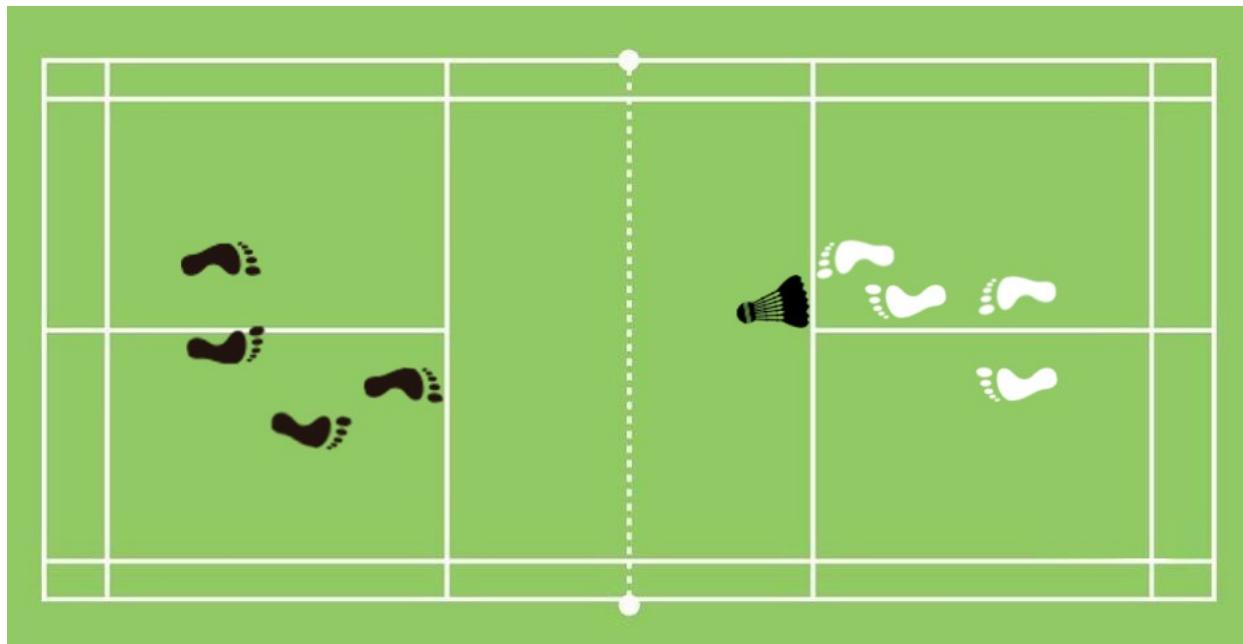


Badminton Doubles – from Start to Advanced

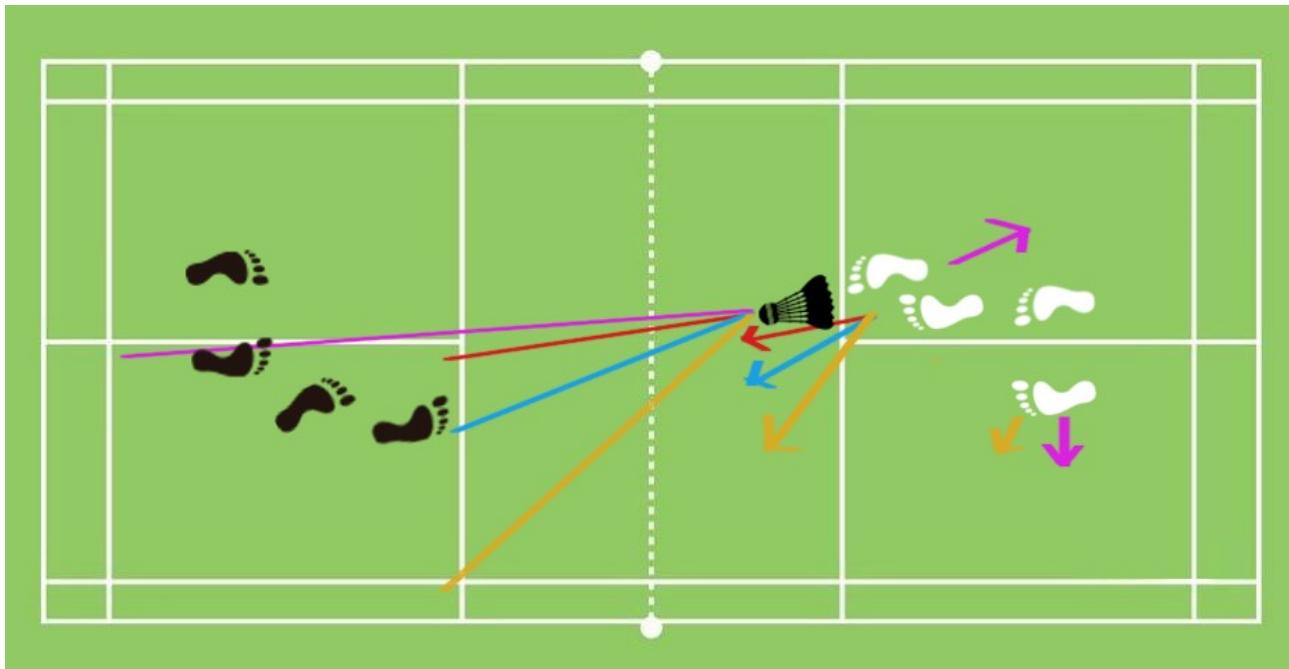
SERVICE SITUATION

First 3 strokes:

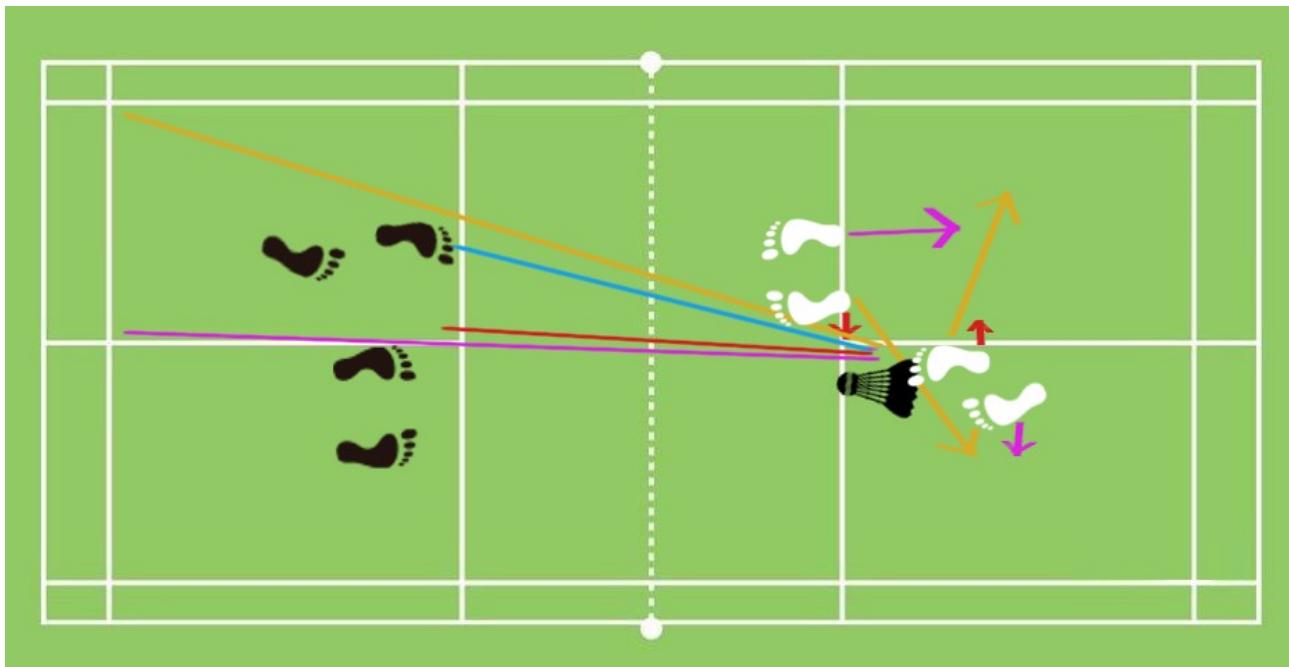
- Are very important in all doubles discipline
- Repeated in every rally
- A lot of rallies are finish after first 3 strokes or are clear after it
- Can determine which pair is under pressure

