

Serve It Up

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 sending a ball over a net into a designated area/target.

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/target. Note that this list is not exhaustive and further learning opportunities may arise during the task.

Movement Skills and Concepts

Manipulation skills and effort awareness: applying a controlled force to send the object over the net into a designated area (e.g., being able to control the force when sending the object over the net).

Movement Strategies

- Tactical awareness: developing an understanding of the principles of play (e.g., knowing where and how to send the object over the net to make it land in a designated area)
- Performance: demonstrating appropriate skills, techniques, and tactics to send the object over the net (e.g., creating strategies with the group to send the object to a designated area, varying the height, speed, and distance of the object 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 (Volleyball Option)

- 1 set of volleyball poles (with proper padding) and a net or alternative per group (e.g., portable volleyball system, cones, pylons, or skipping ropes to mark the lines and boundaries)
- 6 targets per group (e.g., hoops, pylons, mats)
- A large number and selection of balls per court (e.g., various sizes and textures of balls)

Equipment (Tennis Option)

- 1 implement for striking per participant (e.g., tennis racquet, racquet ball racquet, pickleball paddle, plastic scoop)

- 1 tennis net or alternative per group (e.g., portable net system, cones, pylons, or skipping ropes to mark the lines and boundaries)
- 6 targets per group (e.g., hoops, pylons, mats)
- A large number and selection of balls per group (e.g., tennis balls, soft air-filled balls, wiffle balls)

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

- This game can be played serving various types and sizes of balls on a volleyball court or using a racquet to serve tennis balls on a tennis court.
- Divide participants into medium-size groups (e.g., 5 – 6).
- Assign each group to a court.
- Groups set up their court by placing 6 targets (e.g., hoops, pylons, mats) on 1 side of the net, spreading them out around their court.
- If playing using volleyball courts, each participant selects the ball they want to send. If playing using tennis courts, each participant selects the implement for striking (e.g., tennis racquet, racquet ball racquet, pickleball paddle, plastic scoop) and ball they want to send (e.g., tennis balls, soft air-filled balls, wiffle balls). Participants may change the ball/implement by agreement at any point during play.
- Ask a participant from each group to volunteer to be the ball “retriever”. The volunteer stands behind the baseline on the court that contains the targets.

- The other participants spread out along the serving line of the side of the court without the targets.
- Participants take turns sending their ball over the net to hit one of the targets. The participant on the opposite side of the net retrieves the sent ball. If a target is hit, the retriever removes it from play.
- The retriever then joins the participants on the opposite side of the net. The participant who sent the ball becomes the next retriever.
- Participants continue taking turns sending the ball until all targets are hit and thus removed.
- Participants track how many attempts it takes to hit and remove all 6 targets.
- Play a number of times and have participants try to reduce the number of attempts it takes to hit and remove all 6 targets.
- 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:

- What factors do you need to consider when sending a ball? How do you send the ball with the greatest power without losing control?
- How do you apply the phases of movement when sending the ball toward the targets?
- How does your body position relate to successfully sending the ball toward a target?
- Does the distance of the target from the net or from the baseline of the court impact your decision about the effort used to send the ball? How?

- Which strategies do you apply with your group to be successful at eliminating the targets during the game?
- Which games or sports have you played or know about that use similar rules and strategies to the ones used in this game?

Variations

- Keep all of the targets in play throughout the game.
- Raise or lower the height of the net.
- Increase or decrease the distance between the serving line and the net.
- Increase or decrease the size of the targets.
- Assign a point value for each of the targets. Groups attempt to score as many points as possible within 10 serves, with all targets remaining in play throughout the game.