

# Wallball

## Introduction to Wallball Coaching Guide



# Introduction

Wallball is a simple sport played by hitting a ball against a wall with your hands. Relatively new to the UK, the sport was launched in 2007 and has been growing ever since, hosting annual National and European Tournaments in London.

UK Wallball Association (“UKWBA”) is the sport’s National Governing Body with two main aims - to increase participation and continue developing the sport. By working with delivery partners and coaches, we aim to promote health and wellbeing through Wallball to the members of local community, with a focus on engaging with children, young adults and inactive people.

Coaches play a pivotal role in delivering Wallball and this coaching session aims to give you the tools needed to deliver and encourage people to play Wallball in a fun and engaging way, as well as using Wallball as a tool to encourage people who normally do not play sport to become active and engage with the sport in different ways.



## Wallball Values

- Wallball is an active, exciting game which can be played by both men & women and boys & girls of all ages and from all backgrounds.
- Wallball is inclusive and welcoming for novice players.
- Wallball is supportive of players with disabilities.
- Wallball is simple to play and we will always endeavour to be on hand to help facilitate and advise clubs and schools.
- Wallball is incredibly beneficial to cardiovascular health, fitness and all round coordination. It builds character and promotes good sportsmanship both on and off the court.
- Wallball can be a springboard both to serious wallball play and into other sports and activities.
- The UK Wallball Association is supportive of its players, staff and volunteers.



# Pathways for Players and Coaches

## Players

Players can start by playing Wallball at their local club, school or any suitable outside space. Local inter-club and school tournaments allow players to compete against others of a similar skill level

UK Wallball holds regular inter-school and club competitions to allow players to play in a competitive setting against different opponents. As the player base grows, more regional tournaments will be added for different skill levels

An annual national tournament is the highlight of the UKWBA calendar where adult and younger players compete to earn their national ranking. Players will also have the ability to travel to play different tournaments within the UK

The UKWBA is a founding member of the European Wallball ProTour which currently runs annually from Autumn to Spring and gives players the chance to play tournaments in 6 European countries

The top UK players will play for UK Wallball's elite team, the role models of the sport, who will get the chance to travel to the World Championships held every 3 years. The next World Championship is to be held in Minnesota, Minneapolis, USA during summer 2018



## Coaches

Activator Courses – basics of being able to play the game and help run a class / group sessions alongside other coaches

Introduction to Coaching Wallball course – be able to lead a class and run a small scale tournament

Once a coach has spent some time coaching at a club level, they can progress to become an Advanced coach. An Advanced coach would be expected to train other coaches, lead large groups and run national scale tournaments. Coaches at this level can also become qualified Wallball referees

International Coaches – focus on elite coaching / fitness. Coaches can also become referees for European events

International Coaches – focus on elite coaching / fitness. Coaches can also become referees for Worldwide events

# Women in Sport

UKWBA is fully behind national drives to encourage more women to be more active and will run projects which encourages girls and women to try the sport and be active.

By 2020 we pledge to have a full women's elite squad (top and development teams). We will aim for 40% of all school players to be female and 30% of all adult players. Our long term plan is to make the gender divide 1:1.

UKWBA participates in events for International Women's Day and This Girl Can in conjunction with our partners in East London



## Wallball for those with disabilities

There is much research in the healthcare sector that emphasises the importance of physical activity for those people with disabilities. We've seen from case-studies around the world that Wallball is accessible for all and we will endeavour to break down the barriers that prevent some people from playing. Where necessary we will adapt rules and equipment to allow access for all.

UK Wallball is open to both those with physical disabilities and those with learning difficulties.

