

Net and Wall Games - Spot 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. Tactical 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.

Spot Ball

Level: Year 2 and above

Equipment: Per pair: 1 tennis ball, 4 cones (or some way to mark out two areas), 1 rubber spot

Purpose: Spot ball is a simple net and wall game that is perfect for introducing the concepts of setting up an attack, court positioning and defending a space.

Formation: Divide the class into pairs. Set up a badminton sized court per pair using cones to mark four corners. Place a rubber spot in the middle of the court.

Directions to play the game:

- Using paper-rock-scissors to see which player will start first, the server must lob a tennis ball higher than the height of the opposing player so that the ball will land inside the court.
- A player can score by:
 1. Having the tennis ball bounce twice before their opponent can catch it,
 2. By having the ball land on a rubber spot in the middle of the court,
 3. If the ball lands out of bounds (a point is awarded to the opposing player).

Variations:

Build One: Setting Up an Attack

In this build, players attempt to score a point by having the ball bounce twice before their opponent can catch it or by having the ball land on the rubber spot.

Build Two: Court Positioning

After each lob, the player who lobbed the ball must run and touch one of the four cones. Once they have done so, they must position themselves in a ready position for their opponent's next lob.

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 tennis ball).

Modifications to be able to use game with younger students:

- Stick with just the lower builds of allowing the ball to bounce twice before catching it.
- Use larger balls.
- Increase allowed number of bounces.
- Increase or decrease size of court area (dependant on what they find easier).
- Have a larger target in the middle of the court.

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/spot-ball/>

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