

Beach
FLINGO®

*The unique activity game
 with **Bounce-Effect***



Official rules of the game

Court size: 6.70 x 6.10 m (Badminton doubles court)
 Net height: 1.55 m.

The game has two objectives. First of all each player (in doubles, each team) must prevent the ball touching the ground within the own side of the court.

In addition, the ball should then be played to the opponents side of the court in such a way that the opponent cannot prevent it touching the ground or plays it into the net or "out".

The game is played according to beach volleyball rules up to 21 points with at least a 2-point lead.

Each point counts regardless of who serves.

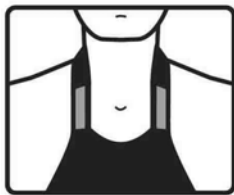
The ball may only be played with the cloth – without any contact with parts of the body.

The player who wins the point has the right to make the next serve.

The serve must be made from behind the baseline, in that the player throws the ball up himself and catapults it with the stretched cloth to the opponent's side of the court.

TIP!: It is recommended to throw the ball up with both hands already in the loops!

Double variation: In doubles the ball may be played three times before it being returned over the net.



Exercises

2-man exercise basic movement I

2 players face each other about 2 m apart.

One has his cloth stretched (see graphic), the other holds the ball in his hand. Now the first player throws the ball in an arc at about head height to the cloth of his partner. He moves the taught cloth gently towards the ball from below, so that it flies in a steep arc (about 1 m above head height) back to the thrower and falls from above into his open hand.

When that has been done 5x without a mistake: switch roles.

Objective: develop a feeling for the elasticity of the cloth – trampoline effect

TIP!: The movement, similar to digging in Volleyball – should come from the legs, the arms remain extended at all times. No pumping the arms!

2-man exercise basic movement II

Now the 2 players face each other – both with cloths – and play the ball to and fro at a short distance (approx. 3 m). The first player throws the ball as before to the other player, but instead of catching the ball when it is returned, he plays it back **gently** with the cloth.

Important! The steeper the arc, the easier it is to play the ball back.

TIP!: When throwing the ball up, the hand with which the ball is thrown should already find itself in position in the loop.

2-man exercise basic movement II – Variation

As a variation the exercise can be conducted with an intermediate step, so that the ball is played into the air by one player, is allowed to bounce once and then the other player plays it into the air once again. Here it is important that the ball is played so high that it bounces above head height and almost vertically.

2-man exercise – above the head

Take up position as for the 2-man exercise basic movement I. The 1st player throws the ball in a high arc above the head of his partner. He turns and plays the ball back with a taught cloth over his head in a steep arc. The movement is similar to overhead digging in volleyball.

Group exercise I – Keeping the ball in the air

A group of 5 players arrange themselves in a circle and together attempt to keep the ball in the air for as long as possible. The number of ball contacts may be counted.

Group exercise II – “Pig in the middle”

3 players arrange themselves in a triangle, approx. 5 – 6 metres apart.
1 further player stands in the middle

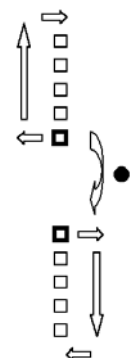
The three players play the ball over the player in the middle. This player attempts to disturb the other players and to touch or catch the Flingo ball. In doing so he may not move within 2 m of any player. If he succeeds or the ball falls to the ground, the player who last played the ball must go into the middle.

Group exercise III – the endless rally

2 groups of up to 7 players stand in line opposite each other. The distance between the first players of each team is about 4- 5 m. The first player throws the ball in a high arc to the 1st player of the other group. Then the ball is played backwards and forwards between the two groups. After each ball contact the player moves to the back of his team's line.

Variation: with badminton net between the groups.

Objective: rallies should be as long as possible, either count the ball contacts or record the time.



We're looking for new exercises!

If you develop an exciting new exercise in practice, we would be delighted to receive a short description via e-mail to: touchme@touchmore.de and will express our thanks for your cooperation with a sporting gift.

www.beachflingo.com