

# EZ Play Net

Item #W14847

**What Are the Educational Applications?**

By focusing students not only on moving but the relationship their body has with its surroundings, a higher level of success will be achieved. Often, when a barrier is high students are deterred, however when using a modified net, they feel more confident. EZ Play Net is a versatile teaching tool that lends itself to many activities with minimal setup and will help stretch your budget.

**How can I Use This Product With My Students?**

Encourage your client's imaginative play, visual-motor Strong, non-sagging net sets up in a snap! This economical mini net system is the perfect addition to any gym or recreational facility. Net hangs from lightweight, fiberglass crossbars that "lock" together and slide inside the top-taping of the 9 ft. long net. Just drape the end loops over the top of 18" cones (not included) and your activities can begin! Sets up in seconds and stores easily in a convenient carry bag. Includes net, poles, and carry bag.

**Activity #1 - Badminton 4 Square**

Equipment Setup: Put two EZ Play Nets in the regular tennis arrangement. In the middle area where nets meet, place an additional net on each side in-between the other two EZ Play Nets, so that you have 4 courts. All four EZ Play Nets should meet in the middle. The formation should look like "+" sign.

Have each student pair up with a partner. Two students per section stand on the giant court. Designate one court to be the head, or #1 court, and they are to serve first. Also designate #2, #3, and #4 courts. The #1 court is allowed to serve to any of the



other three teams. Use a shuttlecock to slow play. Once the shuttle is going, each team tries to make the other teams miss their return shots. If a team misses a shot, they are to move to the designated fourth square and whichever team is in the first square serves. Play continues in this fashion until the end of time limit.

Modifications: 1. Add another shuttle and have the fourth square serve at the same time as the first square; 2. No designated numbers for teams and courts. Let the teams accumulate points for a shot that makes the other team miss; 3. Every team must hit the shuttle at least once before any team can score a point or be removed from their square; 4. Have three students per team for large classes.

**Activity #2 - Balloon Volleyball**

Select two even teams. Volleyball rules are used (but use a balloon as a ball) in everything except the serve can be helped by teammates or subbed for bump or set and EZ Play Net serves as the net. Students also stand closer to the net. Start the activity by allowing the server to serve from anywhere on their side of the court.

It is up to the instructor if players should "rotate". Students are expected to play their area of the court (may want to put poly spots down so they know their area). Keeping score is optional. Many students just like to play for fun.

**Activity #3 - Soccer School Calls**

This activity works best in a gym or fenced in area. Before class, set several EZ Play Nets up around the perimeter of the gym measuring approximately 10-15 feet apart. Students find a self-space with a soccer ball. Instructor will call out:

- "Recess!" Dribble the ball in the general space.
- "Razzle Dazzle!" Hop back and forth from the left to the right foot lightly touching the ball with the bottom of each foot.
- "Hi Teacher!" Trap the ball with the bottom of foot, face the teacher and say, "Hi Teacher!"
- "Pirate!" Steal one ball from another student and continue dribbling. No one should be left without a ball.
- "Bombs Away!" Dribble to the closest EZ Play Net goal and kick with strong force and accuracy into the EZ Play Net goal.



#### **Activity #4 - Hockey Stick Handle and Goal Shooting Drill**

Hockey is becoming a more popular sport in the United States. If the students are familiar with the sport, you can put them in the shoes of their favorite hockey player. If there are students who are not familiar with the sport, you can put them in the setting of skating on a large outdoor frozen pond. In each case, the player with the puck wants to successfully stick handle and score a goal!

Take three cones and set them up approximately six, twelve and eighteen feet from a starting line (gym sideline). Set up as many stations as needed in order for students to work in groups of three. On the signal (whistle, verbal announcement) the first student begins to stick handle towards the first and closest cone. When the student approaches the cone they continue to stick handle around the cone, and head back towards the starting line where the EZ Play Nets are placed as goals. Upon approaching the EZ Play Net goal, student is allowed to take a shot and try to score a goal.

The second student can begin to travel to the second cone, when the first student reaches the first cone. Similarly, when the second student passes the first cone while heading on their way to the second cone, the third student can begin to travel and stick handle to the third cone. In all circumstances, students are stick handling to the desired cone, continuing to stick handle while turning around the cone and heading back to the goal net, and finally attempting to score a goal when approaching the EZ Play Net goal.

The activity should be fluid in order for the students to be moving all at the same time. After the first trial, students move on to a further or closer cone depending on their previous spot. If desired, after shot students can attempt to be a goalie for the next player in line before going to the end of the line.

#### **Activity #4 - Over the Fence**

Before class begins, set up the EZ Play Net and

place a basket of yarn balls in the middle on either side of the EZ Play Net. Place an empty bucket or tub at the far end, in the middle of each playing area's side. Students must remain on their feet throughout the game.

Review cue(s) for overhand throw, underhand, and catching students should focus on while playing the game. Explain to students that they are to throw the yarn balls across the EZ Play Net to the other side, as well as catch any balls that are being tossed to them. If they catch the ball in the air, they should place it in the basket on their side. If the ball drops to the floor without being caught, it can be picked up and thrown back to the other side.

Divide the students into small groups (the number depends on how many EZ Play Net areas you have set up. The more areas you can use, the more opportunities each student has to retrieve and throw balls). Send the groups to their area to begin. Stop the game periodically, or when you notice a group is close to having all their yarn balls in a basket. Have students count the balls in their basket, then divide them back up equally and begin again. During one of these breaks, explain to students the strategy of trying to throw the ball to where the other team is NOT. You may wish to switch groups so they are throwing against different groups as well.

