



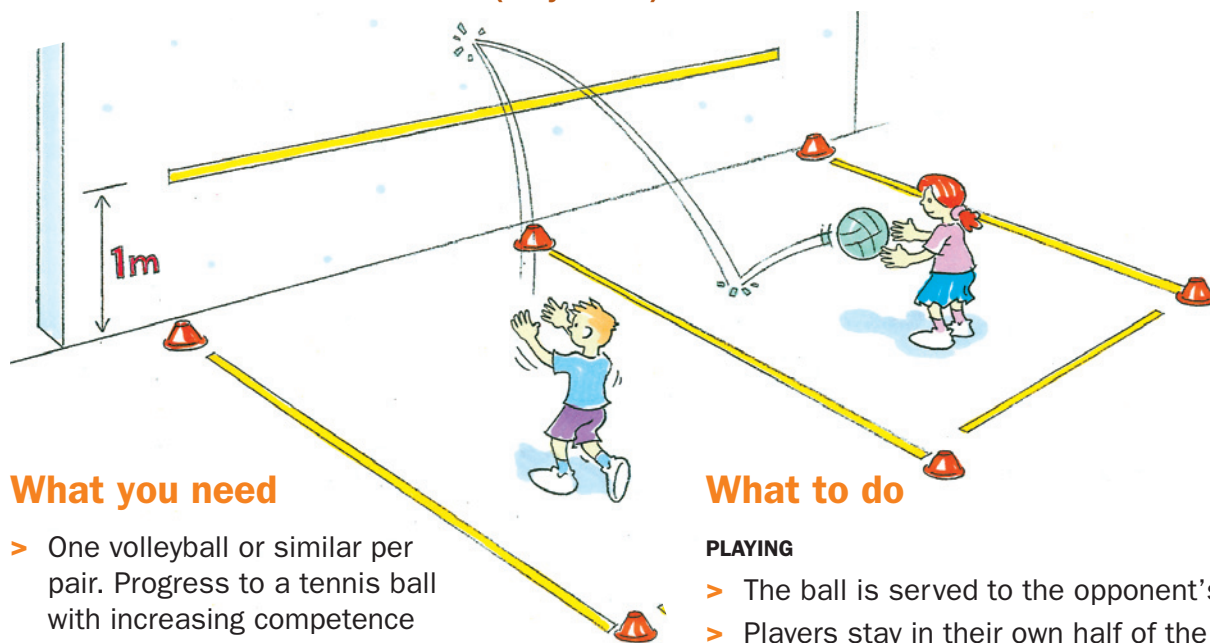
Australian Government
Australian Sports Commission

EASY MED HARD



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

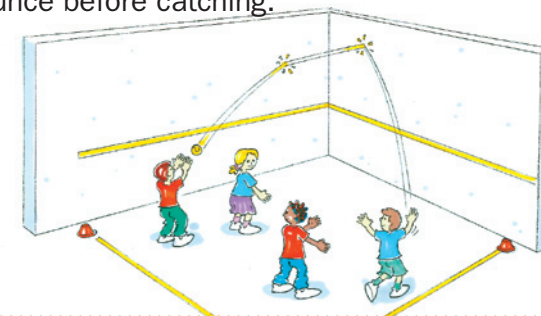
- > The ball is served to the opponent's court.
- > Players stay in their own half of the court.
- > A rally of alternating throw/catch continues until one player cannot return the ball onto the wall above the line before the ball bounces a second time.
- > Players serve alternately.
- > If the serve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

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.

Change it

- 1 Use full court** – allow players to play freely anywhere on the court as in squash.
- 2 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.



LESSON LINK

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

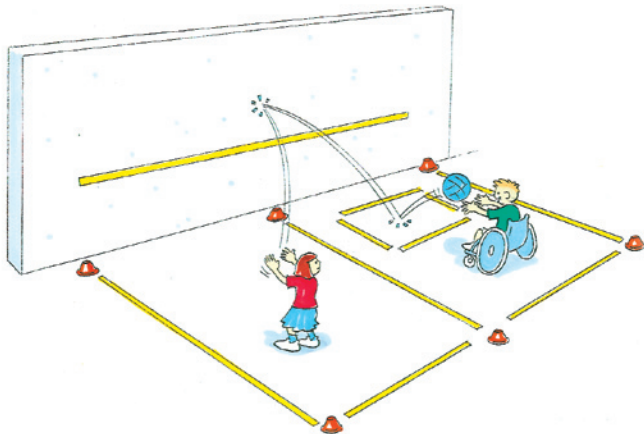
SESSION PLANS

Combo > Start out CP 02b + Start out NC 02b + Get into it NC 07
Mixed combo > Start out TG 01 + Get into it TG 10 + Get into it NC 07

change it...

Coaching

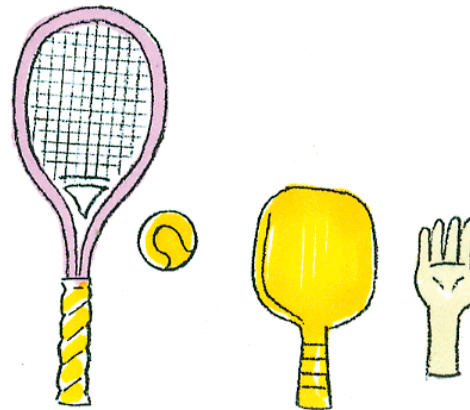
- > Use players as role models to help players understand the concepts of the game – serving in-court, anticipation, positioning for catching, and finding space.
- > From the beginning encourage cooperative play, with players aiming for long rallies – use slow serves, repetitive patterns or serving an 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?'

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?'