Wall Tennis

Applications: Tennis, squash, table tennis, badminton, racquetball

Problem-solving: Position the ball so the other player cannot catch it. This rebound game involves individual throwing and catching. Mark a line on a wall above which the ball must hit. On the ground in front of the wall mark the court. One player throws the ball to land, on the full, above the line and rebound back into the court. The other player catches the ball on the full or after it bounces. Players take it in turns to catch and throw against the wall until the ball bounces twice, is thrown below the line or goes out of the playing area without first bouncing inside it.

Variations
- Play in teams of pairs.
- Size and weight of ball.
- Scoring: Only win points on serve or on every rally; use tennis scoring or squash scoring.
- Add an extra line dividing the playing area into equal halves. Serves will then be required to rebound into the opposite half, and service can be either from one side of the field of play only, or alternate sides every point.
- Use racquets.

Example Key Questions
- Where is the best place for the serve to land?
- What happens when the ball is thrown softly?
- What happens when the ball is thrown hard?
- What happens when the ball is thrown high on the wall?
- What happens when the ball is thrown just above the line on the wall?
- How do you decide where to place the ball you strike?

No Go Land

Applications: Tennis, volleyball, badminton, table tennis

Problem-solving: Landing the ball in a space away from opposition players. This court game requires throwing, catching and moving to a space, played 1v1, in pairs or teams. On a rectangular court, size depends on the number of players (i.e. 1v1 - a badminton court). Create a ‘No Go Land’ in the centre of the court to separate the 2 teams. The game begins with the ball thrown underarm from one side over the No Go Land for the opposition to catch and send back. Play continues until the ball touches the ground twice on one side; the ball goes out of the playing area without first bouncing inside it; a player steps in the No Go Land; or the ball lands in the No Go Land.

Variations
- Number of players on each team.
- Size of playing area.
- Create a raised barrier for the No Go Land.
- A limited number of passes on one side before the ball must be thrown over the barrier.
- Use racquets to hit the ball.

Example Key Questions
- From where on the court is it most difficult to throw the ball over the No Go Land?
- From where on the court is it easiest to throw the ball over the No Go Land?
- Where is the best place to aim your throw to make it difficult for the opposition to catch it?
- How can you ready yourself to receive the ball?
- How can you cover space to make scoring for your opponent difficult?