#### **Activity #5 - No Racket Tennis**

Each student has a partner. Each pair has a ball and a section of EZ Play Net court to play on. The object is for the students to throw and catch the ball, instead of hitting it with a racket. This allows for greater control and a longer rally. Many tennis strategies and rules can be taught in this fashion. For example, throw the ball away from your partner to make it harder for him/her to get it. This is one of the main strategies in tennis. The lower height also reduces anxiety of getting the object over the net.

#### **Activity #5 - No Racket Badminton**

Each student has a partner. Each pair has a birdie and a section of EZ Play Net court to play on. The object is for students to throw and catch the birdie, instead of hitting it with a racket. This allows for greater control and a longer rally. Many badminton strategies and rules can be taught in this fashion. For example, throw the birdie away from your partner to make it harder for him/her to get it. This is one of the main strategies in tennis. The lower height also reduces anxiety of getting the object over the net.

#### **Activity #6 - Move Your Feet**

The game is played with two teams, one on either side of the EZ Play Net. (Multiple courts per class; limit the number of students on each team to four, five, or six). One team is set up in regular volleyball formation, a

front line and back line. The other team is lined up single file at the service line. Volleyballs should be in a bin or bucket next to the service line.

The serving team starts with the first person in line serving a ball over the EZ Play Net. Opposing team must then return the serve. If they are successful in returning the serve, there is no point scored. If they are not successful in returning the serve, the serving team earns one point. If a serve is no good (goes out of bounds, doesn't go over the net, etc.), move on to the next person in line. The next person in the serving line serves another ball and game continues until each person in the serving line has served three times. All of the balls are then gathered up and the teams switch sides. Depending on the proficiency of your students, you can stipulate how the ball must be returned. For example, the receiving team must catch a serve, encouraging them to move to the ball.

### **Activity #7 - Birdie in the Nest**

Review cues previously learned for serving the birdie; also, remind the students about safety using a racquet—always look around you before you strike the birdie! Set up and explain the activity as follows.

Space out 8 hula hoops at the back end of each court area (these are the bird's nests). Students on either side of the EZ Play Net attempt to underhand serve the birdies over the net and try to make the birdies land in the bird's nests on the other side of the EZ Play Net. Students give themselves 1 point for each birdie which they serve into the birdie's nest. Students on the opposing side must allow the birdie to land on floor prior to retrieving it to serve back over the EZ Play Net.

During play, move around and observe (and assess) students' abilities to correctly serve, giving feedback as needed. After a few minutes play, stop the activity

and ask students how many points they have earned ("raise your hand if you scored at least 1 point...3 points....5 points...etc."). Challenge them to begin again and increase their "personal record" (starting over with 0 points!). You can also challenge students on each side to combine their points for a "team" record.

### **Activity #8 - All Ball Kickball**

Before class, set up one EZ Play Net goal at one end of a large, open playing area. Use cones to set up a curved goal line, approximately 8 feet from the goal. Set up two parallel lines of cones at the other end of the playing area. The two baselines should be approximately 15 feet apart, with each cone on the first baseline having a counterpart on the second baseline. Students should have already had practice in kicking the ball as well as how to dribble using the insides of the feet. After reviewing these skills, explain and demonstrate the activity as follows.

Half the class is lined up at a cone on the first baseline with their ball on the ground. The other half of the class is scattered anywhere in the outfield. On your signal, students at the cones all kick their ball forward into the outfield. After they kick the ball, they run to their cone on the second baseline and back again to the first. This scores one "run". They keep repeating going back and forth, scoring "runs", until the signal is given to stop.

When the balls have been kicked into the outfield, each person finds one ball only to dribble using feet only to the goal. When each person has successfully kicked the ball into the goal (for safety, they should not go across the goal line), this stops the running of the other team. At this time, the teacher can ask each person for their number of runs, and the whole team adds their runs together for a total. Students then switch roles, so those in the outfield now get to kick.



### How Do I Make This Product Developmentally Appropriate For My Students?

EZ Play Net allows for a variety of modifications to basic game play in a variety of activity settings. Below are some general tips that will help maximize your teaching capability with this product.

- Demonstrate proper techniques with cues prior to allowing students to use equipment
- Differentiate challenges to fit individual student levels

### How Does This Product Relate to Current Educational Thinking?

Manipulating an object is a skill used not only in sports but in everyday life. In the course of a day a person may need to use a movement concept to avoid an object, obstacle, or hazard. In addition, spatial relationships and reflexes students should be exposed to in a variety of ways. By lowering the net height these skills can be practiced with less of an intimidation factor.

### In view of COPEC'S (Council on Physical Education of Children) position that all activities have both appropriate and inappropriate practices, please list and describe a few appropriate practices regarding how this item or these activities are valuable to a physical education program.

- Can be used indoors or outdoors
- Appropriate for a variety of age ranges
- Appropriate for a variety of skill ranges
- Allows individual development in a group activity session
- Helps teach underhand throwing concepts to students
- Helps teach overhand throwing concepts to students
- Helps teach reflex responses to stimuli

- Helps teach badminton concepts to students
- Helps teach tennis concepts to students
- Helps teach goalie concepts to students
- Helps teach volleyball concepts to students
- Focuses on spatial relations
- Easy to incorporate as a differentiated instruction tool
- Develops hand/foot and eye coordination

### Safety Issues & Concerns

- Make sure EZ Play Net is securely placed on cones
- Do not allow students to pull on EZ Play Net as this can result in the item coming apart
- Students should be aware and alert when using EZ Play Net to avoid getting hit with any equipment
- Students should pay attention to where items in motion are going
- Students should keep at least medium space away from EZ Play Net with games where equipment is in flight and each other



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Please direct your questions or concerns regarding this product to the appropriate office listed below between the hours of 8AM-6PM Eastern Time

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