

Mastering the Court: Net and Wall Games

Step onto the court, stay alert, and outsmart your opponent!

- A net game requires players to send an object over a barrier into an opponent's court, whereas a wall game involves striking an object against a surface so it rebounds for the next player to hit.
- Tactical positioning is key: moving towards the 'centre' of your space after every shot helps you cover the most ground and reach the ball quickly.
- Using a variety of shot heights and speeds forces your opponent to move around the court, making it much harder for them to return the ball accurately.
- Agility and footwork are the foundation of these sports; quick, small steps allow you to change direction instantly and maintain your balance.
- Communication is essential in doubles matches: calling out 'yours' or 'mine' prevents collisions and ensures both players understand their role in the rally.

Did you know? Did you know? In net and wall games, the best players don't just focus on their own movement; they use 'anticipation' to watch their opponent's body language. By observing where their opponent's shoulders are pointing, they can predict exactly where the ball or shuttlecock is heading before it even leaves the opponent's racket!

Key vocabulary: Trajectory · Agility · Tactical · Volley · Rally · Anticipation · Accuracy