



INSTRUCTIONS & CUES

Instructions

- Divide participants into 2 even teams and place them on each side of the net/line.
- Teams cannot cross over the net/line.
- Each team is trying to “clean house” by ensuring all balls are on the other team’s side (house).
- This is achieved by catching the balls as they come over and throwing them back as fast as possible.
- Play for a few minutes and then stop and review the cues to make sure appropriate throwing-and-catching skills are still being used.
- The team with fewer balls in their "house" wins.



UDL Modifications

- Use different types of balls based on ability but keep them soft. Some suggestions are fluff balls or small foam balls.
- Mark each team’s area with brightly colored tape or cones.