

The Game within the Game - Deep Court (continued)



General rules for deep court play written for the A/B player...

If you are moving backwards and just getting to the ball, go back to the ceiling and get your opponent out of center court. Your perfect shot, with so many factors against you, is too elusive. Too many skips occur when your body momentum is going the wrong way...play it safe and get better position on the next setup. As soon as you know you'll be deep in the court, get there as fast as you can so you're looking at the ball and get a peripheral view of your opponents. If your opponents have setup on you...meaning your dealing with a ceiling ball and not a waist level shot that got deep faster than your opponents could setup...I would still go with a ceiling ball to reverse the positions.

Any setup off the back wall-shoot it. Mix up the shots between down the line, crosscourt and pinches so that opponents cannot trap you as easily. Balls that again are faster and allow for less opponent setup time are easier to shoot with less thought. Be careful with ceiling balls as they give your opponent(s) time to setup on you. But the advantage is still yours.

The last couple thoughts for deep court play...don't think you have to be so perfect that you either roll it or skip it. Skipping the ball is one of the biggest no-nos in the game...right behind the double fault. When skipping seems to seep in, go with the safer crosscourt pass shots. Remember that going down the line can also be considered a passing shot and doesn't have to roll out every time to be a winner.

Lastly, patience is a virtue in the mini deep court game. If you don't get into the right position or your opponents are setup on you or anything else clouds your shot, there is nothing wrong with going to the ceiling and sending your opponent(s) to the back court. This is a reset to wait for a more opportune situation. After the serve and serve return, the back court game is where you're going to win or lose most of your matches.