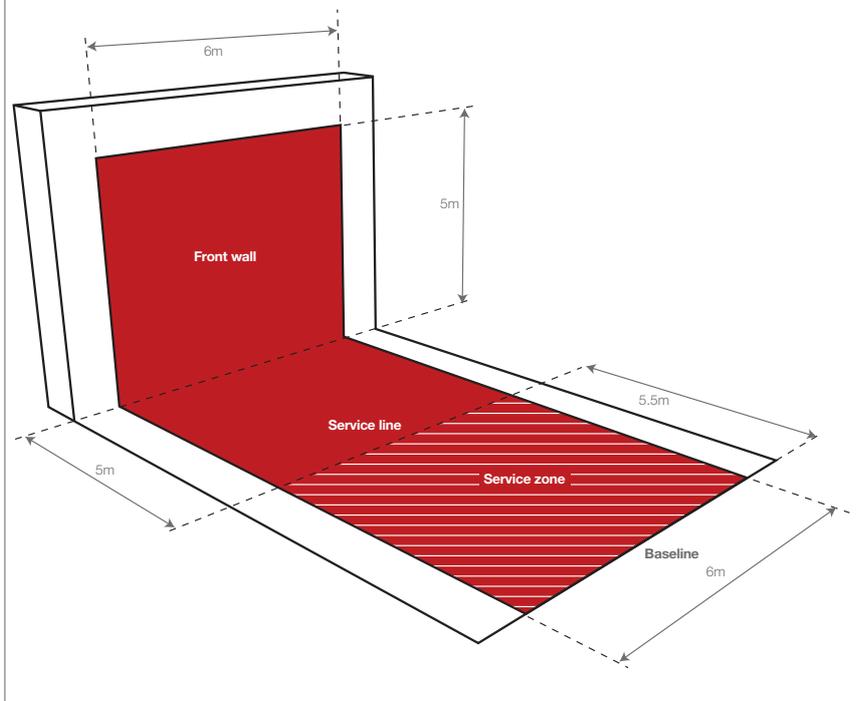
Coaches Shareen and Kamran have been doing a fantastic job in East London working with the Stroke Association to introduce Wallball into a community rehab programme. These activity sessions are not only imperative for regaining control over coordination and body movements, but are also a wonderful opportunity to bring together people who have suffered strokes to help them support each other through the recovery process.



# Let's play Wallball

## Rules of Wallball

### 1 Setting up your court



International court size is 10.5m x 6m but you can use smaller sizes dependant on age, ability and how much space you have.

Different balls can also be used for different age groups/abilities etc.

### 2 The serve



You must bounce the ball once and hit the ball onto the wall so it bounces past the service line. The serve must land in the 'serving zone'. If a serve is long or short, you get a second serve, if it's wide, you don't.

### 3 Rallies



Rally players take it in turn to hit the ball. Ball can only bounce once and land anywhere in court. The player can use both hands to hit the ball.

### 4 Points



Depending on time you can either play to 11, 15, 21 or play a timed game (commonly 15/20 minutes).

### 5 Scoring



You only score points on your serve. If you lose a rally on your serve it becomes your opponents serve.

### 6 Doubles games



In doubles, shots can be taken by either partner; no need to alternate. The first player in pair A serves until the rally is lost, then the second player in pair A serves. Once both players have lost serve, pair B serves.

Full rules can be found at: [www.ukwallball.co.uk/what-is-wallball/1-wall/rules/](http://www.ukwallball.co.uk/what-is-wallball/1-wall/rules/)

Notes:

# Playing the Sport

**Equipment:** Whilst we recommend using an official Wallball when playing the sport, any ball that can be struck safely with the hand can be used e.g. tennis ball, soft play ball etc. These balls are particularly useful for beginners while they learn to deal with the bounce and speed of the ball. Wallball gloves are optional and usually the player will decide if needed or not. Goggles are required for all official UKWBA tournaments

**Referee:** Wallball is a self-contained game and players are also expected to be referees, giving them experience of controlling a game, making decisions and taking ownership of their actions. The unwritten rule of Wallball is that the loser of the game referees the next match

**Make it Safe:** As with all sports, safety is extremely important when conducting a Wallball session. Make sure that there is enough room for participants to move and play safely and remove any obstacles that could cause a hazard. We also recommend conducting a gentle warm-up before each session to avoid the risk of injury. Wallball gloves can be used if desired. Goggles are recommended at all times for advanced players and are required in official UKWBA, European and World tournaments

