

Title of Program: **"Teaching Tactical Actions for Net and Wall Games"**

Date: Saturday, January 25, 2014

Time: 11:25 am -to- 12:15 pm

Presenter: Dan Young

The session will present the importance of integrating tactical actions when teaching net and wall games.

2-Square & Wallball

2-Square & Wallball is a net/wall game form. There must be enough wall and floor space to layout one court. Ideally there should be one court for every two to three students. If there is not enough space to layout a court for every two students, plan wall and **Netball** to be played at the same time. Some students can play **Netball** while others are playing **2-Square & Wallball**. Rotate the students so they have equal opportunity playing both games. See **Netball** for more information including the skill development. The students can play a cooperative game until they are ready to play a competitive game. You will need to decide when students should play a competitive or cooperative game. Some students will enjoy a cooperative game play more than a competitive game. You must identify these students.

2-Square & Wallball is played with two hands underhand striking patterns. The court is an 8' X 8' square on the floor and one on the wall. **2-Square & Wallball** provides students an opportunity to apply skills and tactical actions that are common in net/wall games. The games may be modified based on the available facilities. The teacher may have to be creative in how they create a learning environment that allows the students to apply underhand striking skills.

Use a small 4-square ball for game play. The court size can be modified to accommodate the available space. Wall lines are not necessary for a court except maybe a top line. Use existing lines that are on the wall if the line is between 6' and 8' from the floor.

Tactical Actions

- Set up to gain an advantage
- Hit passing shots
- Hit low corner shots
- Hit low dink shots
- Hit high lob shots deep in the court
- Defending space

Ⓜ The symbol indicates the time to teach tactical actions.

Students should demonstrate they can make shots that force their opponent out of position. Once the opponent is out of position, they should be able to make a passing shot. On defense, they must be able to move quickly to cover the court and return to home base.

The Game: The game is started with a two hand underhand serve. The server drops the ball and strikes the ball so it rebounds off the wall and lands in the court. The serve must be a lob. The receiving partner returns the serve. Students alternate hits until the ball lands out of bounds. Lines are out of bounds. Students can play from one to seven points. The length of the game depends on time and how many are waiting to play. The more there are waiting the shorter the game. When a game is completed, both players rotate out or the loser rotates out. The winner should rotate out after winning three straight games.

The following are the rules and procedures for **Wallball**.

● **The court:**

- The general size of the court is 8' X 8'.
- The wall size is also 8' X 8'.
(See court diagram below.)
- The actual court size can be adjusted depending on the space available.

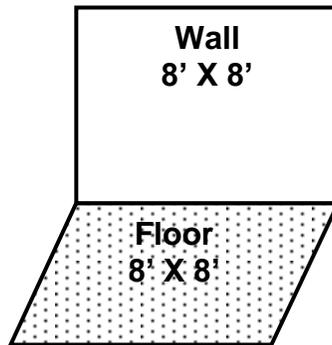
- The game is played by the server dropping the ball inside the court, striking it from a bounce with two hand underhand serve against the wall so it lands in the court.
- The receiver must return the ball after one bounce by striking it against the wall and rebounding back into the playing court.
- The ball must be struck with a two hand underhand pattern.
- Play continues until one player cannot make a legal return.
- The lines are out of bounds.
- Only the server can score points.
 - The receiver is trying to win the serve.
 - A game is played from one to three points.
 - The length of the game depends on how much time there is to play and the number of players waiting to play.
- **2-Square** is played with a four square ball.
- There should be one court for every four players.
- Court size can be adjusted to use existing lines on the floor and wall.

Modified Cooperative Game

- A cooperative game is when the two players work together to keep the ball going.
- The goal is to see how many legal consecutive strikes they can make.
- The players receive one point for each legal strike.
- The players should try to beat their score each time they play.

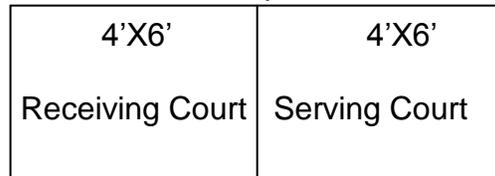
Court Diagrams

Wallball Court



Keep the waiting line far enough back so there is no interference with play.

