

Down Down Up Net & Wall Games

Equipment



Ball



Net



Tactical Focus

Maintaining a Rally

Winning a Point

Setting Up for Attack

Defend Space

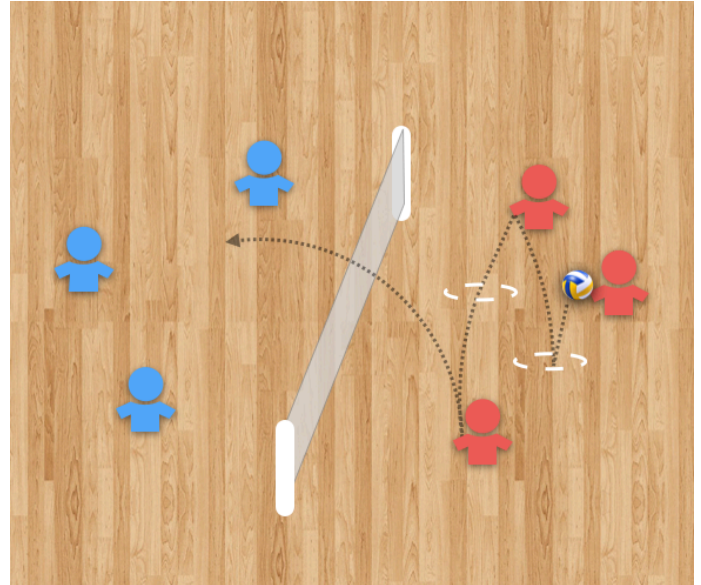
Defending Against Attack

Restarting Play



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 is scored.



Modifications (Change It!)



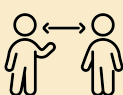
Change it Up

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.



Change it for Distance

Place players in zones for distance of 2m.
Wash hands & equipment prior to and after use.



Change it for Home

Create "net" using sofa/chairs.
Use a balloon and play Up Up Down.



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?