## The Sport That Grows With The Player

### Beginner

Substitute the Wallball for a softer slower ball which will allow the player to track the bounce of the ball easier. Incorporate simple games and drills into the sessions, emphasising on inclusiveness and having fun. Use a smaller court and make the rules simpler, e.g. 2 bounces. Concentrate on the singles game only

Upgrade to a faster ball. Concentrate on teaching good technique through drill work and start incorporating game play into the sessions, continuing on a reduced court if need be. Start having the player thinking about their set game play (i.e. serving and returning) and the tactics behind their choices. Introduce the doubles game and 1v2 rules

### Intermediate

### Advanced

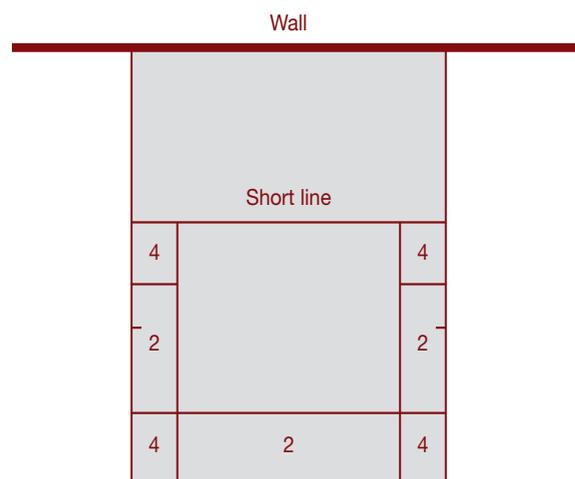
Wallball used on full size court. Start thinking about game tactics and focus drills on attacking and defensive play. There should be plenty of game time in the sessions for singles and doubles. Advance practice by playing 1v2 games

# Sample Drills

## Target Serve

Most top 1-wall players believe that a well-controlled serve is the most important shot in the game. Serves that rebound and bounce low near the short line, or deep, near the long line, are the most difficult to retrieve. Having the serve also land close to one of the side lines makes it even more difficult for the retriever, especially if he does not know which direction the serve is being aimed.

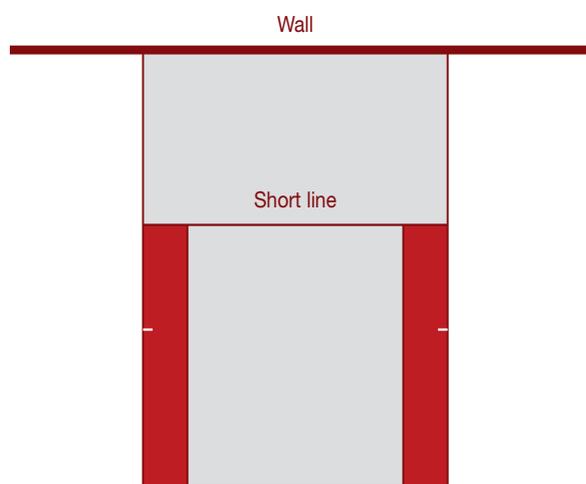
1. The player stands in the service zone, halfway between the side lines, and serves the ball using his low sidearm stroke. The court is marked off (see diagram below) so when the rebounding serve bounces into a specific area, the server receives a certain number of points. Serve 10 times and total points. Alternate with retriever and repeat.
2. Repeat previous drill, except the server stands 1.5m to the right of centre for his serve attempts.
3. Repeat previous drill, except the server stands 3m to the left of centre (on the edge of the court) for his serve attempts.
4. Player stands in the center of the service zone and uses his overhand stroke to serve the ball. The serves must rebound and bounce in the areas closest to the back line in order to count points. Alternate with retriever and repeat.



## Pass Shots

The pass shot is just what the name implies, a shot that is hit past the opponent. Control of the passing angles is very important in order to move the opponent out of the advantageous front court position. These shots are usually classified as "cross court" and "down the line" passes.

