

Mastering the Court: A Guide to Net and Wall Games

Get Ready to Rally! Reach, React, and Return!

- Net games require players to send an object over a barrier into an opponent's territory, while wall games involve rebounding an object off a surface to make it difficult for the opponent to return.
- Tactical positioning is vital; always return to the 'base' or centre of your court after every shot to ensure you can reach the next ball quickly.
- Controlling the trajectory of your shot means using the right amount of force and angle to make the ball land where your opponent cannot easily reach it.
- Communication is key in doubles play; clear calls like 'Yours!' or 'Mine!' help partners avoid colliding and ensure both sides of the court are covered.
- A successful volley requires keeping your eyes on the object at all times and maintaining a ready stance with your knees slightly bent and weight on your toes.

Did you know? Did you know? In net and wall games, the best players don't just focus on the ball; they watch their opponent's feet! By looking at which way an opponent is moving, you can predict where they might hit the ball next, giving you a split-second head start to reach it.

Key vocabulary: Volley · Trajectory · Court Coverage · Tactical Positioning · Rally · Accuracy