

As they apply their skills

Me to You to Me

Activity Card



Let's play

- Two teams of 2
- Make a two zone play area that is separated by either a low net or a 'no-go' gap/ area (wider the gap the higher the imaginary net)
- One team in the zone on one side of the net or gap, the other team opposite them in the other zone
- Send the ball over the net trying to achieve the highest number of rallies
- Decide on rules, how to send and receive, how many times the ball can bounce, can you send it to your team mate, who starts the rally and how, can you play the ball from outside the zone, etc.
- Start by cooperating between the two teams then compete against one another



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Key words

Control, balance, coordination, spatial awareness

Throw, underarm, over arm, two handed, catch, hit, kick, volley, header, bounce, dribble with feet, dribble with hands, strike with an object, etc.

Serve, rally, points, in, out, my side/half, our side/half, your side/half, put ball into space, angles

Fast feet, fast thinking, 'ready', 'alert', 'aware'

Resources

Throw-down markers, variety of different balls including fit-balls and bats/rackets, low nets, chalk, batting tee

Safety & Organisation

Ensure:

- surface is safe and free from obstructions
- large run off areas in between 'gardens'
- zones for less ambulant or wheelchair users as appropriate

Opportunities to:

- cooperate to solve problems when working with others
- improve hand-eye coordination
- develop strategies and tactics to outwit opponents
- take more responsibility for their own actions and begin to understand the associated risks
- cooperate with others to observe the conventions of fair play

Questions

- What skills do you need to be good at to play this activity?
 - What are you going to practise to help you improve?
- Why are fast feet important in this game?
- How well did you and your partner work together?
 - What would you like to do better next time?
- Why is it important to use your left and right hand?

Changes to the activity

Change the:

Space

- size of the zones - bigger or smaller or unequal sizes, long and thin, short and wide, etc.

Task

- rules - number of bounces, number of touches per side, ways of serving, ways of moving with ball or not, conditions about what you do once you have played the ball - out around a cone, sit down, explore different ways to get the ball over the net/gap etc.
- rules for wheelchair users and players with restricted mobility for example allow two bounces or as many as they require

Equipment

- use different size balls (including bell-balls), introduce rackets, higher nets or wider gaps

People

- number of players on each side of the net/gap, join two courts together to play 4v4 or 3v4 with an official/coach
- verbal cues for visually impaired