1. Student stands near the short line and to the right of center, and throws the ball with his dominant hand to the wall, attempting to make the ball rebound and land in the marked off area near the left side line (see Figure 22). Repeat several times. Student then drops the ball to the floor and on a first bounce, hits the ball to the wall attempting to make the ball rebound into the same target area. Repeat several times. Student then underhand tosses the ball to the wall so that it will rebound back to himself, and then hits the ball, into the same target area. Repeat 10 times and total points. Alternate with retriever and repeat.
2. Repeat previous drill from 20' from the wall.
3. Repeat previous drill from 25', 30', and 34' (back line).
4. Repeat previous drills except ball should be directed to the target area near the right side line (see diagram below).
5. Repeat previous drills, except student stands to the left of center to do drills.
6. Repeat previous drills using non-dominant hand, except student stands near the left side line (if he is right-handed, or near the right side line if he is left-handed).



 1 point

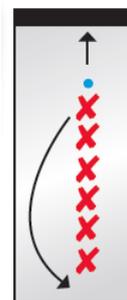
# Sample Games

**Keep it Going** - Players stand in a line and take it in turns to hit the ball back to the wall. The first player serves and then runs to the back of the line. The second player in line hits the ball back to the wall and then runs to the back of the line. This continues until a ball is missed

Easier: Give 3 lives per player, allow 2 bounces, decrease distance from wall

Harder: Use non-dominant hand, increase distance from wall

DIAGRAM:

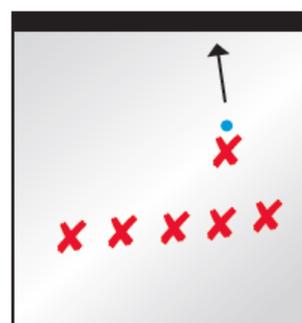


**Name Ball** - Position all players at the back of the court, first player serves the ball but before they do they must shout a name of another player who has to return the ball, who does so while also calling another name. If the player misses, they lose a life - each player has 3 lives

Easier: Allow 2 bounces

Harder: Use non-dominant hand, receivers must have their backs to the front wall

DIAGRAM:



**Mini Wallball** - Players pair up and find any wall to play against. They stand a few meters from the wall and play a mini game, taking it in turn to hit the ball. Players must return the ball before it bounces twice

Easier: Allow 2 bounces, use a foam ball to slow the game

Harder: 1 v 2

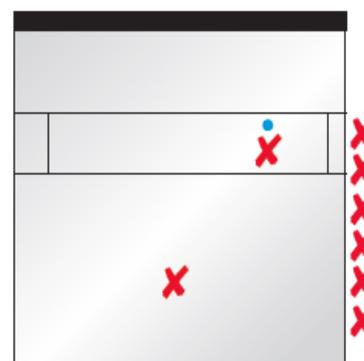


**Winner stays on** - Ideal when there are a lot of players, players line up at the side of the court in single file. First two players come out onto the court and play a point of singles. Winner stays on the court and becomes server, next person in the line comes to be the opponent / receiver. The first player in the line is the referee

Easier: Allow 2 bounces, use a foam ball to slow the game

Harder: Use non-dominant hand during the rallies

DIAGRAM:





**King of the Court** - Competition style game. If using more than 1 court each court should be given a name ranking. The children play singles games on each court, and if they win their match they progress up to the next ranked court.. The player who loses their match gets relegated to the next lowest court. The aim is to win your way up to the highest ranked court

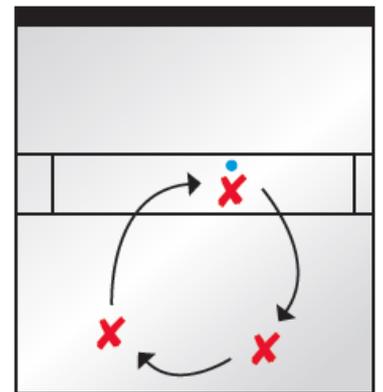
**2 v 1** - A standard game where 2 players take on a single opponent. Single player would have 2 serves on their go to mimic being 2 players. Players can rotate being the single player after a set amount of points

