

Wall tennis

2 players face a wall. Each player is restricted to half the playing area. The server throws the ball to the wall above a line to start play – the receiver tries to catch the ball after one bounce or on the full. Play 1 v 1.

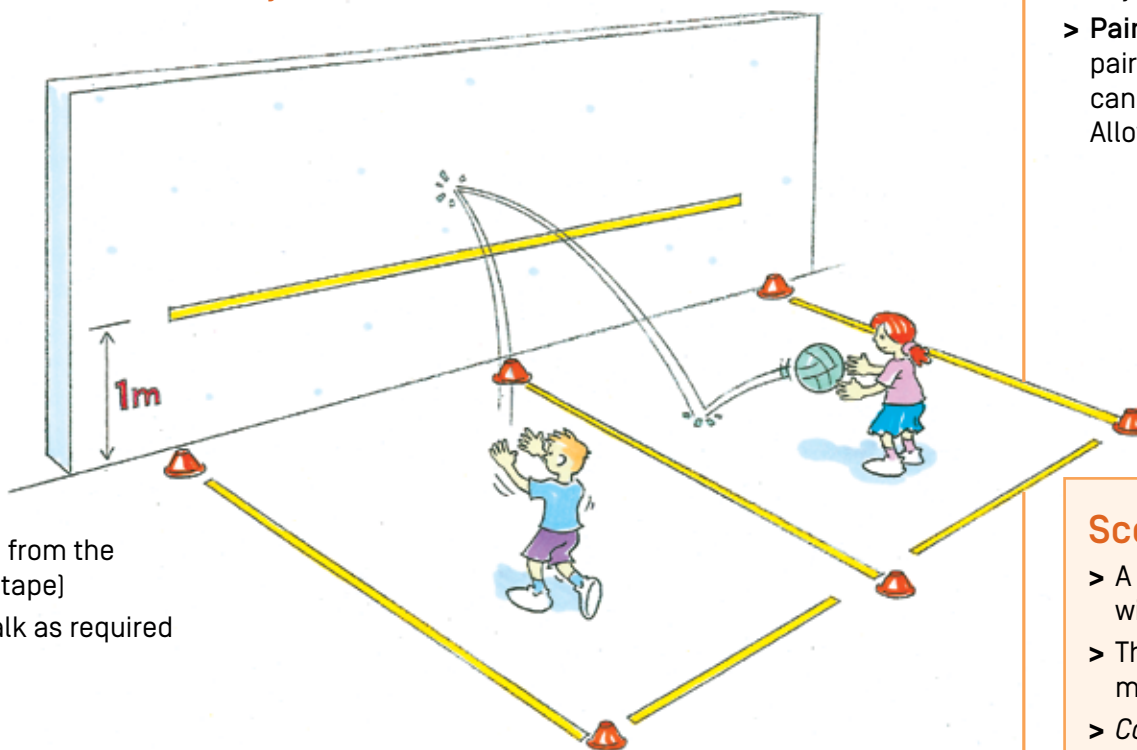
What you need

- > One volleyball or similar per pair. Progress to a tennis ball with increasing competence
- > A wall area and court surface that allows the ball to bounce
- > Wall marked with a horizontal line about 1m from the floor (e.g. with masking tape)
- > Markers, rope, tape, chalk as required

What to do

Playing

- > The ball is served to the opponent's court.
- > Players stay in their own half of the court.
- > A rally of alternating throw/catch continues until one player cannot return the ball onto the wall above the line before the ball bounces a second time.
- > Players serve alternately.



- > If the serve does not land in the receiver's court the receiver scores one point and the server tries again (up to a maximum of 3 unsuccessful serves). Play to a specified number of points, (e.g. 5) or for a set time (e.g. 3 minutes).

Change it

- > **Use full court** – allow players to play freely anywhere on the court as in squash.
- > **Pairs play** – use 2 adjoining walls and play in pairs. The ball can be served off either wall and can rebound a second time off the other wall. Allow one bounce before catching.



Scoring

- > A point is scored by the player who wins the rally.
- > The receiver scores a point for a misplaced serve.
- > *Cooperative emphasis* – for a great warm-up option, make the length of the rally the objective.

LEARNING INTENTION

Wall tennis refines serving and catching skills. It requires heightened anticipation and an ability to place a ball out of reach of the opponent.

