



Full Court Net Spin Bonus Game

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This is a competitive conditioned game. Rallies won immediately after a spinning net shot score a bonus.

Both players try to win and do not have to spin but do have to play within the condition - all opponent downward strokes must be returned to land within the opponents' forecourt area (between the net and the service line)

Purpose

- To develop the ability to spin from real game-like returns
- To develop the ability to hit downward strokes that create spinning opportunities
- To develop the return of spinning nets: lifts and return nets
- To allow players to spin or not spin
- To allow both players to practice at the same time

Player questions and issues resolved

- ❖ I want to practice playing spins in a real match
- ❖ My net spins seem to work great in technical practice but not as well in a real match... why?
- ❖ I find it difficult to move forward after hitting down to play good spins
- ❖ How can I decide if I should spin or not in a real game?
- ❖ How can I create more net spin opportunities for myself?

The Practice, Variations and Progressions

1. Competitive game with normal rules apart from the condition that all down shots are returned to land within the opponents' forecourt area (between the net and the service line)
2. If the rally ends with the opponent being unable to successfully return the net shot or the rally ends with the next stroke, the net player scores 3 bonus points
3. Change by altering the amount of bonus points scored
4. Consider a 'no hard smashing' style game, explore how this changes the game/tactics



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| Mentally challenging | Physically challenging | Game-likeness / restrictions | Ease of understanding | Applicable to what standard | Discussion points |
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| <p style="text-align: center;">*</p> <p>Some players may find it difficult to move forwards at speed and get frustrated at the effectiveness of their spins</p> <p>What tactics will you use when choosing the type of 'down' shot</p> <p>How are the coping with physical distress?</p> <p>Are you prepared for your opponent playing to your 'weaker' net spin area?</p> <p>How good does it feel to play an unreturnable net spin 😊</p> | <p style="text-align: center;">***</p> <p>High physical effort required if the desire to spin is continuous throughout the game</p> | <p style="text-align: center;">*</p> <p>High game likeness</p> <p>Ensure that you play to win and are as competitive as you can be</p> <p>You can play different types of defensive blocks</p> <p>Can you identify your opponents 'weaker' net spin area?</p> <p>Are you able to play to this area?</p> | <p style="text-align: center;">*</p> <p>Simple to understand</p> <p>Ensure that you try to score bonus points with your spinning nets</p> | <p>If you have good net spins, then this game is for you.</p> <p>Be aware of the physical element and specifically the volume of forward lunging movements required.</p> | <p>How easily did you score the bonus points?</p> <p>Did you vary the down shots to improve your chances/opportunities to spin at the net?</p> <p>To what extent did you suffer physically?</p> <p>Was it always your intention to spin at the net?</p> <p>What did you do when defending to reduce the effectiveness of the opponents' net spins?</p> <p>Are your spins better in this game than single step practice?</p> |

