

Net/Wall Activities

Activity

Resource: Learn to Move

Grade(s): 1 2 3 4 5 6 7 8 9 10 11 12

Activities which involve sending an object over a net or towards a wall in a way that makes it difficult for the opponent to return the object and/or it lands within the playing area.



Progression

Simple

- Aim and accuracy (offensive)
- Sends and aims for accuracy towards an open space

Moderately Complex

- Defending space (defensive)
- Defends space by assuming ready position and by covering as much space as possible

Complex

- Win the point (offensive)
- Can apply force, spin, fakes, etc. in shot selection to win the point

Living Skills Connections

- How can receiving feedback on skill execution help improve your performance?
- How might communication with your teammates increase effectiveness in net/wall activities?
- How did this game challenge you to apply critical thinking skills?

These strategies transfer to:

- playing wheelchair tennis
- playing squash
- playing jai alai

Tactical Awareness

- Why is it important to use different types of shots?
- Where should you aim to reduce your opponent's chances of making a return play?
- How does assuming a ready position help increase effectiveness of play?