

Wallball Playing Guide



Playing Guide

Wallball is one of the easiest sports in the world to play, all you need is a **wall and a ball** – this handy guide contains everything you need to get started playing straight away!

Virtually every country in the world has its own version of hand-to-ball-to-wall sports, where players hit a ball against a wall with their hands – a bit like squash but without a racket. Wallball is the internationally standardised version of all these games; it is played all over the world and in some of the biggest international competitions on the planet. What's great is that you can start playing against any wall either at home or at school, and if you enjoy there's loads of opportunities take it further - you can even follow the development paths to compete at the highest international level for both yourself and Great Britain. By reading this guide you're taking your first step into this fast and often spectacular sport.



How?

Step by step guide

1

The server stands behind the service line, bounces the ball once on the floor and hits the ball onto the wall. It must bounce back past the service line. The receiver can stand where they like on court to return. Once the serve is in play, shots do not have to travel past the service line, they just need to land in the court.

2

Players take it in turns to hit the ball against the wall within the lines marked out on the wall. There is no minimum line that the ball has to be hit above, you can hit as low as you like. For your first few games you may want to mark a horizontal line across the wall of 50cm to 1 metre above the ground that the ball must be hit above. That's a good way to get rallying.

3

The ball must not bounce on the way to the wall after being hit.

The ball may bounce once after hitting the wall, before the next player's shot.

The ball can only bounce on the court inside the lines marked out on the ground.

4

The ball may be volleyed with no bounces.

You can play either singles or doubles. In doubles, shots can be taken by either partner – you do not need to alternate.

5

If the ball bounces twice, or the first bounce is outside the markings, then the rally is over and your opponent wins the point.

Players should use both their left and right hands to hit the ball. Being ambidextrous is a skill that will develop over time.

Scoring

How to win the game



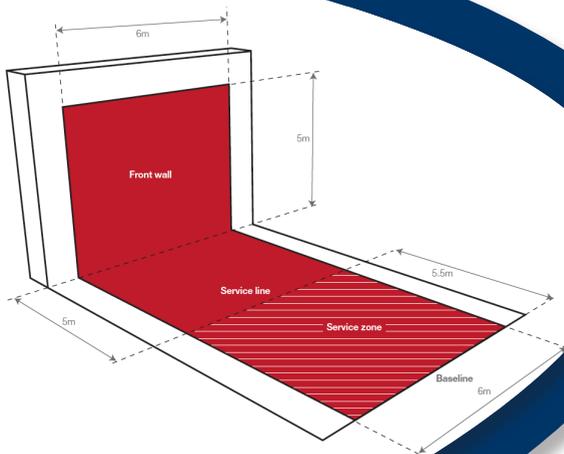
Short games are up to 11 points, medium games 15, and long games 21. International games are best of 3 games to 21 and can take around an hour, a short game can take 5 to 10 minutes.

You only score points when you win a rally on your serve. Should you lose a rally on your serve, then your opponent becomes the server. In doubles, if you lose a rally on your serve, your partner serves. If you then lose a rally on your partner's serve it becomes your opponents' serve turn to serve (they get two chances to win points, or 'hands', too)

More recently rally points are coming in vogue. Like a tennis tie-break, or table tennis scoring, every point counts. Each player gets 2 serves and then you switch. Carry on up to 21.

Marking the court out

This is a full size court used in international competition. The wall is 6m wide by 5m high. The court goes 10.5 m back. This is quite big, so often courts are simply adapted to available space. When starting with youngsters you can also try making the court smaller, perhaps even half or two thirds of the size depending on your age group and make it larger as you improve.



Simply mark out the lines on the ground (you can use chalk, paint or masking tape). If you don't have a ladder then reach as high as you can to mark out the lines on the side of the wall. You may have to use an imaginary line – perhaps a certain row of bricks, to decide where the top of the court should be.

Shots

Games and drills to try out

Killshot – the most spectacular shot in wallball. This high risk (but high reward), extremely advanced shot has the player hitting the ball very low, aiming for the nick where the wall meets the floor. If you get it right the ball will roll out and be an instant winner. When the Pros do this shot at international competition the crowd go wild!

Lob – during a close rally at the front of the court, this shot is hit high, looping over the head of the opponent.

Dropshot – this shot is often played with disguise, as a player looks like hitting a power shot only to take the pace off and force their opponent into running forward. Try spinning the ball to make the dropshot even more effective.



Singles/doubles

This is a standard game up to either 11, 15 or 21 points. For a shorter game and to keep rotating more people onto the court, try quickfire games to 3 or 5. For another twist that speeds up games, and to add more pressure to rallies, you can try scoring on every rally regardless of who serves!

King of the court

This is simply a one-point game, winner stays on. If you lose, you join the back of the queue waiting to challenge the king. If you have more than one court, when you lose you join the back of a queue on another court. King of the court can be played in doubles pairings too.

Lefty to two

Improve your weaker hand by playing with one hand against your opponent's two. This is great for development and also for leveling the playing field between the best young players and those who are just starting out.

Why?

Benefits of handball

For everyone - Can be played by anyone, boy, girl, man or woman, of any age, background or ability. You can start have a decent competitive game within minutes.

Accessible - All you need is a ball, a wall and simple floor markings. Walls are unobtrusive and can be used for other sports and functions too.

Simple - The game is easy to play, basics are easy to grasp and rules are easy to understand. More than that - it is great fun!

Cheap - Balls cost £2. They last for ages and that's it. Courts are cheap to mark out or construct and require minimal maintenance.

Health & Fitness - Due to its simplicity Wallball is a great way to help get people active. It can help to combat levels of childhood obesity and diabetes. It can help increase cardiovascular fitness and importantly, just get people moving.

Coordination - Use your right hand and your left hand. You'll be ambidextrous in no time.

Safe - Injuries in the sport are rare. The movements tend to be natural.

Opportunities - There are so many experiences that can be had through Wallball. From fun social events to international tournaments. From coaching qualifications to volunteering programmes. We support the player, the spectator and the official.

Inspiring - New York has over 2,500 courts. Many of these were constructed in the last 20 years. The courts are free to access and open to anyone. There have been excellent programmes to get young people out of gangs and into professional development programmes. On fact finding missions to New York we've been thrilled to see people from all different cultures, backgrounds and ages playing together without discrimination.



Future

How to run a competition

Random Draw – assign each player a letter at random, which are then used to make the draw. A plays B, C plays D and so on. Round 2 could be A plays M, B plays L, C plays K and so on. Be creative! This format can be used for singles and doubles, and even allocating different doubles partners each round. The winner is usually the person after however many rounds you decide or until you run out of time, who has the most victories.

Random Draw is the most inclusive of tournament formats and keeps everyone involved throughout. You can also put people into groups and play round-robins.

Knockout – while not as inclusive as Random Draw, Knockout adds more competitive pressure to matches as losing players are eliminated. Knockout tournaments should be seeded, with the top players avoiding each other until the later stages of the draw. Losing players often drop down into consolation of ‘plate’ competitions.

Build a club!

All you need is two or more interested players, and a regular time each week that you decide to play. The most important thing to do is tell everyone you know to come along and have a go – you’ll be surprised how quickly word gets around and once people have a go and start enjoying wallball, they will tell everyone they know too!



More?

Contact us for further information

For any help, advice or information,
please contact UK Wallball at
admin@ukwallball.co.uk

Send us a photo of your wallball court and
we might even put it on our website at
www.ukwallball.co.uk where you find out
loads more information, watch videos and
get involved.

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