2 Square



Keep the waiting line far enough back so there is no interference with play.

Game Development: Players will play a 1 v1 game of 2 Square/Wallball using offensive and defensive skills and tactical actions.

<u>Skill Tasks</u>	<u>Task Refinements</u>	<u>Checking for Student Progress</u>
<p>1. Keep the ball going using a two hand underhand striking action.</p> <p>2. Strike-bounce-strike-bounce-catch</p> <p>3. Strike-bounce-strike-bounce-strike – bounce-catch</p> <p><i>[The ball should bounce one time before returning it. In the early experiences, allow for two bounces before the ball is struck.]</i></p> <p>4. Now you and your partner will keep a ball going.</p> <p>5. Bounce-strike-bounce-strike-catch</p> <p>6. Bounce-strike-bounce-strike-bounce-strike-bounce-catch</p> <p>7. Drop-bounce-strike-bounce-strike-bounce-strike–bounce-strike-bounce catchⓈ</p> <p><i>[They should strike the ball so the partner can easily return the ball over the line or against the wall. The students are working cooperatively to keep the ball going.]</i></p> <p>8. Make your partner move to return a ball. Return quickly to home base after each shot.</p> <p>Ⓢ</p> <p><i>[Students are striking the ball so their partner has to move to return the ball. The task extension starts cooperatively. Move students toward competitive play as they demonstrate they are ready. This task extension has two purposes. One, it makes sure that students practice moving to return a ball and making shots that force their partner to move to return a shot. The following task extensions practice making passing shots, lob and low wall shots.</i></p> <p>9. Can you make the following shots?Ⓢ</p> <p>10. Fast shots to the back cornersⓈ</p> <p>11. Lob shots to the back lineⓈ</p> <p>12. Low shotsⓈ</p> <p><i>[Set a rotation so the students take turns practice from both sides of the court.]</i></p> <p>13. You and your partner(s) are now ready to play a game.</p> <p><i>[Players can rotate after each point. Teachers may want to set a specific score to complete a game. Such as, 3, 5 or 7 points.]</i></p>	<p>Ready Position-Shot-Magnet</p> <ul style="list-style-type: none"> ✓ Ready Poistion ✓ Strike the ball about belly button high ✓ Step to the ball ✓ Magnet – pulls you back to home base ✓ Face the forward ✓ Make a smooth transition from the ready position to the stroke ✓ Move quickly from the stroke to the ready position ✓ Step toward the target as you strike ✓ Move to stay in position to make the second/third strike ✓ Make a quick passing shot ✓ Make high lobs to the back of the court ✓ Make soft short shots ✓ Use short quick side steps to move to the ball 	<p>Motor Task Criteria:</p> <ul style="list-style-type: none"> ✓ demonstrates they can make a two hand underhand stroke with control ✓ demonstrates they make the right tactical action when executing a stroke ✓ moves quickly in and out of their ready position/home base to execute the appropriate tactical action ✓ defends their space to limit the open spaces <p>Task Application</p> <p>Ⓢ Can you and your partner keep the ball going against the wall for three consecutive strikes? You both receive one point each time you keep the ball going for three consecutive strikes. You will have five trials. I want to see you can increase your score from the first trial.</p>

For More Information
 P.O. Box 141, Gramling, South Carolina 29348
 Voice & Text: 864-680-8471 ● Fax: 864-288-6870
 Dan@MovingToSuccess.com ● www.MovingToSuccess.com

Moving To Success embraces the belief that students who become competent movers and are knowledgeable regarding the health-related benefits of being physically active are more likely to value and lead a physically active lifestyle.

