

Mastering the Court: A Guide to Net and Wall Games

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

- Net games, such as badminton and tennis, require players to strike an object over a barrier to land it within the opponent's court area.
- Wall games involve hitting a ball against a surface so that the opponent cannot return it before it bounces twice.
- Tactical positioning means moving to the centre of the court after each shot to maximise your ability to reach the next return.
- Precision is more important than raw power; placing the ball into 'open space' forces your opponent to move further to retrieve it.
- Effective communication and teamwork are vital when playing doubles, as you must decide who covers the net and who covers the back of the court.

Did you know? Did you know? In wall games like squash or racketball, the ball can travel at incredible speeds, but the most successful players are those who use 'anticipation' to predict where the ball will rebound before it even hits the wall!

Key vocabulary: Trajectory · Spatial awareness · Tactical positioning · Volley · Rally · Anticipation · Propulsion · Accuracy