Easier: Allow 2 bounces for single player

Harder: Give single player just one serve

**Threes** - Three players play at once. The server plays 1 v 2 for the first point. if the server wins the rally, he gets the point and serves again. However, should the server lose the rally, the left sided player moves into serve and the right sided player moves over to the right receiving position. First to win X number of points wins the game (e.g. 15 points)

**DIAGRAM:**



**Bouncing Ball** - Pupils jog around bouncing a ball, can turn into a relay sport with teams running to certain wallball lines and back

Easier: Stand still and bounce, catch the ball after every bounce

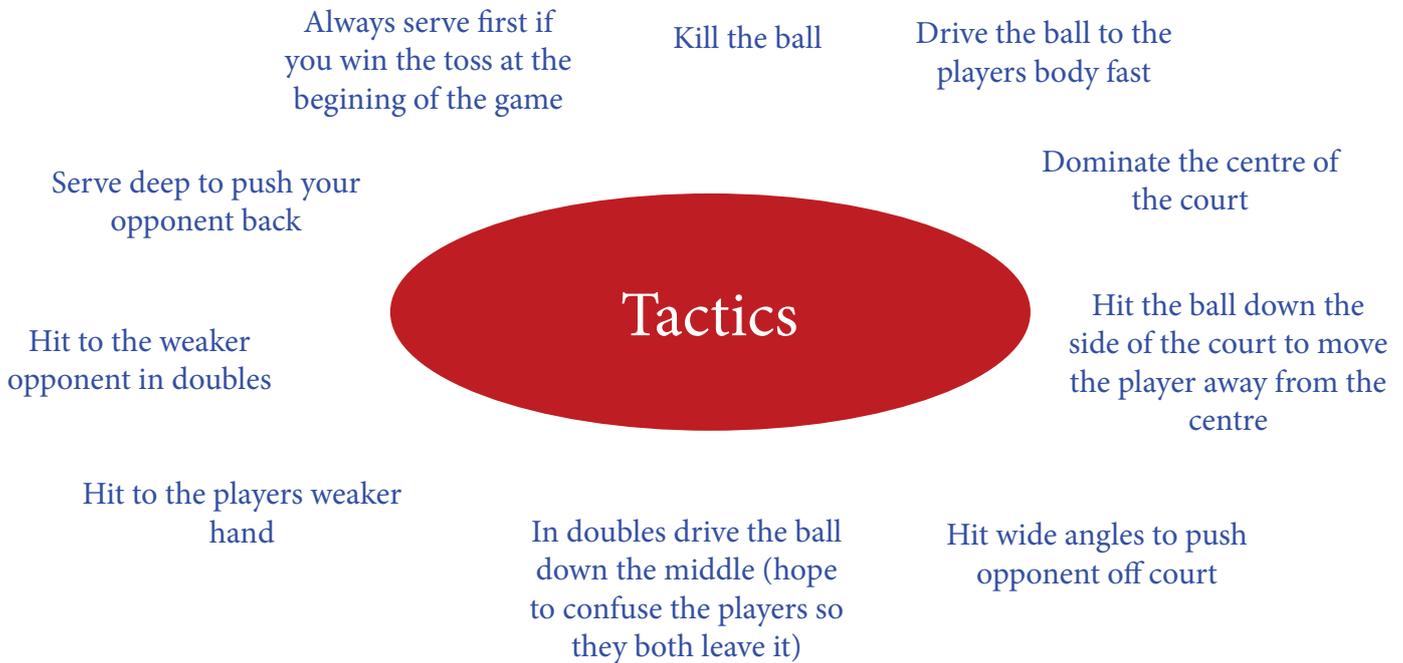
Harder: Non-Dominant Hand, alternative hands, rapidly for 1 minute, tap ball in air instead of bouncing

**Bouncing Ball Game** - Pupils are split into 4 teams, with each team placed on the corner of the Wallball court from the serving line to the base line. The first player in each team is given a Wallball and must successfully move around and bounce the ball in the Wallball court whilst trying to knock the other people's balls outside the court. The players should not lose control of their own ball. The last persons remaining is the winner and their team gains a point. Repeat for all players in the team. The winning team is the one with the most points



Harder: Non-Dominant Hand

# Tactics & Tournaments



## Tournaments

Tournaments are necessary to add a competitive edge to the game and support the various player pathways. They are fun occasions and can be a great showcase for Wallball. Inclusiveness is key in tournaments:

- **Knock-Out Tournament:** If a large number of entrants participate, run a knock-out tournament playing games up to a certain points score or time-frame (e.g. 15 minutes). Aim to run plate competitions for the losers to ensure that each player gets a good amount of court time and feels involved in the tournament, even if they have lost.
- **Round Robin:** If possible, run a tournament with a round-robin format, so each player is exposed to a large number of games against different competitors.
  - Participants should referee the next game if they lose and coaches should encourage them to do so.



## Role of a Coach

Sports coaches assist participants in developing their full potential. They are responsible for training Wallball players by analysing their performance, instructing in relevant skills and providing encouragement. The role of the coach will change as the player's skills and confidence grow. Can you list more roles that a coach will undertake?

- Advisor
- Assessor
- Counsellor
- Communicator
- Demonstrator
- Engage
- Friend
- Facilitator
- Fact Finder
- Instructor
- Leader
- Mentor
- Motivator
- Organiser & Planner
- Role Model
- Supporter

## How to achieve these goals?



# Lesson Plan: 01.



Date: \_\_\_\_\_

Time: \_\_\_\_\_

Class: KS2 \_\_\_\_\_

Length: 45 minutes \_\_\_\_\_

## Equipment Needed

- Tennis balls, cones to act as targets on floor

## Learning Objectives

- Understand the basic body positions required to play side-arm shots
- Understand the importance of watching the ball at all times and preparing for shots

## Learning Outcomes

- Be able to catch and throw the ball in these positions
- Be able to play a simple side-arm shot standing still

| Lesson 1: Body positioning and basic side-arm shot  | Coaches Tips  | Timing  |
|---|---|---------|
| <b>Starter: Statues</b> <ul style="list-style-type: none"> <li>• Players run backwards and forwards within one court, trying not to bump into each other</li> <li>• When the teacher calls “statues”, everyone stops and the last person to stand still drops out</li> </ul>  | Pupils can stand in shot positions as statues to get ready for next exercise  | 5 mins  |
| <b>Body Positioning (no ball)</b> <ul style="list-style-type: none"> <li>• Teacher gets pupils to line up behind him/her. Teacher then begins making the correct movement and positioning for right and left-handed side-arm shots</li> <li>• Pupils have to follow the teacher getting correct foot across and swinging through shot</li> </ul>  | Keep checking behind you to spot children not doing foot work correctly<br>Could even get a pupil to lead the group | 5 mins  |
| <b>Catching and Throwing in Correct Body Position</b> <ul style="list-style-type: none"> <li>• Pupils stay in line but this time a ball is introduced</li> <li>• First pupil gets into position and throws the ball against the wall and goes to the end of the line. Second pupil then catches the ball, gets into side-arm position and throws for third person</li> </ul>  | You can add points in to make the exercise more exciting for pupils   | 10 mins |
| <b>Side-arm Shot Preparation and Practise</b> <ul style="list-style-type: none"> <li>• Teacher demonstrates how to prepare for side-arm shot standing still, highlighting key points: Body position (feet position, head over ball), Drop/ bounce ball, Swing back with eyes on ball, Swing through</li> </ul>  | Ask pupils questions to get the key points from them.<br>Liken the swinging action to helicopter blades             | 5 mins  |
| <ul style="list-style-type: none"> <li>• Teacher tells pupils they are going to practice the shot and there will be a test at the end</li> <li>• Pupils then go to their courts and practice the shot. They line up, each have a go at the shot and then return to the back of the line. Second in line catches the ball, gets into position and plays the same shot</li> </ul>   | If groups are doing well, get them to aim at a target on the wall, or to hit a target on the floor                  | 10 mins |
| <b>Plenary</b> <ul style="list-style-type: none"> <li>• Players form teams of four on each court and see how many points they can score in two minutes                             <ul style="list-style-type: none"> <li>– 2 points for correct shot that is hit and caught by following player</li> <li>– 1 point if ball hits wall correctly but is not caught</li> </ul> </li> <li>• Afterwards, ask pupils who did well, why they scored lots of points and what techniques they used</li> </ul> | If group too big or not enough courts, could get each pupil to demonstrate the shot to the rest of the class        | 10 mins |

