

# Rally Up - Two Ways to Play

## *Activity*

**Resource:** Play for All

**Division(s):** Junior Intermediate

**Location:** gymnasium, large activity space, tarmac, outdoor field

## What's It All About?

Rally Up is designed for fun, maximum and meaningful participation, and inclusion for all. These versions of Rally Up require minimal equipment and are quick to set up. They may be played in various locations in small and large group play. This game encourages movement while sending and receiving passes. Participants work together to keep the ball in motion while passing consecutively to group members.

## Considerations

- Select the version of the activity that best meets the interests and needs of participants who choose to take part in this intramural activity.
- Incorporate some or all of the variations listed in the “Variations” section while planning the activity. This will help to best meet the needs and interests of participants during play and maximize the fun, inclusion, and participation 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, and meaningful participation for everyone. Encourage participants to add any variations of their own.

## Safety

- Visually inspect the equipment and playing area to identify and remove hazards. Check that the playing 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.

## Version 1: Rally Up (small group cooperative play)

### Equipment

- Net (volleyball, badminton) or pylons to mark centre line
- Variety of balls to pass; 1 per game (e.g., foam ball, beach ball, volleyball, sound ball)

### How to Play

- Divide participants into small groups of 4 – 6.
- Groups set up their designated playing area by identifying the sidelines, end lines, and the centre line using the nets provided, lines on the floor, or with cones, pylons, floor markers, or chalk (outside).
- Groups choose the ball with which they would like to play.
- Groups move to a court of choice with another group. Each group starts on one side of the net.
- The game begins with a round of Rock, Paper, Scissors with the winner gaining possession of the ball.
- The group sends the ball over the net/centre line to start the game.
- The receiving group contacts the ball once before sending it back over the net or centre line. Participants can catch and pass the ball back or use a volleyball pass, such as a forearm pass or volley.
- The receiving group receives the ball and passes it twice, before sending it over the net or centre line.

- The rally continues, increasing the number of times each group contacts the ball before sending it over the net to the other group.
- The rally stops when the ball hits the ground or goes out of bounds.
- The game restarts with a pass or serve over the net or centre line and resets, starting with 1 pass, increasing by 1 per rally.
- Games rotate when there is a collective total of 10 passes, after 10 minutes of play, or when both groups cooperatively pass a total of 30 passes.
- After a period of play, provide participants with some or all 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.

## Variations

- Alter the type of ball used for play and encourage groups to change the object midplay.
- Set up a variety of heights of nets. Participants can then select the court they would like to play on.
- Include a bounce, when desired, in between passes.
- Participants decide the number of players they would like on the court and the number of players they would like to play on the sidelines. Sideline participants keep the ball in play by catching it and sending it back into play on their side of the game.
- Have participants try playing the game in different positions, including standing still, kneeling, or sitting.

## Version 2: Wall Ball Rally Up (1 on 1, 2 on 2)

### Equipment

- 1 set of flat rubber discs or sidewalk chalk per pair
- Gymnasium wall and open floor space, or outdoor wall with open tarmac space for safe movement
- Variety of balls to pass; 1 per game (e.g., foam ball, beach ball, volleyball, sound ball)

### How to Play

- Divide participants into pairs (1 on 1 play) or groups of 4 (2 on 2 play).

- Pairs/groups choose the ball with which they would like to play.
- Have participants find a wall space in the gymnasium/outdoor space safely away from other pairs/groups. Pairs/groups may identify their playing area by marking the sidelines and end lines with flat rubber discs or sidewalk chalk.
- The game begins with a round of Rock, Paper, Scissors with the winner gaining possession of the ball to start the game.
- The participant starts the game by tossing a high ball at the wall.
- The partner receives the ball and passes it to the wall. Participants can catch and pass the ball back or use a volleyball pass, such as a forearm pass or volley.
- The partner then receives the ball and self-passes twice before returning the pass to the wall.
- The rally continues, increasing in number of times each participant contacts the ball before sending it to the wall.
- The rally stops when the ball hits the ground or goes out of bounds.
- The pairs/groups work together to make 10 contacts with the ball to earn a point. Groups try to increase their number of contacts with each rally.
- The game restarts with a high toss to the wall.
- After a period of play, provide participants with some or all 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.

## Variations

- Alter the type of ball used for play and encourage change of object midplay.
- Include a bounce, when desired, in between passes.
- A self-pass can be made safely with another body part contacting the ball. For example, the chest or head may count as a pass.
- Pairs may choose another pair to play with and work cooperatively to keep the ball up against the wall space.

- Have participants try playing the game in different positions, including standing still, kneeling, or sitting.