Great Games
Moving skillfully and thinking strategically

BASEBALL - WALLYBALL

Ready

Learn The Skills
• Do some jumping jacks and light stretches to warm up your body and throwing arm.
• Find an area outside with a wall to throw a ball against.
• Invite a family member or friend to join you.

Practise Your Catching Skills
• Keep your eyes on the ball.
• Make a basket shape with your hands.
• Get below and behind the ball before you catch it.
  • Reach towards the ball.
  • Bring the ball towards the center of your body.

Practise your underhand throw
• Stand looking at your target with your toes pointed forward.
• Swing your arm like an elephant’s trunk.
• Step forward while throwing using the opposite foot to your throwing hand.

I Can...
• Make a basket with my hands.
• Reach towards the ball.
• Get below and behind the ball.
• Cushion the catch by bringing the ball close to my body.

Heart Leaders!
Invite a younger family member or neighbour to join you. Teach them what you know!
Learn the Game

Objective - Use your throwing and catching skills to outsmart your opponent.

- One player throws the ball at the target area on the wall. The other player moves to retrieve the ball and throw it at the target again.
- If the ball stops or falls out of bounds before you can catch it, or you throw the ball outside the target, your opponent scores a point.
- Try to throw from different angles, heights or speeds that makes it difficult for your opponent to return the ball.

Change the Game!
Draw a line on the wall. All throws must:
- Be above the line.
- Be below the line.
- Bounce once.
- Bounce twice.

Tell us about a great game you know - HeartHealthyKids@hsf.on.ca

Go!
Play the game and have fun!

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Tricks of the Trade

When Retrieving the Ball:
- Try to anticipate where your partner will throw.
- Stand on the balls of your feet for agility.
- Get behind and below the ball.
- Once you throw the ball - get into position to receive the next ball.

When Throwing the Ball:
- Fake that you are going to throw the ball to the left, then throw it right.
- Fake throwing the ball hard at the wall, then throw it lightly.
- Fake throwing the ball high at the target, then throw it low.

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Two Target Challenge!

- On a wall, draw two targets with chalk.
- Play baseball wallyball but now you must hit into one target and your partner the other.
- After a point is scored, switch targets with your partner.
- Think of ways to make it more challenging.

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Heart Leaders!

Organize a throwing game at school. Modify the game...
- to include more people.
- to make it cooperative.
- to be played in all four seasons.
Send us your ideas! HeartHealthyKids@hsf.on.ca