

Net and Wall Games: Tactics and Skills Analysis

Learning objective: To evaluate tactical awareness and skill application in net and wall games to improve performance.

Use this tactical logbook to analyse your performance during PE lessons. Think like Max the monkey, who loves to solve puzzles; look for patterns in how you move and where you place the ball or shuttlecock to outwit your opponent. Be honest in your reflections to help you plan your next move.

Word bank: trajectory · spatial awareness · opponent · accuracy · intercept · court coverage · rally · reflexes · tactical

1. Skill Focus: Describe the specific technique you practiced today (e.g., forehand, backhand, or serve) and explain how you adjusted your body position to achieve better accuracy. (2 marks)

2. Spatial Awareness: Compare and contrast where you aimed the ball when your opponent was at the back of the court versus when they were at the front. Justify your choice of placement. (3 marks)

3. Tactical Decision Making: Explain why it is important to return to the 'ready position' or the centre of the court after every shot during a long rally. (3 marks)

4. Reflective Improvement: What might happen if you changed the force or the speed of your shot? How would this affect your opponent's ability to return the ball? (2 marks)

5. Pattern Recognition: Describe a recurring pattern you noticed in your opponent's play today. How could you adapt your tactics to counter this in the next match? (3 marks)

6. Self-Evaluation: Assess your performance today. Which specific skill do you need to refine to increase your winning percentage in future games? (2 marks)

Extension challenge: Design a 'tactical map' of a court. Use arrows to show the optimal path a player should take to defend the full width of the court. Annotate your drawing with labels explaining why a player should move in these specific directions to maintain control of the game.