; This is 10 points.
- Floor markers forming a lane for out of bounds



● **Game Play:**

- Offense and Defense game
- Points scored by offense only, defense prevents points
- Offense switches each throw
- Thrower cannot pass the foul line with their foot
- Defender tries to catch the ball
- Defender catches the ball=0 points for offense
- Offense and defense alternate each throw
- Game plays for time limit OR a certain amount of points

● ****Before the game starts****

- Check the angle of ricochet
- **depending on the age of players, the points locations and angle of ricochet should be set so that no matter what group, they can get the ball to the 10-point location.

This can be done with any grade level, any age participant; depending on experience, modify as appropriate to set them up for success AND challenge.

- **Equipment:**

- Ricochet
- Volleyball

- **Preparation:**

Set up with groups of 2 people.
Both stand about 5 feet away from Ricochet.
Angle to be set upward.
One person starts as the thrower.

- **Procedure:**

****Level 1****

- 1)The thrower gets the ball to hit the ricochet.
- 2)The goal is to have one player's forearm pass the ball.
- 3)Player to forearm pass must call for it with a "mine-mine" or another type of communication.
- 4)Once it is passed directly upward, the player catches it, and the next person becomes the thrower.

****Level 2****

- This time, incorporate control on the forearm pass, so the person who passes must pass it to their partner.
- Partner catches it, and then continues with the same steps.

Scorekeeping opportunity

- Groups gain point if the pass and catch is completed

****Level 3****

- TPSC (Throw, Pass, Set, Catch)
- Completed successful turn contains all 4 steps in order.
- Pass and set both need to be to the other player, cannot be a pass or set to themselves

- **Prior Instruction Recommended:**

- Step by step forming of proper forearm pass arm positioning.
- Step by step coordinated movement of lower half of body when doing a proper forearm pass.
- Setting positioning instructions; basic hand positioning, lower half movement
- Importance of communication and why its vital to communicate with team members during volleyball.

distance 5-6ft



establish forearm pass technique

throw to ricochet



(5 throws per turn) PhotoGrid

- Aligns With National Physical Education Standards

- Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

- Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies and tactics related to movement and performance.

- Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain and health enhancing level of physical activity and fitness.

- Standard 4: The physically literate individual exhibits responsible personal and social behavior that respects self and others.

- Standard 5: The physically literate individual recognizes the value of physical activity for health, enjoyment, challenge, self-expression and/or social interaction.

Citation: SHAPE America. (2013). National Standards for K-12 Physical Education. Reston, VA: Author

“Throw/Trap; Partner Edition”

- **Materials:**

- Ricochet, angle preset to appropriate angle.
- 1 soccer ball per ricochet.
- 15 feet of space.

- **Procedure:**

- Partner 1 throws ball to ricochet from their starting position.
- Partner 2 traps and then picks up the ball.
- Partner 2 throws ball to ricochet from their starting position.
- Partner 1 traps and then picks up the ball.

- **Objectives/Goals**

- The thrower should be working on accuracy of throws such that the ball bounces to partner in proper angle.
- Trapper is trying to not commit a hand ball AND keep the ball in their control when they trap.

- ***Teamwork Points***

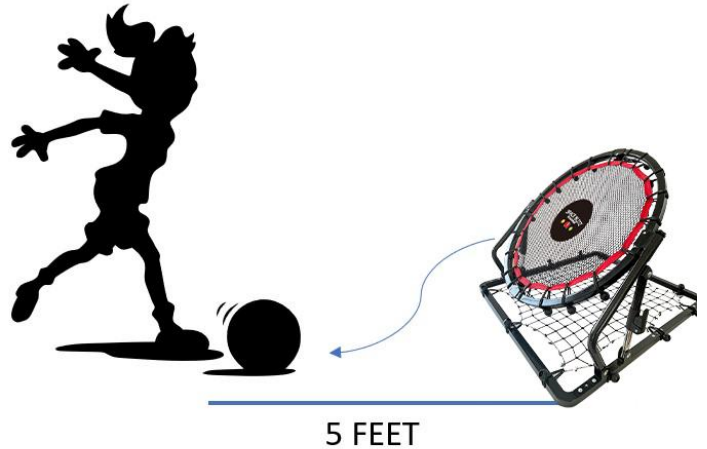
- Accurate throw AND trap equal a point.
- Groups keep track of how many points they get.

- ***Modifications***

- Adjust distance between players and the ricochet.
- Adjust angle set for ricochet.
- Require certain ways of trapping example: using a certain foot only.

Throw/Trap -Soccer-

- Angle set based on whether traps limited to legs/feet or any part of the body.
- With another group member, position them behind ricochet for retrieving throws that don't hit target



- **Equipment:**

Space Blitz Ricochet

Space Needed (about 20 feet clear per group)

Ball(s)

- **Setup:**

-Ricochet set with net facing straight up (completely horizontal).

-Players set up across from one another, about 5 feet from the ricochet.

- **Procedure:**

-Player 1 throws ball to the ricochet so it deflects off it, player 2 catches (ball can bounce a max of one time).

