On my more recent OpenVZ kernels (2.6.24 or .26) df (or mount for that matter) lists devices bound in via "mount --bind" inside a VPS correctly, even displaying the correct path on the HNs /dev/. On my 'custom' 2.6.22 it doesn't work unless I run df on the bound in device directly (eg. 'df /var/www').

I'm not quite sure if that also works if you bind just a subdirectory instead of an device, as I always create LVMs or DRBDs for my VPS.

If you just want to backup your VPS I wouldn't make the backup accessible inside a VPS but rather (r)sync the contents of /vz/private/#/whatever-you-need/ via a cronjob to the backup disk. This way your backup is still save, even if your VPS is cracked.