

play
day

GAME

WALL BALL



Play
matters

92% of parents say that children today spend less time playing outside than they did when they were growing up.

INSTRUCTIONS:

Number of Participants:

2+ people, age 8+

Materials:

Tennis or rubber ball (1 per pair)

Steps:

The game requires an area near a wall that is open and doesn't have any windows. Mark a short-line (about 15 feet from the wall) on the ground. Form a pair with another player.

Player A has the ball and is the thrower. Player B is the fielder. Player A throws the ball against the wall, letting it bounce once on the ground before it hits the wall. Player B attempts to catch the ball in the air after it leaves the wall. If Player B makes a successful catch, he or she becomes the thrower.

If a successful catch is not made, the thrower gets a point and continues throwing. All throws must hit the ground before hitting the wall and must also clear the short-line. If a throw does not hit the ground first or clear the short-line, a fault is called.

A thrower's turn is over after two faults occur during the same turn (not necessarily in a row).



Take
action

Rather than watching television or playing video games, play outside!