# Lesson Plan:

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Class: \_\_\_\_\_

Length: \_\_\_\_\_



Equipment Needed

-

Learning Objectives

-

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Learning Outcomes

-

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| Lesson : | Coaches Tips | Timing |
|----------|--------------|--------|
|          |              |        |
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|          |              |        |

# Innovation Session

## Using Wallball to attract players from all backgrounds and interests

Attracting new players to any sport is not an easy task and so UK Wallball would like to lead innovation on how to use sport to attract people from a wide range of backgrounds, including those who would normally not see themselves as sporty.

### Art

One current initiative across the Wallball world is to attract people through art - wallball courts are essentially big blank canvases and there are opportunities to get the local community involved in designing artwork for the Wallball Courts.

Our latest project in the Olympic Park saw local kids all desing a ball each, with these balls added to the artwork to give a great looking wall, and one which the local school helped to design, engaging them in the sport of Wallball.

Can you think of any other ways we can use Wallball to attract new players or include traditionally non-sporty people into the game?



Festival tournament  
with music  
incorporating local  
artists

Art

Photography

Innovation

Innovation of court  
construction: e.g. use  
shipping containers

Glow in the dark  
wallball

Use of Technology

# Setting up a Club

Create a fun environment to keep players engaged and retained in sessions (e.g. use different drills/games)

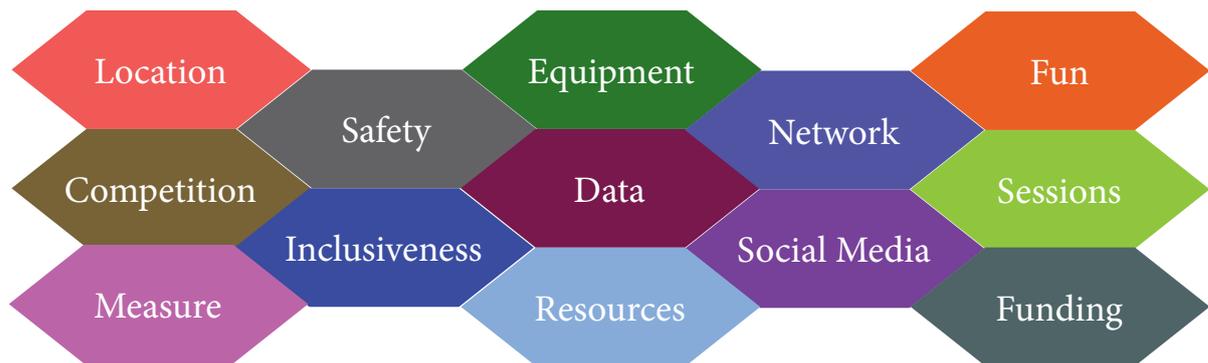
Run regular sessions

Run one drill the same each session to measure how players are progressing

Use social media to promote your club

Make sure that everyone is involved and that no-one is left out

Any wall, any time - use what you have available



Use the resources available on the UK Wallball website

Ensure that all players play in a safe environment

Run competitive tournaments to give players something to train towards

Link with other clubs to arrange intra-club competitions

Use what you have if Wallball equipment cannot be

Keep data of who is attending the sessions (numbers, ages, backgrounds)



[www.ukwallball.co.uk](http://www.ukwallball.co.uk)

Facebook | Twitter | Youtube - @UKWallball