

Lob Ball

Activity

Resource: PlaySport

Division(s): Intermediate Senior

TGfU Category: Net/Wall Games

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

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 using an implement to send and receive an object over a net.

Key Movement Skills, Concepts, and Strategies

Throughout the activity, consider highlighting the following skills, concepts, and strategies for sending an object over a net and into a designated area. Participants learn about and practise defending an area on their side of the net. Note that this list is not exhaustive and further learning opportunities may arise during the task.

Movement Skills and Concepts

- Locomotion and relationship: knowing where to move to be successful at sending and receiving the object over a net while playing with other participants (e.g., communicating with teammates when moving on the court to receive and/or support the passing of the ball).
- Manipulation skills and effort awareness: applying a controlled force to send the object over a net (e.g., being able to control the force when sending the ball over the net so that it is hard for the opponent to return the ball or to help keep the ball within the boundaries of the playing area).

Movement Strategies

- Tactical awareness: developing an understanding of the principles of play (e.g., knowing where and how to send and receive the ball over the net to score the maximum number of points, passing the ball to others when on offence to make it more challenging for opponents to predict when and where the ball will land on their side of the court).
- Performance: demonstrating appropriate skills, techniques, and tactics to send and receive the ball over a net (e.g., creating strategies with the group to make it challenging for the opponents to receive the ball, such as sending the ball into the open space, varying the height, speed, and distance of the ball as it is sent over the net).

Considerations

- Incorporate some or all of 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 implement for sending/receiving per participant (e.g., plastic or traditional lacrosse stick, scoop)
- 1 set of volleyball poles (with proper padding) and a net or alternative per game (e.g., portable volleyball system, cones, pylons, or skipping ropes to mark the lines and boundaries)
- Various balls (e.g., soft air-filled ball, wiffle ball)

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 small groups (e.g., 4 – 6). Two groups play per game.
- The game is played on a volleyball court. If playing the game in an activity space other than a gymnasium, groups set up their court like a volleyball court in the activity space using cones, pylons, or skipping ropes to mark the lines and boundaries.
- Assign 2 groups to each court. Each group selects a side of their court.
- Provide each participant with an implement to send and receive the ball (e.g., plastic or traditional lacrosse stick, scoop).

- Groups select the ball they want to use (e.g., soft air-filled ball, wiffle ball). Groups may change their selected ball by agreement at any point during the game.
- A participant from each group plays one round of Rock/Paper/Scissors with the winner gaining possession of the ball.
- The participant who wins the round of Rock/Paper/Scissors begins the game by sending the ball into the opposing group's court using their chosen implement.
- The receiving group works together to defend their space by receiving the ball with their chosen implement to prevent the ball from touching the ground.
- The receiving group makes 3 passes before sending the ball back over the net.
- When the ball touches the ground, the sending group receives a point. Participants on both sides of the court rotate 1 spot and then the sending group serves the ball.
- Each group works together to be the first to earn 10 points.
- 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 groups share their variations and select another variation to try with their group.

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:

- How do you and your group work together to keep the ball from touching the ground on your side of the net?
- How does communication help your team be successful in this game offensively and defensively?
- What strategy do you apply to send the ball into the opponent's open space?

- How do you and your group members position yourselves to cover the playing area on your side of the net?
- Which games or sports have you played or know about that use similar rules and strategies to the ones used in this game?

Variations

- Increase or decrease the number of participants in each group.
- Allow the ball to bounce once before receiving it.
- Increase or decrease the court size.
- Groups send and receive the ball with their hands before using a sending implement.
- Add more than 1 ball into play.
- Increase the number of consecutive passes required before scoring a point.