

SPORTWALL TRAINING STATIONS: Sportwall uses computer games to teach cardio vascular fitness, neurological efficiency, core strength, speed/agility, and motor skills. Computer game technology motivates, engages participation, and measures results, so that training becomes a fun and entertaining experience.”

- LET’S GET STARTED:**
1. Mark starting lines at 5’, 8’, and 12’ in front of each training station (see diagram).
 2. Divide the class into 4 groups and assign 1 group to each station with a basket of balls (see ball types below).

HOW TO OPERATE: Use the remote control to select settings, pressing the indicated button will sequentially scroll through the choices.



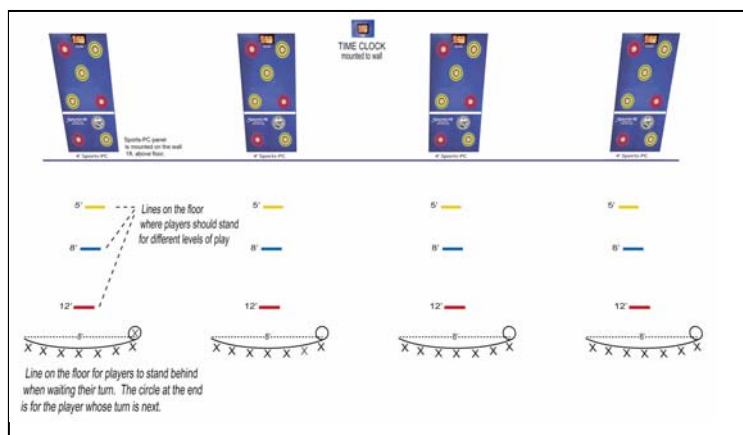
Game and **Level** Selection – When pressing these buttons, the ‘Time’ display box will show the selected game and level.

Time Selection – 10 to 240 seconds

Volume Selection – Mute to very loud.

- a) Voice Instruction volume can be changed when Game is set to 0.
- b) Game volume can be changed at any time except when game is set to 0 or reads ‘FUN.’

System Set-up (Sportwall Training Station)



Start – Locate the switch on the right side of the TIME display box and turn it to the ‘on’ Position. For the next 3 seconds the system will go through a power-up check routine. **Do not touch the system while this is in progress.** Once the system is ready all panels will display ‘FUN’. Now select your game and have fun.

RALLYWALL™ (Beginner)

Hit anywhere on the panel to score points. Targets light up in exciting patterns. Players throw balls and see how many times they can hit the panel within the allowed time. Score will show at each station.

Game-Level #: 1-1 (5 points per hit)

Suggested Time: 20 seconds (individual play) or 120-240 seconds (team play)

Ball types: 5”or 7”air-filled balls

Skills: Strength, flexibility, hand-eye coordination, improved motor planning, concentration.

LIGHTS OUT™ (Intermediate)

Play begins with all targets on. Players throw balls to targets and see how many they can hit out within the allowed time. Three random targets will continue to relight until game ends. Score will show at each station.

Game-Level #: 4-3

Suggested Time: 20 seconds (individual play) or 120-240 seconds (team play)

Ball types: 5”or 7”air-filled balls

Skills: Hand-eye coordination, improved motor planning, concentration, focus, aiming.

Variation: For one time shots, try Game 4-1, player’s turn ends when all lights are out or time has finished. See which group achieves task in shortest time.

Individual Play: 1 player with 1 ball. Instructor calls the start. Players stay behind the line. When game is over, players move to back of the line. Instructor resets system for next player to start.

Team Play: Around the world. 1 ball per team. Staying behind the line and taking turns, each player catches ball from previous teammate, plays the ball and runs to the back of the line.

CARDIO OPTION: Give players one dead ball and have them retrieve it and return to the play line prior to making each shot. For more cardio-work, extend the length of the game.

INSTRUCTORS NOTE: Move startline further back once skill level increases. If a ball gets away, they must recover it to continue play.