Rebound ball

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.

**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.

**LEARNING INTENTION**

_Rebound ball_ allows students to practise and refine the fundamental movement skills of throwing and catching and develops teamwork skills.

**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.

**CHALLENGE**

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