PHYSICAL LITERACY ELEMENTS

OBJECT MANIPULATION
AGILITY

SELF-REGULATION (EMOTIONS)

STRATEGY AND PLANNING
PERCEPTUAL AWARENESS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO43

ACPMPO45

ACPMPO61

ACPMPO63

Coaching

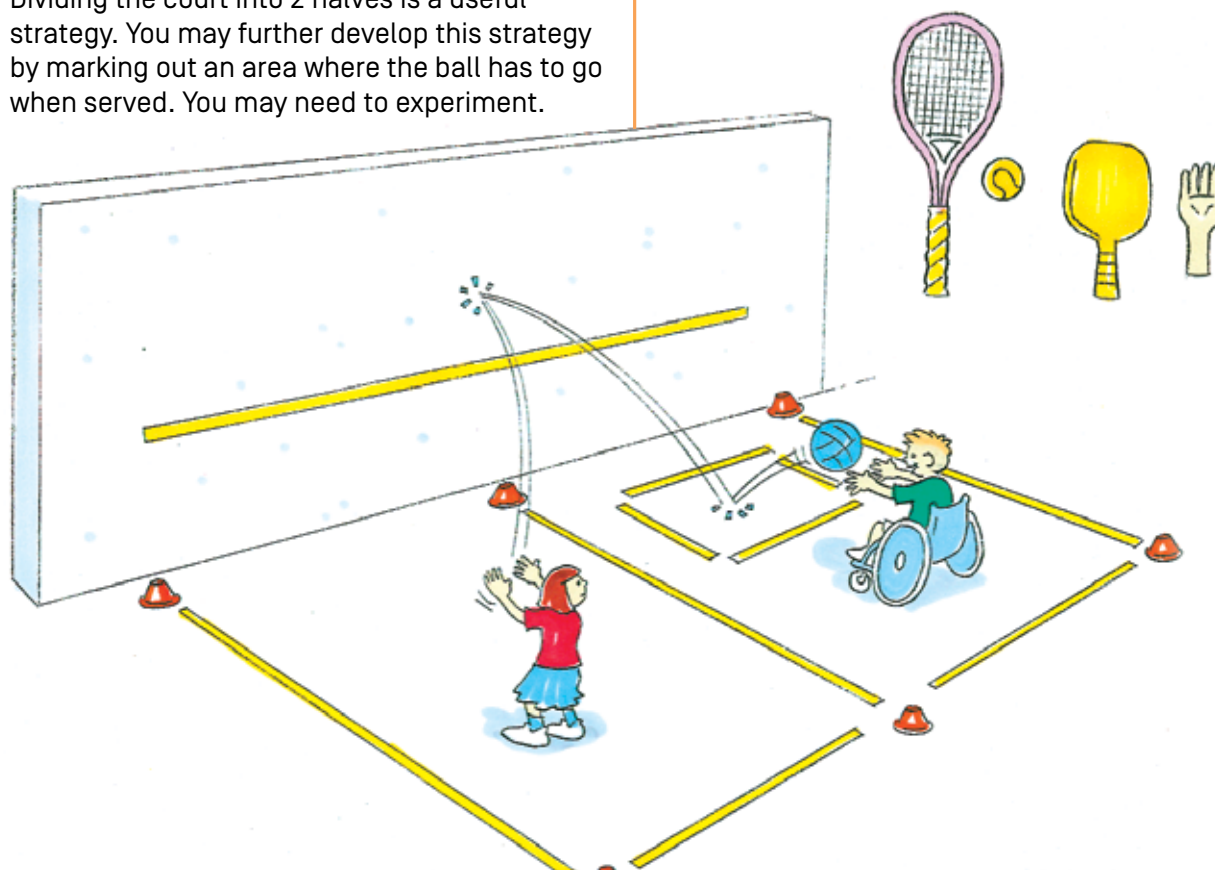
- > Use players as role models to help players understand the concepts of the game – serving in-court, anticipation, positioning for catching, and finding space.
- > Encourage cooperative play from the start by encouraging long rallies. Use slow serves, repetitive patterns and serving from an appropriate distance.
- > Ask the players for ideas to ensure everyone is included.
- > Dividing the court into 2 halves is a useful strategy. You may further develop this strategy by marking out an area where the ball has to go when served. You may need to experiment.

Game rules

- > **2–3 bounces** – make the activity easier by allowing 2–3 bounces.
- > **Bonus zones** – award bonus points if the ball lands in a specified area of the court, even if play continues.

Equipment

- > **Bats** – hand serve, paddle bat racquets
- > **Balls** – foam balls, tennis balls or other suitable ball



Playing area

- > Remove the dividing line on the court to 'open' the play.

Safety

- > Discourage players from throwing the ball too hard.
- > If a bat or racket is used in a game variation, discuss safety measures; particularly if the court is not divided.
- > Ensure sufficient space between courts.

Ask the players

- > Highlight back of court play – What are the advantages/disadvantages?
- > Can you position yourself so it's difficult for your opponent to see the ball/hit the wall?
- > 2-wall game – Which wall should you bounce the ball off to get it away from your opponent?
- > What strategies could you use to manage your emotions if you are struggling in the activity [e.g. positive self-talk]?

Server

- > How can you angle the serve?
- > Where should you move so it's difficult for your opponent to win a point?
- > How can you disguise your shot to make it difficult for your opponent to return?