

# Futnet

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## I. History

In 1922 players from the football team "Slavia Prague" started playing a game in which they have to pass the ball over a rope, later it would be substituted by a net. They used to play 2 or 3 player per team and they could hit the ball a maximum of 3 times (the same players couldn't touch the ball twice consecutively) using all their body apart of their hands.

In 1940 the first official rules came out and in that year was played the first futnet cup, between 1953 and 1961 was played the first netball league. In 1961 it was accepted by Czechoslovak Sports Organisation as an official sport, and in the same year the Czech Futnet association was created. There's and European Championship since 1991 and world championships since 1994

## II. Rules

Futnet or football tennis is a sport which consists of passing the football to the opponent's area and make it bounce. It can be played indoors or outdoors on a court divides in 2 areas by a net, similar to tennis net. The ball can be hit with all parts of the body except arms, in the service the ball must bounce before hitting it. Teams are made from 1, 2 or 3 players. Games are up to 11 points

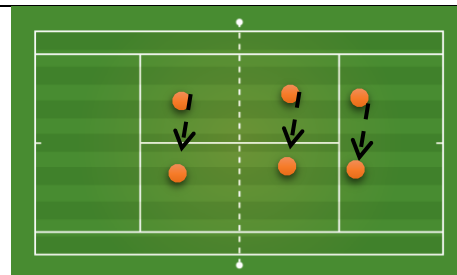
Depending on the disciplines there are different rules

- **Singles:** 2 touches and 1 bounce; 9 x 12,8 m
- **Doubles:** 3 touches, 1 bounce for men and 2 for women and junior; 9x 12 m
- **Triple:** 3 touches, 1 bouncer for men and 2 for women and junior; 9x 18 m

## III. Principal part

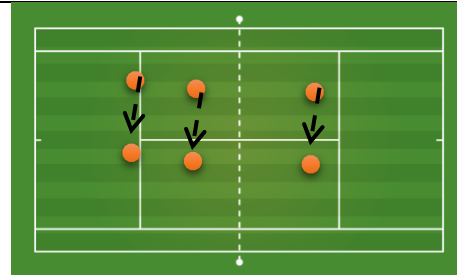
### Warm up

- In pairs, we throw the ball to our partner and without bounce he has to return it (foot, thigh, head...)

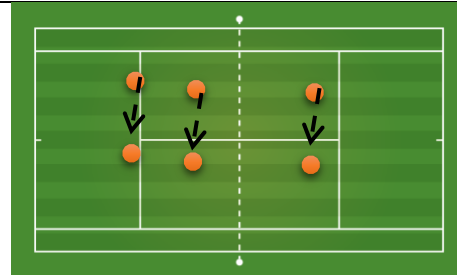


**Principal part**

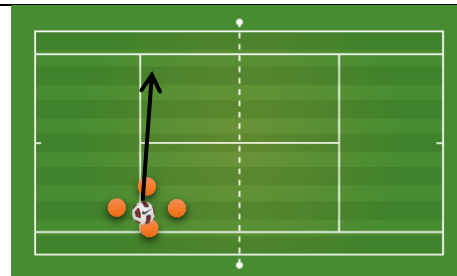
- In pairs we pass the ball to our partner without using hands, and there is 1 bounce permitted.



- In pairs we pass the ball to our partner without using hands, and there is **NO** bounce permitted



- In groups of 4-5 players we will try to go from side to side and the ball can't touch the ground



- In teams of 2-3 player we play a conditioned match

