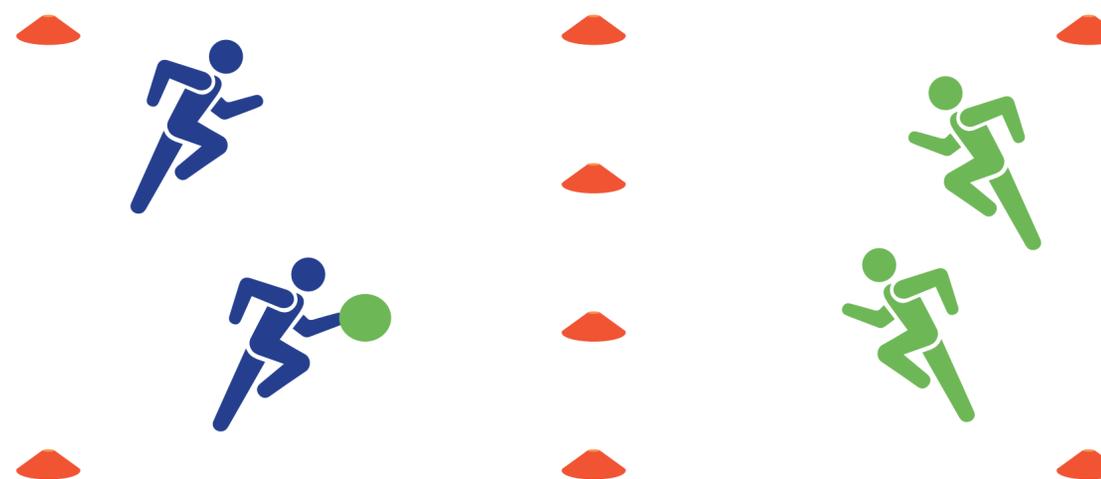


Net/Wall - Space Attack - Early/First/Second Level

1. Divide your class into pairs for games of 2 V 2.
2. Each game will be played on a small court, using cones to create the boundaries and net. A soft large ball should be used first.
3. All serves and throws must be underarm.
4. This game follows similar rules as to that of tennis. A pair can score a point if they throw the ball over the net and it bounces twice before the opponents play it back.
5. The starting server will continue to serve until he/she loose the point. The other team will then serve.
6. A point can be scored on every rally.



Cognitive Skills

- > Problem Solving
- > Decision Making
- > Creativity

Physical Competencies

- > Kinaesthetic Awareness
- > Coordination & Fluency
- > Gross & Fine Motor Skills

Personal Qualities

- > Determination & Resilience
- > Respect & Tolerance
- > Communication

Physical Fitness

- > Core Stability & Strength
- > Flexibility
- > Speed

Progressions

Early Level - Use a beach Ball for this game and allow one or two bounces depending on success rate

1st Level - Replace coned line with a bench (acting as a net and use a smaller ball (Football Size)

2nd Level - Play this game using a tennis ball (underarm throws only)

Questions

1. How many different ways can you throw the ball?
2. Where is the best place to throw the ball when attacking?
3. How can we defend space as a partnership?
4. How should we move around the court?

Equipment

- > Cones and soft balls.