

Net and Wall Games – Lobster Ball

The concept of net and wall games is to send an object into an opponent's court so that it cannot be played or returned within the court boundaries. Typical problems related to net and wall games include setting up an attack, creating space on offence, reducing space on defence, etc. Examples of net and wall games include tennis, volleyball, squash and badminton.

Lobster Ball

Level: Year 2 and above

Equipment: Per pair: 1 tennis ball, 8 cones (or some way to mark out two areas)

Purpose: Lobster ball is a simple net and wall game that is perfect for introducing the concepts of maintaining a rally, looking for open space and defending territory.

Forma Divide the class into pairs. Each student has their own area, marked by four cones, that faces their opponent's area. The space between the two areas is a dead zone.

Directions to play the game:

- Using underhand throwing (lob) only, players start the game by having one player lob the ball into the other player's area.
- Players must let the ball bounce once before catching the ball before lobbing it back (players have 1 second to lob the ball back and may not move with the ball in their hand).
- If a player lobs the ball outside of their opponent's area, then the point and serve goes to the opponent.
- If a ball bounces twice before being caught, with the first bounce being within the opponent's area, the player who lobbed the ball wins a point and gets to serve.
- Games are played to 5 points.

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Build One: Maintaining a Rally

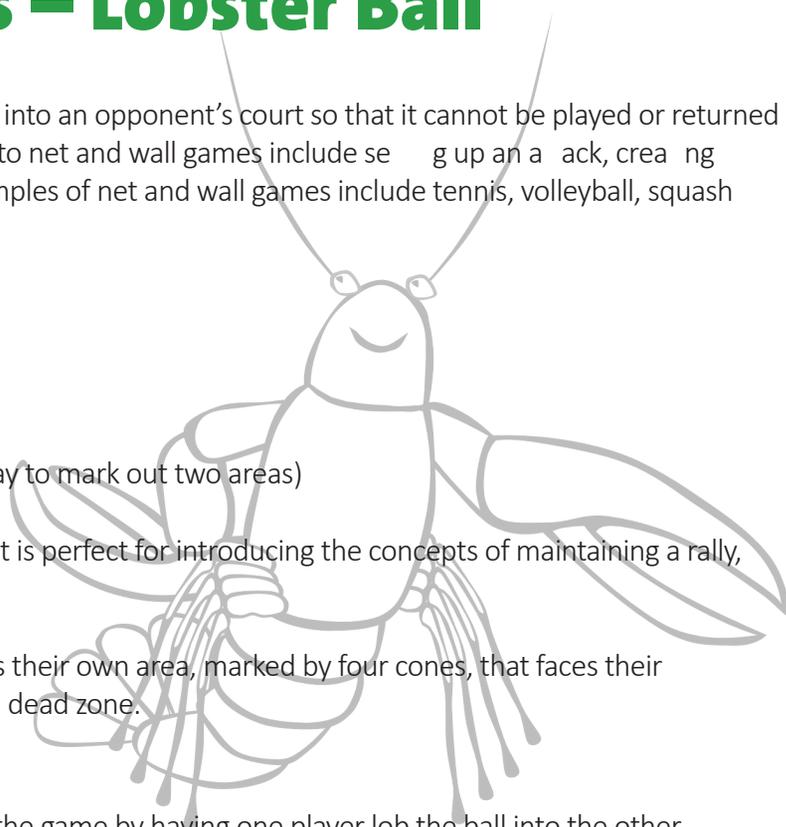
Students work as partners. They must lob the ball back and forth to each other without it ever bouncing more than once following a throw. Partners work together to maintain a rally for as many exchanges as possible. At this build, the teacher can modify the equipment (e.g. trade the tennis ball for a foam ball, volleyball, or racquets and a shuttlecock).

Build Two: Scoring a Point

Players must now try to beat their opponent by having the ball bounce twice inside their opponent's area.

Build Three: Attacking an Open Space

The teacher can modify each player's area to force them to throw the ball in an open space (i.e. a short and wide area forces the attacking player to throw the ball either left or right, and a long and narrow area force the attacking player to throw the ball either short or long).



Using different equipment:

This game could easily be played with different equipment such as trading the tennis ball for a foam ball, volleyball, or racquets and a shuttlecock).

Modifications to be able to use game with younger students:

- Start with just the lower builds of just being able to maintain a rally.
- Play the game by rolling the ball. Get the students to aim to roll the ball into a space to get it passed their partner.
- Increase allowed number of bounces.
- Use larger balls.
- Increase or decrease space (dependant on what the teacher finds easier).

Links to fundamental movement skills:

Manipulation skills

Throwing

Catching

Striking with an implement

Locomotor skills

Sidestepping

Walk/Run

Stability Skills

Turning and pivoting

Bend and lunge

Twist

<https://thephysicaleducator.com/game/lobster-ball/>

Find more net and wall games here: https://thephysicaleducator.com/game_category/netwall

