

NET GAMES

SKILLS AND PROGRESSIONS

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Net/Wall Games Characteristics

| Objective | ❖ Send a moving object into space so an opponent is unable to make a return or forced to make an error; serving only time object is held | | | |
|---|--|---|---|----------------------------------|
| Cognitive Development Stage (Piaget) | ❖ Pre-operational | | | |
| Fundamental Movement Skill | ❖ Manipulative—Sending (strike, strike with implement, strike with hand) ❖ Locomotor—Slide, jump, hop, run, roll, stop ❖ Non-Locomotor—Bend, curl, hold, lift, lower, push, stand, stretch, reach, swing, twist, turn | | | |
| Skill Selection | ❖ Quick decision making required | | | |
| Components of Fitness | Health Related | | Skill Related | |
| | ❖ Cardiovascular Endurance ❖ Muscular Endurance | ❖ Muscular Flexibility ❖ Muscular Strength | ❖ Agility ❖ Balance ❖ Coordination (eye-hand, eye-foot) | ❖ Speed ❖ Reaction ❖ Power |
| Unique Characteristics | ❖ Play is continuous until point is won ❖ Allows teams to gather themselves in between plays ❖ Object struck usually in motion, except to initiate play phase ❖ Accuracy within designated lines or boundary area ❖ Opposition usually contained in one set area | | | |
| Players' Roles | ❖ All require same skills as they rotate | | | |
| Playing Area | ❖ Area divided by net; shared with a wall | | | |
| Numbers | ❖ Singles, Doubles, Teams | | | |
| Offensive Strategies | ❖ Placing ball farthest away from opponent; placing ball close to boundary lines; moving to volley position at net, utilizing spin | | | |
| Defensive Strategies | ❖ Returning object and keeping it in bounds, court positioning | | | |
| Examples (Net) | ❖ Badminton, pickleball, table tennis, tennis, sepak takraw, volleyball, wallyball | | | |
| Examples (Wall) | ❖ Racquetball, squash, one wall handball | | | |

Cooperative Rally (Forehand/Backhand)

- Cooperative activity where partners strike the object to each other
- Player A taps the object to their partner
- Player B taps the object back to their partner
- Focus on one contact for each rally per person
- See how many hits each pair can attain
- KEY: move your feet

Team Rally

- Create groups of 3 players per side
- Each group should have a racquet and 1 object (shuttle, ball)
- Player A1 starts off against Player B1 while all other players stand behind the baseline
- After player A1 hits the object, they immediately move off the court and player A2 moves in ready to play the object from player B1
- Player B1 returns the object from Player A1 and also immediately moves off the court and is replaced with player B2
- Continue sequence for as long as possible

Around The World

- Similar set up to Team Rally except players switch sides instead of circling back behind their same team
- After Player A1 strikes the object, they immediately move to the end of B1's line
- After Player B1 strikes the object, they immediately move to the end of A1's line
- Continue sequence for as long as possible

12 Racquet Drill

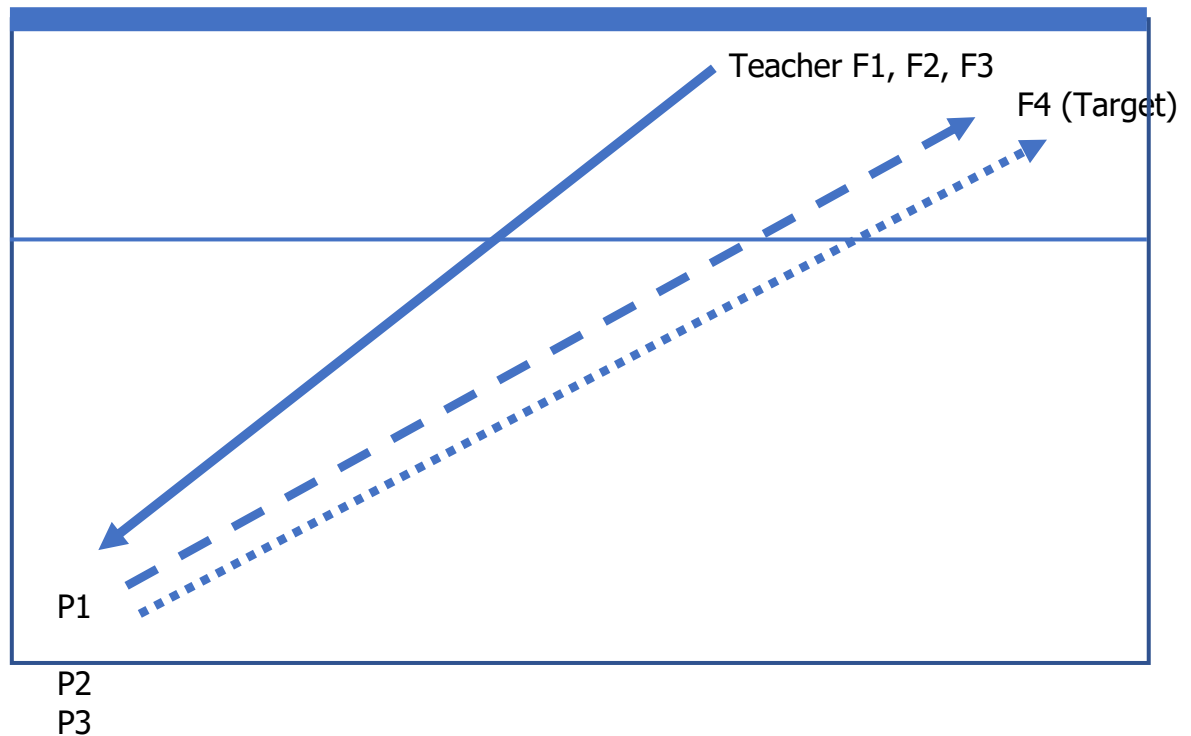
- Similar set up as Team Rally, except you only use 2 racquets per side
- After players hit object they hand the racquet to the next person without a racquet in line
- Players can initially rotate as per Team Rally, then progress to Around the World rotation
- Continue sequence for as long as possible

Competitive Rally

- Similar set up as Team Rally, Around the World, & 12 Racquet Drill except when the team/side wins the rally they gain a letter
- Objective is to spell a given word for the day by using vocabulary from class you want reviewed eg. Serve, Return, Match, Smash, etc.

Ball Machine

- Players form 2 lines on half a court
- Passing line starts at the #5-LB position
- All players in Feeding line (F1, 2, 3) starts along the net beside the Teacher with a volleyball
- Last person in the feeding line F4 is the target
- Passers must get ball to target and then move to the feeding line as the new target
- Rotation: F1 feeds teacher then moves to end of passing line behind P3. P1 passes ball to F4 then runs up to become new target. F4 joins the feeding line behind F3.



Progression:

1. teacher tosses
2. players toss
3. teacher hits
4. player hits
5. move tossing location eg, #4, #3, #2, across net, etc.

Royals of the Court

- Teams of 3 or 4
- Team 1 starts on the far side of the court as the ROYALS
- Team 2 starts on the near side of the court as the HEIRS to the throne
- Team 3 starts off the court and serves ball. They are the PEASANTS
- Play: Team 3 (Peasants) serves to Team 1 (Royals) who then has a rally with Team 2 (Heirs)
 - Winner of the rally determines location and movement
 - If Royals defend, they stay and score 1 point, Heirs go to the end of the line
 - If Royals lose, they are dethroned and new Royals (Team 2) takes the throne
 - Servers (Peasants) become new Heirs to the throne unless they miss a serve
 - Only score points as Royals, minus points if you miss serves
 - Play to a set time so that all games end at the same time