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4-Square

4-Square is a net-like game played with four players in a court with four squares using a strike bounce-strike-bounce pattern. The game is excellent for teaching striking skills, offensive and defensive tactics and foot work. **The goal** of the game is for the player to play his/herself to the **Server's Court (Court D)**. The following are the basic rules:

- The ideal **court** size is a maximum of 16' X 16' to a minimum of 12' X 12' divided into four even courts.
 - The amount of space available may dictate the court size.
 - All lines are out of bounds.
 - Each court is labeled with a letter, number or any other symbol that works for the individual school situation. The courts will be referred to as **A, B, C,** and **D** in the following description.
 - The server always servers from the **D** court.
 - New players enter at the **A** court.
 - The rotation is from **A** to **B** to **C** and to **D**.
- The **striking** of the ball must be underhand.
 - It can be struck underhand with **one** or **two** hands.
 - This rule can vary to require two hands when returning balls. This is only necessary if it is too difficult to manage a one hand underhand return.

[The purpose of underhand returns is to make the game more competitive. Overhands are too difficult for most students to return in a small playing area. It also has the potential for causing injury because of the amount of force generated by and overhand strike.]

- The **serve** is an underhand strike with **both hands**.
 - The fingers must be pointing towards the floor on the serve.
 - The serve must be made with an arch.
[It is not an offensive play. It is sometimes called a returnable serve.]
 - The serve to be made from court **D** to court **B**.
 - The server should step out after three to five (teacher decision) consecutive serves. This prevents a player from dominating the game. Make this rule consistent.
- **Returning** the ball hit into a player's court **must** be made after **one** bounce.
 - The ball must be allowed to bounce one time before it can be returned.
 - The return can be made to any court.
 - The return must be made with an underhand strike.
 - A player can **step** into another player's court to return a ball but **cannot** return the ball into the court the player steps into.
 - The player must return to his/her court as quickly as possible.
 - **All** lines are out of bounds.
 - The return is an offensive play. It can be hit as hard or soft as the returning player wants. However, it must be underhand with one or two hands.

- The **rotation**:
 - A new player enters in the court **A**. The rotation is from **A**, to **B** to **C** and to **D (Server's Court)**.
 - If a player fails to return a ball legally, the player leaves the game and goes to the back of the line.

- **Officiating** the game:

- The four players playing call the game. If three players call another player out, that player is out.
*[There are no **do-overs!** They must make a decision on the rule infraction. The game will run more smoothly if the students know they must make the call before the game can continue. If do-overs are allowed, the students will be less likely to make a decision. There may be occasions when student(s) do not call a game fairly. Call them out immediately.]*

- Teachers may want to try other officiating strategies. Such as,
 - ✓ The next person in line is the official
 - ✓ The players in line vote
 - ✓ Only two of the players playing have to agree on a player being called out.

[The problem that teachers need to be aware of is when some students may rule unfairly against another student in order to get them out of the game.]

- **Rules** in review:
 - Must serve a returnable serve
 - Must strike the ball underhand
 - The ball must bounce one time
 - All lines are out

Tactical Actions

- Set up to gain an advantage
- Hit passing shots
- Hit low corner shots
- Hit low dink shots
- Hit high lob shots deep in the court
- Defending space

- **4-Square** modifications:

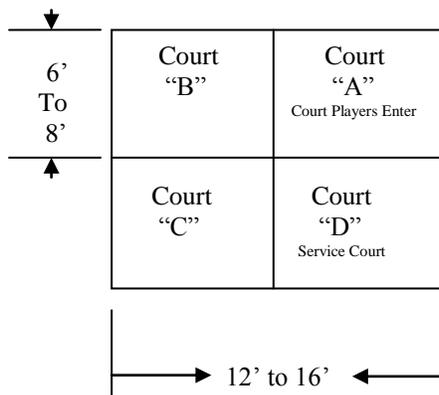
- **2-Square** has two players.
- **2-Square** is effective for lower grades and lower skilled players
- The court is a rectangle rather than a square – 4' wide 10' to 12' long.
- **6-Square** is played with six players in a court divided into six equal squares the same size as a four square court.

- There should be one court for every five to seven students.

[This allows for various skill levels to naturally evolve on their own and play with students of their own skill level. This also reduces the number of students waiting in line.]

Keep the line where students enter far enough back so there is no interference with play.

Court Diagram



Keep the students far enough back so they do not interfere with play.

