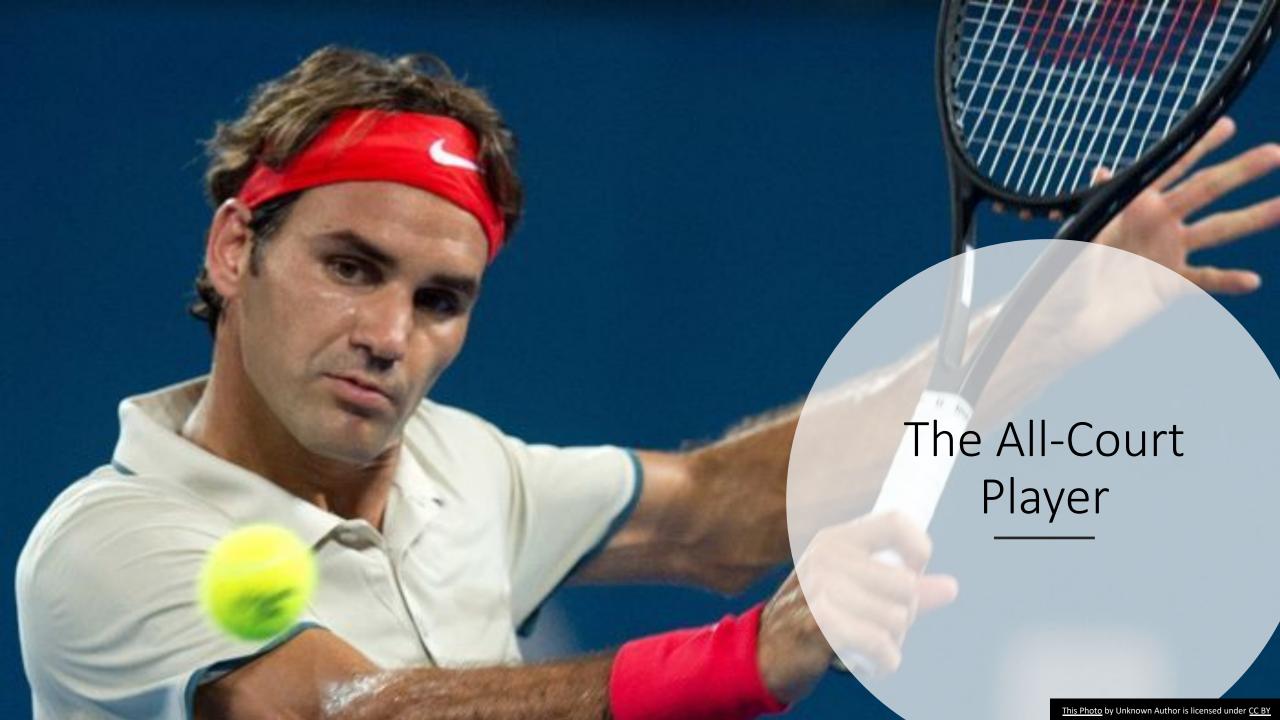


## Summary of Week 3- The Net Rusher

- When developing the net rushing style, play lots of doubles
- Work a lot on your transition skills
- Master the approach shot and learn proper court coverage
- Against the net rusher, get in before them
- Keep them on the baseline
- Mix up your passing shots, don't forget to use your lob





#### Characteristics of the All-Court Player

- Vey adaptable player, can play all styles depending on the opponent
- Can play efficiently from any position on the court
- Mix up the pace, height, and spin of the ball well
- No glaring weaknesses
- Possess Weapons
- Exhibit good volley and net coverage skills
- Masters at serve +1 and attacking 2nd serve skills



#### Ways to Beat the All-Court Player

- Look to attack when the opportunity presents itself
- Control the court positioning
- Use your defensive skills to neutralize their offensive strikes
- Play to the strength to open up the weakness
- Use controlled aggression to stay in offense
- Attack their weakest side

# What we can Learn from the All-Court player

- Open-mindedness
- Possessing variety helps you match up well against multiple game-styles
- Masters at constructing points
- Great shot selection
- Weapon development + transition
- Growth Mind-set



### Path to Development for the All-Court player

- This style takes the longest to develop, so be patient
- Build your weapons
- You must be solid from the baseline, midcourt, and net so work on all areas of the court
- Offensive and defensive skills are necessary
- Master your continental grip skills
- Develop your serve and volley skills



The All-Court
Player
Constructing
Points

