

Aim: consistency and accuracy of net shots

Brief description: two players, half or full singles/doubles court. Low serve then subsequent shots must be inside the front service line, apart from kills which can go into the mid court. Scoring can be used as normal given the playing area, with a variation being 5 points for a net kill

Elements:

- *Psychology:* confidence in being accurate, focus for early impact, looking for the attacking opportunities
- *Tactical:* net kills for win, forcing the opponent to lift to obtain the attack. Useful for doubles and advanced singles
- *Technical:* accuracy of net shots, control of follow through - especially for net kills
- *Physical:* little work, only net kills are powerful, warm up is required, gentle version of routine can be used as a part of an extended warm up, net kills benefit from speed work

Context: This routine examines the time in the game when two opponents are playing shots at the net. There are two goals: a net kill to win the rally outright, and a shot that forces the opponent to lift (high [Atb](#)) so the attack is obtained. The net kill occurs when the shuttle is too high over the net and in the player's danger zone. Therefore a safe shot (high [Atd](#)) is one with small height between the top of the net and the shuttle at crossover.

Forcing the lift (high [Atb](#)) occurs when the angle between the opponent's shot impact and top of the net is very acute. This forces the shuttle high and possibly short. In doubles this allows the partner to attack the shuttle. In singles, fast players can obtain the lift, retreat to the rear-court and attack the shuttle. This requirement is taxing so this routine adds tactically only to advanced singles play. However, lower standards of singles will benefit from the greater accuracy obtained from this routine.

Framework:

- *Players:* 2, on opposite sides of the net
- *Court size:* Singles/doubles court depending on training requirement. Width - half court (variation CS1), full court (variation CS2). Depth – front service line to opposite front service line for standard play, net kills can extend into mid court
- *Scoring:* Independent of serve. Server – alternates every 5 rallies. Points - none (SC1), 1 for opponent foul, 1 for winning shot (SC2), 1 for opponent foul, 5 for winning shot (SC3). Point limit - 15

Description

One player serves. They should serve low by standing behind the service line, and the depth of the serve should clear the opposing service line. If the opponent leaves the shuttle and it falls short, the server concedes a point (SC2 and SC3). The receiver can intercept the serve as soon as the shuttle passes the net.

From then on, all shots must be played within the court size boundaries. This means that low power shots must not pass the front service lines. High power kills can extend into the mid court. If a player leaves the shuttle and it falls outside these boundaries they score a point because the opponent has fouled (SC2 and SC3). If the shuttle falls within the boundaries the opponent scores a winning shot (1 point SC2, 5 points SC3).

In general this practice promotes accuracy. The court size can be upgraded to full width (CS2) to add cross-court net shots to the repertoire. Similarly matched players can play for points (SC2 and SC3) to help focus the practice and have a goal to work towards. A player may note progress against a particular player based on the score obtained from session to session. However, the player must not become disheartened if their score does not improve dramatically because their opponent will improve also. Playing against different players on rotation will help alleviate this. When the players are more proficient, they can move to scoring SC3. This emphasises the attack value of the net kill and the defensive importance of getting the shuttle tight to the top of the net to avoid being killed.

Factors to consider

Focus on performing actions as they have been coached. Net shots benefit from follow-through and smooth actions. Avoid contact with the net. Net kills may require a deliberate rebound to avoid following through into the net. An important psychological aspect is to build confidence in playing tighter shots. They incur smaller margins of error in terms of clearing the net but the player must understand they are necessary to avoid conceding a net kill from a skilful opponent.