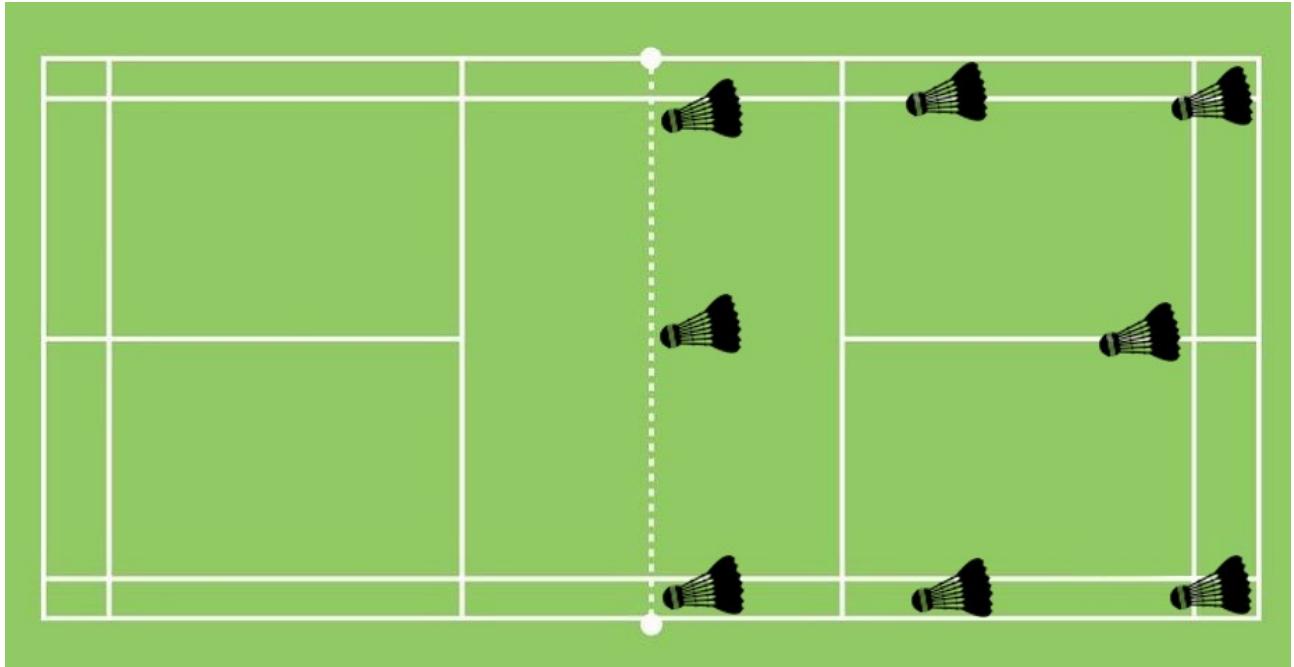


DOUBLES



MIXED DOUBLES

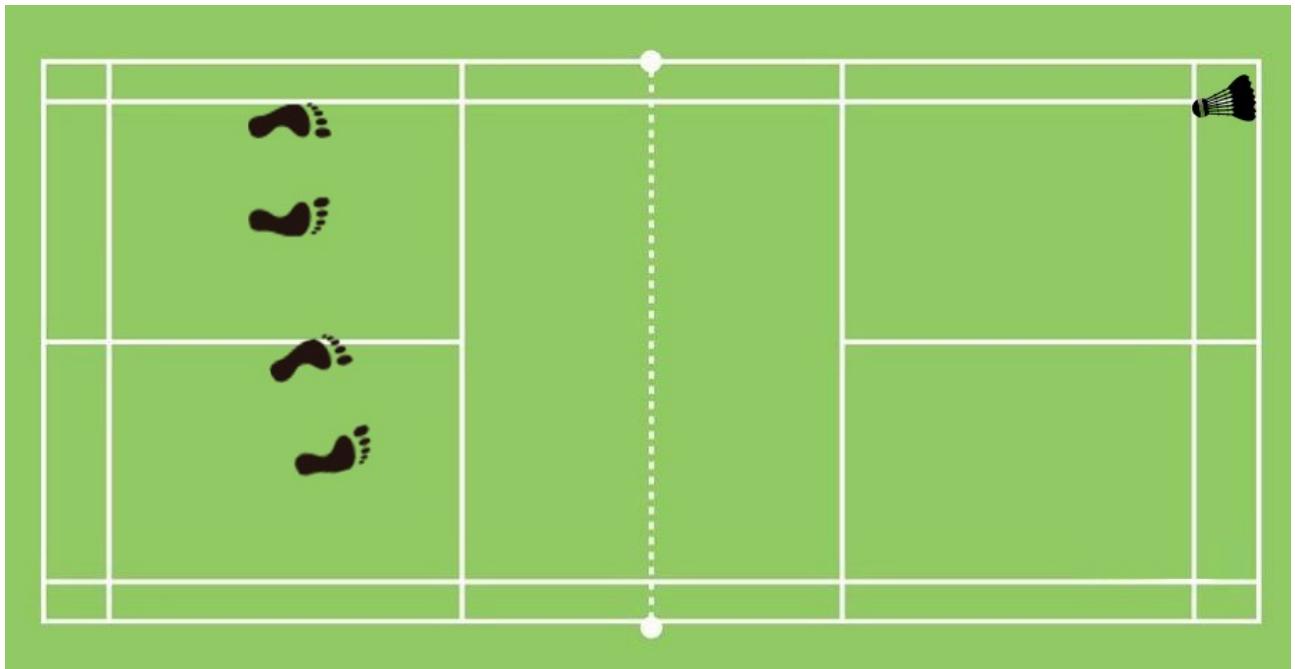




Remember:

- Communicate tactic with partner
