



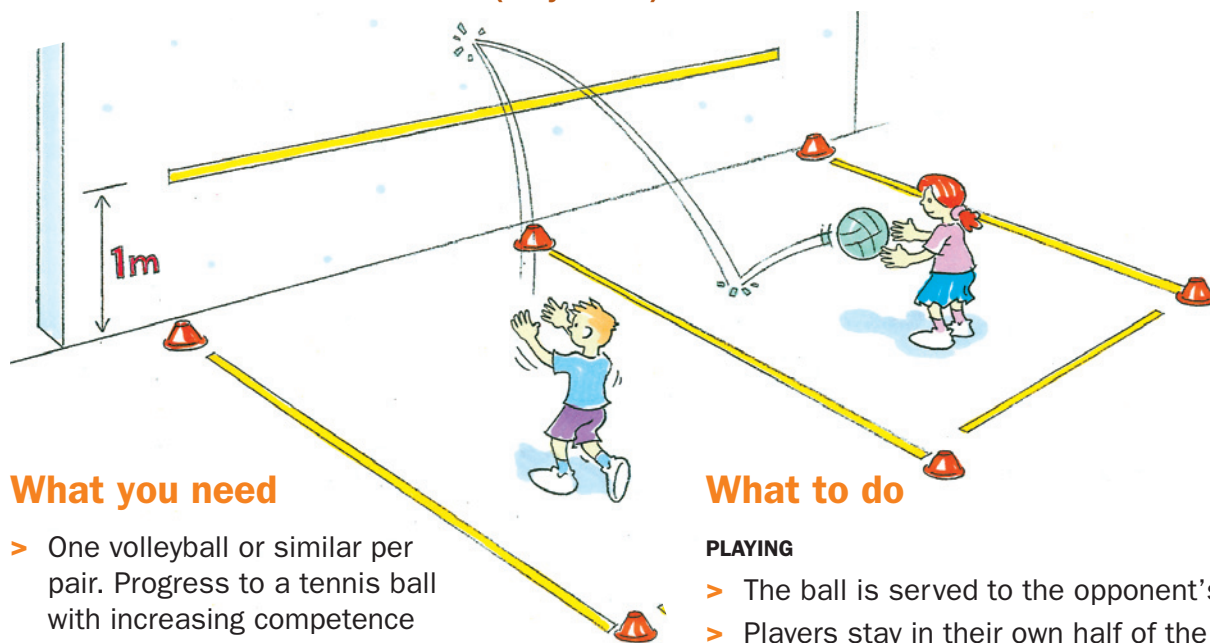
Australian Government  
Australian Sports Commission

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

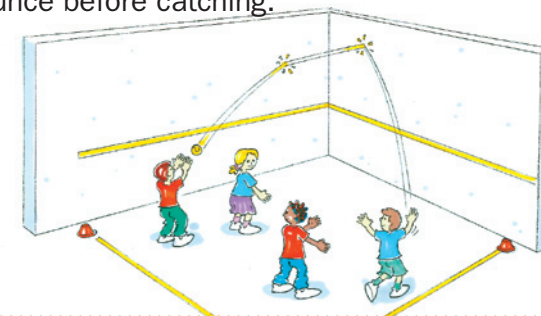
- > The ball is served to the opponent's court.
- > Players stay in their own half of the court.
- > A rally of alternating throw/catch continues until one player cannot return the ball onto the wall above the line before the ball bounces a second time.
- > Players serve alternately.
- > If the serve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

