

PHED 1223 – Fundamental Movement – Game Example

Movement: Striking – « Wall Strike »

Equipment:

Ball for every two people (elephant ball, volleyball, small bouncy ball), solid wall to play against, lines on the gym floor to establish a playing area, flat pylons and/or disc pylons. Lines made from masking tape may need to be put up on the walls. Coloured chalk that easily washes off with soap and water may also work.

Focus:

Proper striking mechanics. Refer to the sheet: The Basic Mechanics of Striking. Watch the players carefully as they use their hand to strike at the implement. Give consistent and positive feedback on the successful mechanics of the striking motion. The size of the ball and playing area will be determined by the skill level of the participants.

Description:

- Students pair up with a partner of equal striking ability and get a suitable ball of their choice.
- Establish a playing area against the wall – serving lines (wall and floor), maximal/minimum fault lines on the wall, side-lines, playing area back line. Flat disc pylons may be required.
- Establish if the ball can be played off a bounce (or two). The first bounce must be within the playing area, the second does not.
- The ball must be served cross-court to the partner within the established serving area. It may be a bounce serve or a straight strike serve. The instructor may need to establish the intensity of the serve that constitutes playable.
- Points are awarded only when a player scores on their serve.
- The players may decide how many points are required to win the game – short game 5 or 6 points, longer game 12 to 15 points.
- A time line may also be established. The player with the most points at the end of the time line would be the winner. At the end of the time line, the winner moves to the court to their right and loser stays on the same court.

Increase the Difficulty:

- Faster moving ball.
- Larger playing area.
- Play 2 against 2 with any player not being able to hit the ball 2 times in a row. The playing area may need to increase to accommodate the 4 people.