

EASY  
MED  
HARD

# Rebound ball

**B** A player throws a ball at a wall and stands back for a second player to catch the ball – the activity continues this way. (Play with 2 or 3.)



## What to do

### SETTING UP

- > Any type of ball depending on the experience and ability level of the players. One per 3 players.
- > Optional – towels as shown.
- > Open space near a wall, players at least 2 metres away.

### PLAYING

- > The first player throws the ball at the wall and moves quickly to the end of the team, allowing the second player to move up and catch the ball – continue down the line.

- > Allow a period for players to experiment with the best method of throwing – stop the practice and share ideas with the whole group, recommence play.

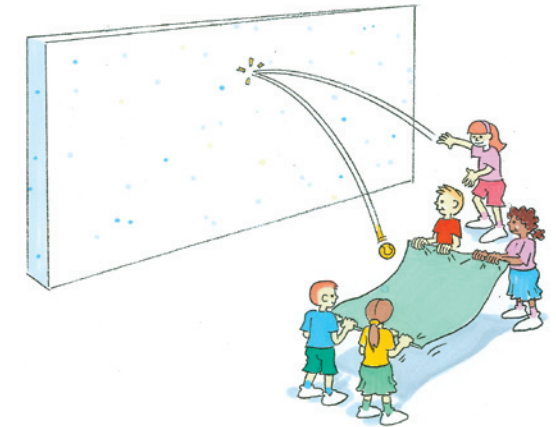
### CHALLENGE

- > Play against the clock, e.g. which team has given its players the highest number of turns in 40 seconds?

## Change it

- > **Practise individually** – allow individual practice to build skill and confidence.
- > A player with less advanced coordination and motor skills can be included by another player standing close and sending a short throw or simply passing the ball.
- > Players may use a softball glove or Velcro® mitt and suitable ball as an inclusive strategy.

- > **Towel catch** – allow each person several throws.



## Safety

- > Choose a ball, type of throw and distance to suit the ability level of the players.
- > Start with softer balls and slow underarm throws.
- > If a ball goes out of the playing area, retrieving players should signal they are entering another group's area and play should stop.

### LESSON LINK

*Rebound ball* is an intermediate throwing and catching activity. The activity allows players to explore the effect of different ball trajectories. Player experimentation, observation and understanding can be facilitated.