

Development of the Spinning Nets & the Return of Net Spins using Practices and Conditioned Games



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1. Hand feeding for 4 types of net spins
2. Spin and attack vs spin; return and defensive
3. Full Court Net Spin Bonus Game

This document will not give you the technical instructions on how to play spins at the net. It will, however, give you the information to practice spins in a series of practices that become more and more game-like

For some of the practices, the opportunity to return spinning nets will also be highlighted.

Coaches must try different ways to 'sell' the idea of using spins at the net or not using spins. Player choice (i.e. to spin or not spin) must always be allowed in the match style games as it would be in a competitive tournament.

The 3 practices outlined become more and more game-like in their content and decision making for the player. I recommend that you use all the practices/games listed here and determine which is most suitable for your goal at that time.

Each practice/game has a section titled 'The Game, Variations and Progressions', it is recommended that coaches and players pick and mix these variations to create different challenges, situations and motivations.

There may be as many as 3 to 5 different variations in each example. Each will be designed from the information provided.

Coaches may feel challenged if varied practice design is an area new to them or if they believe that spinning skills are only developed by isolated, blocked, repetition style practices



How to use the Conditioned Games breakdown

Each game or practice is divided into the categories below with advice and points of interest for the coach and player. The various purposes of each are stated, there may be several. There is a set of player questions that allow the coach and player to find varying starting points. Using these questions will enable faster progress and development. Finally, the games, the variations and progressions are given for you to try.

A rating system of *, **, ***, has been included to provide a snapshot of difficulty and complexity within each category.

Mentally challenging	Each game/practice will provide a different level of mental challenge. The amount will vary between different players and coaches. It will also vary as both become accustomed to the type of challenges posed. Note; this could increase as well as decrease. (* easy --> *** stressful & possibility upsetting)
Physically challenging	Some games require physical endurance and will test the players over long periods whilst others will require short fast-paced rallies and test alternative energy systems. (* as normal singles --> *** additional demands)
Game-likeness / restrictions	The games/practices try to reflect real match play as closely as possible. Players should be encouraged to 'win' and to hit winners. Games should allow the casual observer watching the practice to believe that they are watching a real competition (* almost real --> *** very restrictive)
Ease of understanding	All are designed to be simple to understand and carry out. However, some may require further explanation. (* easy ---> *** challenging)
Applicable to what standard	Not all games/practices and the variations contain within them are suitable for all standards of players.
Discussion points	The most crucial aspect of this document. Discussion is required to establish a level of understanding and development. Sample questions and prompts are given for coaches and players to use.



Hand feeding for 4 types of net spins

This is a practice, not a game

Purpose

- To develop 4 different spinning net shots within the same practice
- To test which spins are more technically developed
- To practice using 2 different starting stances and forward movements
- To develop an element of physical strength in lunging
- To develop an experimental and conservative approach to net spins

Player questions and issues resolved

- ❖ I want to practice different spins at the same time
- ❖ What is the difference to my spins when I start in either of the 2 attacking stances?
- ❖ My coach is not good enough to racket feed me, but we still want to develop different spins
- ❖ Is it possible to hit safer spins?

The Practice, Variations and Progressions

- 1) The player starts in either of the forward or backward attacking stances. Stances are then alternated in future practices.
- 2) The feeds are delivered to the players .. Wide FH, Center court F/H, Center court B/H, Wide Bh net in a continuous sequence of 7- 16 shuttles
Practice 1: Feeder stands around the 'T' and hand feeds to 4 target areas
Practice 2: Feeder stands on the Fh side of the T
Practice 3: Feeder stands on the Bh side of the T
- 3) Repeat Practices 1-3 with underarm upwards lift feeds, then overarm downward throwing feeds
- 4) Player has a maximum of 2 shuttles for each shot. Should one go into the net, the feed is repeated, and the player aims is to play with success on the 2nd feed



Hand feeding for 4 types of net spins

Mentally challenging	Physically challenging	Game-likeness / restrictions	Ease of understanding	Applicable to what standard	Discussion points
* Some players may find the practice too repetitive. Discuss with the players their attitude towards making an error on the 1st shot. Do your players accept making errors as their improvement? (Coaches: be aware not to expect perfect practice!) Players may prefer this practice to increase their confidence in the ability to spin from different positions ie it's a positive ego boost	* Low physical effort required for 7 shuttles ** Moderate and increasing for rounds of 16 shuttles Effort levels also increase depending on the starting stances and recovery positions used Forward Attacking stances use chasse/lunge Backward Attacking stances use pivot/lunge	** Low game likeness Ensure that players prepare for each stroke with Early preparation	* Simple to understand Coaches may have to explain why the feeding style and position of the feeder will be changing The choice of different starting stances may also require discussion Ensure that time is allowed for recovery between feeds Ensure that the players understand the 2 shuttle feeding rule	Applicable to players who have reasonably developed forecourt nets skills. Be aware of the physical element and specifically the volume of forward lunging movements required.	Which spins give you the most pleasure? Which spins do you think will be difficult for your opponent to return? How do the different starting stances change your movement patterns? Are some spins easier than others using the 2 different stances? What do you do differently on the 2nd attempt if the 1st spin does not go over? Do you prefer upward or downward hand feeds?



