

Name \_\_\_\_\_

- **Pressure:** I would aim to put continuous pressure on my opponent by maintaining a strong presence at the net, not allowing them easy access to the frontcourt.
- **Lobbing:** When necessary, I would use lobs to clear the shuttlecock over my opponent, forcing them to move back and disrupting their net dominance.

By combining these strategies, I would aim to neutralize my opponent's net play and create opportunities for offensive shots, ultimately gaining an advantage in the match.

4. In my opinion, several key qualities make a player exceptional at net play in badminton:

- **Soft Touch:** An exceptional net player has a soft touch, allowing them to control the shuttlecock delicately and place it accurately over the net. This quality is crucial for setting up offensive opportunities.
- **Quick Reflexes:** Quick reflexes enable a player to anticipate and react swiftly to their opponent's shots, making it easier to intercept shots at the net.
- **Deception:** A player who can effectively use deception at the net can keep opponents uncertain and force them into making mistakes. Deception includes the ability to trick opponents with shot direction and speed.
- **Variation in Shots:** Exceptional net players have a wide range of net shots in their repertoire, including net drops, net lifts, flicks, and deceptive shots. Variation keeps opponents guessing and creates opportunities.
- **Pressure:** Exceptional net players maintain pressure on their opponents by controlling the frontcourt and limiting their opponent's options. They force opponents to play defensively.
- **Adaptability:** Being adaptable and adjusting to different opponents and situations is vital. Exceptional net players can tailor their net play to exploit their opponent's weaknesses.

These qualities contribute to overall success on the court by allowing the player to dictate the pace of the game, create scoring opportunities, and control the frontcourt, ultimately giving them an advantage in matches.