

Wall Ball

Activity

Resource: PlaySport

Division(s): Primary Junior

TGfU Category: Net/Wall Games

Locations: gymnasium, outdoor space (e.g., field, tarmac)

Game/Sport Connections

Net/Wall games are activities in which players send an object toward a court or target area that an opponent is defending. The aim is to cause the object to land in the target area while making it difficult for the opponent to return the object. By playing these games, participants develop skills and tactics to play other net/wall games or games that require the application of similar skills, concepts, and strategies (e.g., sitting volleyball, tennis, badminton, squash, racquet ball, volleyball, Sepak Takraw, wheelchair tennis).

Activity Overview

Participants learn about and practise sending and receiving an object to complete a rally.

Key Movement Skills, Concepts, and Strategies

Throughout the activity, consider highlighting the following skills, concepts, and strategies to help participants send and receive an object to effectively create a rally. Note that this is not an exhaustive list and further learning opportunities may arise during the task.

Movement Skills and Concepts

Manipulation skills and effort awareness: applying a controlled force to send/receive the object to create a rally (e.g., sending the object with a force that is not too hard and not too soft, making sure that another participant can successfully receive the object).

Movement Strategies

- Applying appropriate skills to be proficient at sending and receiving the object into a designated space (e.g., executing shot placement, making it easy for another participant to receive the object).
- Making decisions on how to respond to the object (e.g., moving quickly to receive it to prevent the rally from ending).

Considerations

- Incorporate some or all the variations listed in the “Variations” section while planning the activity. This will help to best meet the diverse backgrounds, identities, needs, and interests of participants and maximize the fun, inclusion, participation, and success of everyone.
- To elevate participant voice and choice, periodically pause the activity and share the variations with participants. Ask them to determine how they would like to change the activity to maximize the fun, inclusion, meaningful participation, and success for everyone. Encourage participants to add any variations of their own.

Equipment

- 1 ball to send per pair (e.g., tennis ball, large or small rubber playground ball, beach ball, wiffle ball)
- Chalk, floor tape, or 2 – 3 rubber/vinyl floor markers per group to create a safety line

Safety

- Inspect the equipment and activity area to identify and remove hazards. Check that the activity surface provides sufficient traction.
- Establish the boundaries for the designated playing area at a safe distance from walls and obstacles. Share the boundaries with participants.

- Review the safety rules and activity instructions with participants prior to the activity.
- Instruct participants to be aware of their surroundings, including the locations of other participants during play.

How to Play

- Divide participants into pairs. This game can also be set up for parallel play.
- Assign pairs a designated playing area that includes wall space.
- Pairs choose a ball to send (e.g., tennis ball, large or small rubber playground ball, beach ball, wiffle ball). Participants can change the type of ball at any point during the activity.
- Pairs mark a line a safe distance from the wall where the ball is to be considered “in play.” A ball that lands between the line and the wall is considered “out” and out of play.
- Pairs may increase or decrease the size of the playing area at any point during play, being mindful of other participants’ designated playing areas.
- One participant begins by sending the ball (e.g., underhand/overhand) so it bounces off the wall. The other participant attempts to retrieve the ball and send it back to the wall. Pairs attempt to keep the rally going and count the number of times they send the ball to the wall and receive the ball without it bouncing. Participants may also choose to allow 1 – 2 bounces before receiving the ball.
- Once the ball drops, participants start a new rally, trying to improve their previous score.
- After a period of play, provide participants with some or all of the variations. Ask them to decide how they might change the game to enhance their fun, challenge, and success. Encourage participants to add any variations of their own.
- Consider having pairs share their variations and select another variation to try with their pair.

Video: Visual Depiction of the Activity Instructions

[Video link](#)

Pause for Learning

Throughout the activity, ask open-ended questions to help participants refine their movement skills, strategies, and tactical solutions. Examples include:

- Where do you send the ball to help your partner be successful at receiving it?
- When receiving the ball, what does your body look like?
- When receiving the ball, where do you position yourself?
- How much effort do you have to use to successfully hit the ball on the wall?
- Which games or sports have you played or know about that use similar rules and strategies to the ones used in this game?

Variations

- Participants can practise underhand tossing against the wall and catching alone before starting the pairs activity.
- Play 2 on 2, with participants in the same pair alternating touches, but still trying to keep a rally.
- Modify the sending techniques (e.g., use only non-dominant hand).