

NAME OF ACTIVITY: Squish	TYPE: Net and Wall
CYCLE: III	ACTIVITY LEVEL: M
TACTICS: Keeping eye on object, anticipation, prepared to move at all times with legs bent and feet staggered, precision accuracy and aiming, controlled movements.	
QEP: Comp. II, using the space available, throwing opponent off-balance, feinting, reacting to movements or actions of opponent.	
PURPOSE: To try and hit the ball in a way that it bounces off the wall, into the opposition's side of the square, and so the opponent cannot return it.	
PREPARATION: Grid created by placing 4 cones in a square formation with a line dividing it in the center vertically.	
MATERIALS: Cones, balls.	
PROCEDURE: Players be paired up with one ball.	
INSTRUCTIONS: Each pair will have a ball. Both players will find a space near a wall where they will mark out a square area directly in front of the wall with a line that divides the square into two sides. One player stands on each side of the court. The players will use their hands to propel the ball to the wall in order to make it bounce back to the opposition's side of the square. The ball must be returned before the 2 nd bounce and must once again hit the wall and into the designated area or else a point is awarded to the other player.	
ADAPTATION/VARIATIONS: Create 2 V 2 games in which teammates switch alternatively, make the square wider rather than longer to encourage shooting for angles rather than power.	

DIAGRAM:

