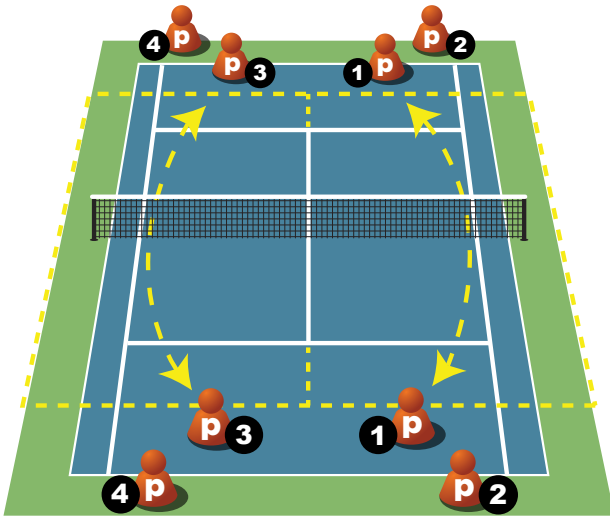
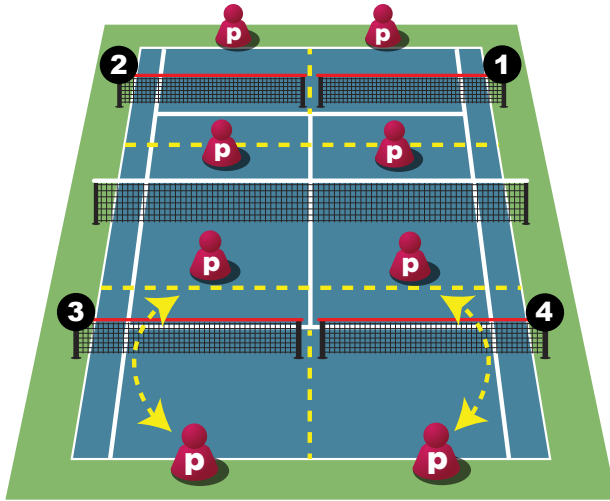


Up & Down**TACTIC:**

being more consistent than the opponent.

ACTIVITY:

Court is divided into four positions. Two players start at each position. When a player wins, they move up or down one position. The goal is to get to and stay at position #1 as long as possible.

Each pair spins for serve and plays for 4 minutes (alternate server every 2 points). One point is played if players are tied when time is over.

Fundamental Teaching Points:

During play, instructor can evaluate the fundamental teaching points and give feedback when needed while maintain flow and fun of play during these games.

LESS CHALLENGING:

1. Allow players to drop, bounce & hit the serve.
2. Allow players to self rally.
3. Allow players to use smaller playing area.

MORE CHALLENGING:

1. Encourage players to serve to their opponent's backhand.
2. Encourage players to win points from the net.

KEY: Instructor **i** Player **p** Feeder **f** Hitter **h** Server **s** Returner **r**

Target Drop Down Lines Ball Flight Player Movement