-Change goals next to require the catch before the ball bounces.

- ****Multi-ball challenge****

Both players have a ball, they throw to the ricochet simultaneously.

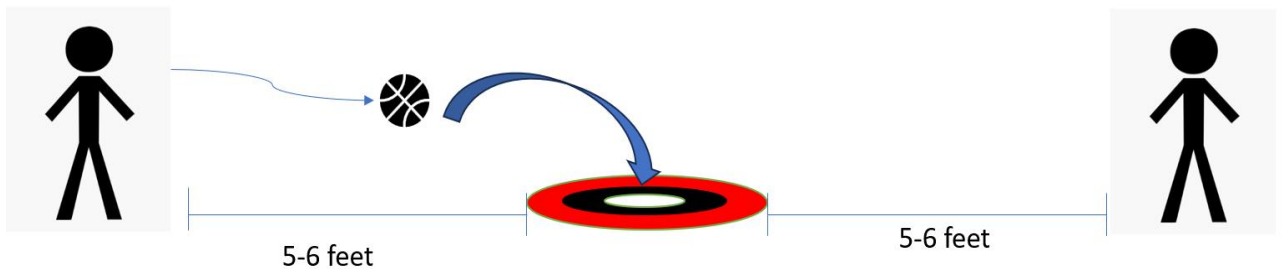
-Objective is for both players to catch the ball coming to them from the other player.

-Keep track of how many successful throws before the balls collide with one another, a throw doesn't go to the ricochet, and/or there is an unsuccessful catch attempt.

• “Pass Across”

- Game play similar setup, but the ball is not allowed to be caught, but can be “tapped” .
- Points collected by the tap not getting to the ricochet (points go to the other team/player).
- Points collected when a player catches the ball instead of tapping it with an open hand (points go to the other team/player).

2-person “PASS ACROSS” setup



Challenges from this setup:

- Players have to throw to ricochet, opponent catches without it bouncing more than once
- Change challenge to require players to catch it before it bounces

Multi-ball:

- both players throw ball simultaneously
 - both try and catch the ball coming to them
- keep score of how long pairs go before a throw doesn't hit ricochet, the balls collide, or a player doesn't catch a ball

- **Equipment:**

- Ricochet
- Foam/ molded ball
- Space

- **Setup:**

- 2 players set up around the ricochet, one with the ball
- Ricochet set with net side parallel to ground(net facing upward)

- **Gameplay:**

- Play begins with ball tossed to their teammate
- Teammate then, using open hand, gets ball to net
- Opposing team must get the ball touched by each player before hitting the net
- Point earned when;
 - *ball doesn' t get to the net
 - *both players on a team don' t touch the ball
 - *player catches/throws the ball to the net

- **Winning the Game:**

- Agree on the points needed to win, BLITZ ON!!!!!!!!!!

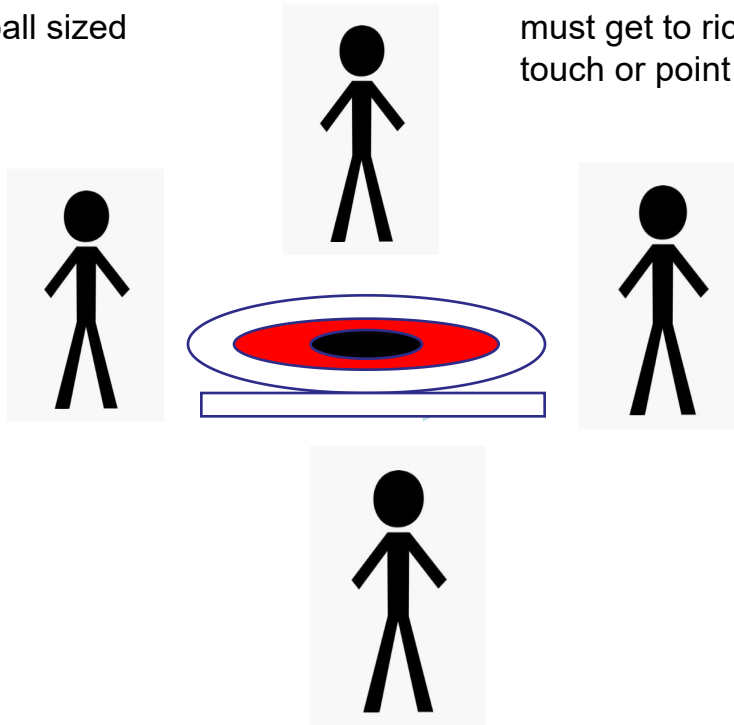
Ricochet Blitz

- **Objects to be used:**

- foam molded ball
- tennis ball/softball sized ball

- **1 v 1:**

Same rules as 2 v 2 except ball must get to ricochet after one touch or point



- **2 v 2:**

Both players touch ball before hitting ricochet

Not allowed to catch the ball

Play starts with one player tossing to their teammate

Points if ball doesn't get to ricochet, someone catches the ball, or both players don't touch the ball

-2 touches, then hits ricochet