Spin and attack vs spin; return and defensive

Both players take an active part in the practice; block feeding to start, net spinning, returning net spins finishing with a smash vs defensive competition

Purpose

- To develop the ability to spin from real game-like racket feeds
- To develop the return of spinning nets: lifts and return nets
- To motivate players to try new skills & experience outcomes
- To develop a fighting attitude for retrieving smashes off variable lifts
- To allow both players to practice at the same time, spinning or spin return
- To engage players within the design and choices of their own practice
- As a positive alternative and progression to repetitious hand feeding

Player questions and issues resolved

- ❖ I want to practice playing spins in a practice that feels like a real match
- ❖ My net spins seem to work great in technical practice but not as well in a real match... why?
- ❖ Is it possible to play spins that are impossible to return into court?
- ❖ How can I decide which spins I play to play from different feeds without knowing what the feed is?
- ❖ I want to practice playing spinning nets without the coach hand feeding and to see if my opponent can actually return them

The Game, Variations and Progressions

- 1) Player (1) block feeds from just behind the service line delivering the shuttle close to the net. Player (2) plays a spinning net shot. Player (1) returns with a high lift. Player (2) plays an attacking downward stroke. Player (1) attempts to return.
- 2) Feeding can be; straight or x/c block at the start; to the wide f/h, centre court, or wide b/h
- 3) The length of the block can be increased during practice to give a gamelike variation to the practice.
- 4) Rallies won with an outright winner on the 4th stroke; score 3 pts;
- 5) Unreturnable spins score 3 pts (ie the return of the spin goes into the net)



Spin and attack vs spin; return and defensive

Mentally challenging	Physically challenging	Game-likeness / restrictions	Ease of understanding	Applicable to what standard	Discussion points
** Encourage players to seek and play the 'unreturnable spinning net shot'. The ability to spin from variable distances away from the net may be challenging for some players. The feeder player will need to co-operate by playing blocks that are 'spinnable'. The feeder needs to seek out the challenge of returning the spinning nets rather than trying to prevent them.	* Rally length will be less than a real match. However, the number of vertical jumps and fast attacking movements will increase Defending players may start to dive to retrieve the shuttle.	*** The start of the game is not like a real service as the 'server' will stand close, but behind the service line towards the centre of the court. The start (feed/serve) is a small upward block that would land between the net and the service line. F/H and B/H blocks should be used to start. Straight and crosscourt variations as agreed. After the net spin, the game is unchanged and competitive. Rallies will be very short ie 4-7 shots in length	** This game is an extension of a technical (deliberate) practice designed to show a simple transition from hand feeding into game-like situations. Players will need to agree that net kills from the initial spinning net will not be allowed. This can be introduced later as a variation. Coaches should be aware that some players may deliberately block away from the net to increase the difficulty of achieving an effective spin.	Once a simple tight net shot and simple spin have been partly mastered this game can be attempted. As the ability and confidence to play around the net increase this game will provide new challenges.	Which side do you find it easier to spin on, b/h or f/h? Did you always try to spin? What thoughts do you have about the block feed? Is it easier to return spins to the net or to lift? What thoughts did you have at the start of the practice compared to those at the end of the session? Who can spin the spinning net back to the opponent and be successful? 😊



Full Court Net Spin Bonus Game

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 net 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



Full Court Net Spin Bonus Game

Mentally challenging	Physically challenging	Game-likeness / restrictions	Ease of understanding	Applicable to what standard	Discussion points
* Some players may find it difficult to move forwards at speed and get frustrated at the effectiveness of their spins Discuss with the players their tactics regarding the type of 'down' shot they choose How are the players coping with physical distress? Be aware of resistance from the defending player ie they may not wish to co-operate and wish to change the condition	*** High physical effort required if the desire to spin is continuous throughout the game	* High game likeness Ensure that players are competitive within the conditions Encourage players to understand that there is scope to play as they wish as the condition only applies to defensive blocks In some variations encourage the use of blocks to the 'weaker' spin	* Simple to understand Coaches may have to discuss the type of down shot selected. Especially if players are unable to move quickly to the net after striking downwards Ensure both players to seek bonus points and to focus on spinning nets In some variations encourage and reward the use of blocks to the 'weaker' spin	Applicable to players who have reasonably developed forecourt nets skills. Be aware of the physical element and specifically the volume of forward lunging movements required.	How easily did you score the bonus points? Did you vary the down shots to improve your chances/opportunities to spin at the net? To what extent did you suffer physically? Was it always your intention to spin at the net? What did you do when defending to reduce the effectiveness of the opponents' net spins?

