Down Down Up
Net & Wall Games

Tactical Focus
- Maintaining a Rally
- Winning a Point
- Setting Up for Attack
- Defend Space
- Restarting Play
- Defending Against Attack

Description
- Create two teams separated by a net or barrier
- Each team has 3 touches before the ball must be sent over the net.
- The first 2 touches the ball must be played **DOWN** into the floor.
- The 3rd touch must be played **UP** over the net.
- If the opposition team is unable to return the ball within their 3 touches a point a is scored.

Modifications (Change It!)

- **Change it Up**
  - Add boundaries to the court.
  - Decrease the size of the ball.

- **Change it Down**
  - Allow players to catch the ball between touches
  - Increase the size of the ball.

Assessment

- **Emerging**
  - Players have difficulty adapting to and using the DOWN & UP touches.

- **Developing**
  - Players only use one type of the DOWN or UP touches during play.

- **Competent**
  - Players can use both DOWN & UP touches when playing to return the ball across the net.

- **Proficient**
  - Players can consistently use both DOWN & UP touches to win points.

Questions

- How is this game similar to other Net/Wall Games?
- What strategies/skills/tactics could be transferred to other Net/Wall Games?
- How did your team defend space when the other team had the ball?