

# WALL BALL

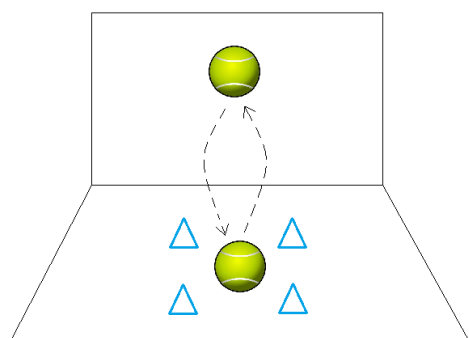
This game will help children to develop their coordination

## EQUIPMENT:

- Marked area – could be marked with cones, rope
- A wall
- A ball
- Timer

## HOW TO PLAY:

Stand in the marked area about 2m away from a wall. You have 30 seconds to make as many chest passes against the wall as possible and catch the ball when it bounces back, without leaving the marked area.



## MAKE IT EASIER:

- Make your marked area closer to the wall
- Allow the ball to bounce before catching it
- Use a bigger ball

## MAKE IT MORE OF A CHALLENGE:

- Vary the height and direction of the chest pass
- Use a smaller ball

## SCORING:

- Score one point for each catch that you make in 30 seconds.
- Make this a personal challenge by trying to beat your score each time or making it harder!

## RECORDING YOUR BEST AT HOME:

Can you practice and get better every day?

Name:				
Date	Score 1	Score 2	Score 3	Average



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## HOW TO SCORE:

Score one point for each catch that you make in 30 seconds.

Make this a personal challenge by trying to beat your score each time or making it harder!

No.	Name	Score 1	Score 2	Score 3	Average
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