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4-Square: Players will demonstrate the skills and tactical actions when playing the game of 4-square.		
Task Extensions	Task Refinements	Checking for Student Progress
<p>1. Can you keep the ball going against a wall in a strike bounce strike pattern using and underhand striking action?</p> <p>2. Use a two hand underhand striking action.</p> <p>3. Use a one hand underhand striking action.</p> <p>4. Keep the body square to the ball.</p> <p>5. Use side steps to stay in front of the ball.⓪</p> <p><i>[The ready like position is critical for students maintain in a 4-Square. It makes it easier for the students to move to stay in position to return strikes. This is important in all practice and playing situations.]</i></p> <p>6. Can the students keep the ball going with a partner in a strike-bounce-strike-pattern?</p> <p>7. Serve the ball with an arc ...</p> <p>8. ...to the center of the court.</p> <p>9. ...deep in the court</p> <p>10. ...just over the dividing line.⓪</p> <p><i>[The ball must be served with two hands underhand. The serve must have an arc. The serve cannot be an attack action. Placing serve is done to help set up the next action. The server wants to make the opponent move to return serve.]</i></p> <p>11. Return serves ...</p> <p>12. ...deep and fast.</p> <p>13. ...deep and high.</p> <p>14. ...short and low.Ⓣ</p> <p><i>[The student returning the serve wants to make play that force their opponent move to return a ball. The circle Ⓣ indicates a tactical action.]</i></p> <p>15. Can you strike the ball to the back corners of the 2-square court?</p> <p>16. Use a lob strike</p> <p>17. Make a direct strike to the back corner.Ⓣ</p> <p>18. Can you strike the ball so in lands just across the dividing line? Ⓣ</p> <p>19. Move to return a ball hit...</p> <p>20. ...to the back corners.</p> <p>21. ...short and low. Ⓣ⓪</p> <p><i>[The students want to use attack shots that force their opponent to move to return a shot. They do this to either score/force their opponent to make an easy return shot. This may provide another chance to make an attack shot.]</i></p> <p>22. Can you keep the ball going in a 4-square court with four partners?</p> <p>23. Serve the ball with an arc to the court across from you.</p> <p>24. Use set up strikes to keep the rally going. Ⓣ</p> <p>25. Use attack strikes to gain an advantage.Ⓣ</p> <p>26. Play a game of 4-square with your partners. ⓪</p> <p><i>[The students are ready to play 4-Square. The skills and tactics learned in previous task extensions are used in these last five task extensions. Keeping the body square to the ball at all times is critical to play the game successfully. A tactic not addressed in the above task extensions is a fake. Teach the students how make their opponent think they are hitting the ball to one square but hit it to another.]</i></p>	<p>Front The Ball</p> <ul style="list-style-type: none"> ✓ Maintain a ready like position ✓ Use your feet to stay in front of the ball ✓ Keep the ball below the head ✓ Strike the ball waist high <ul style="list-style-type: none"> ✓ Serve the ball about chest high ✓ Stay in position to return serve ✓ Quick strike with passing shot ✓ Soft strike for lobs <ul style="list-style-type: none"> ✓ Make head high lob shots ✓ Make direct strikes <ul style="list-style-type: none"> ✓ Soft touch for short strikes <ul style="list-style-type: none"> ✓ Move quickly to get in position to return the ball ✓ Make returnable strikes ✓ Serve the ball about chest high 	<p>Checking for Student Progress</p> <p>Motor Task Criteria:</p> <ul style="list-style-type: none"> ✓ maintains a ready like position ✓ uses underhand striking action to control the placement of the ball ✓ uses offensive tactics to gain an advantage ✓ use defensive tactics to prevent an opponent from gaining an advantage <p>Task Applications</p> <p>ⓉCan you keep the ball going against the wall with five consecutive underhand strikes? You must use both one and two hand striking actions. Raise your hand when you are able to do this.</p> <p>ⓉCan you and your partner keep the ball going in a 2-Square like game? Use one and two underhand striking actions. Raise your hand when you are able to do this.</p> <p>ⓉCan you and your partner play a 2-Square game. Raise your hand when the first person wins three games.</p> <p>ⓉCan you and your partner play a 4-Square game? Raise your hand when the first person wins three games.</p>