- Stay calm
- Stay consistent
- Create offensive situation
- Look for winner

DEFENCE SITUATION

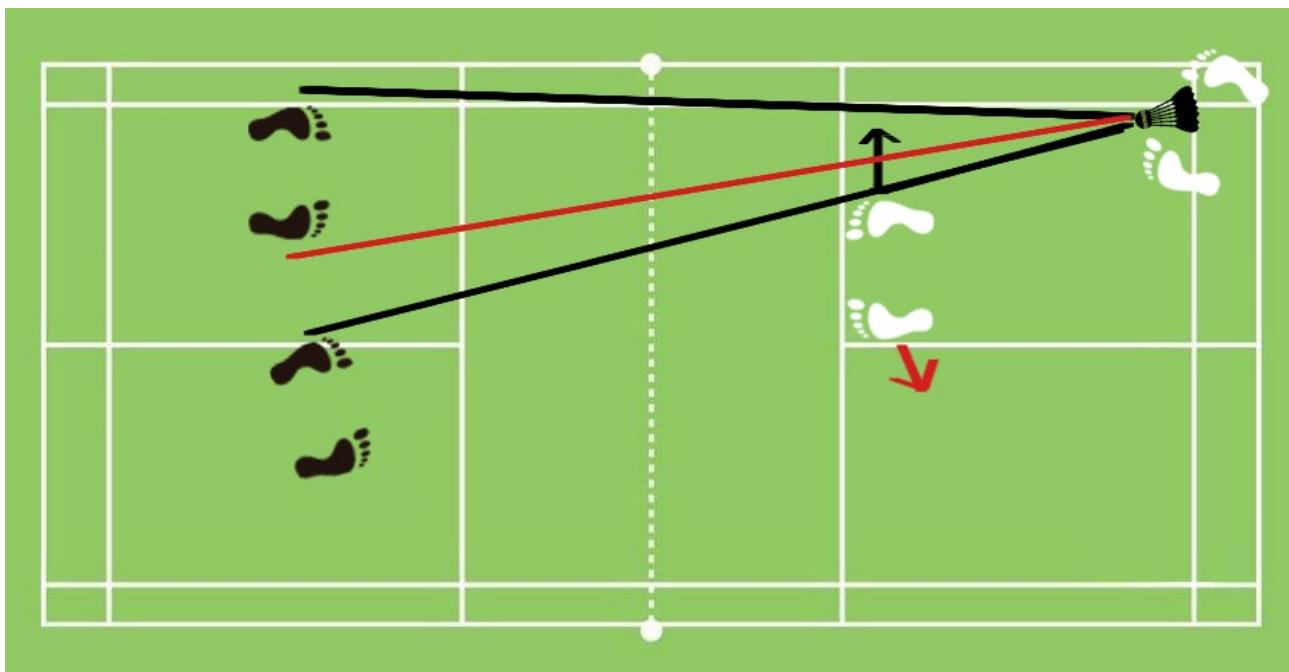
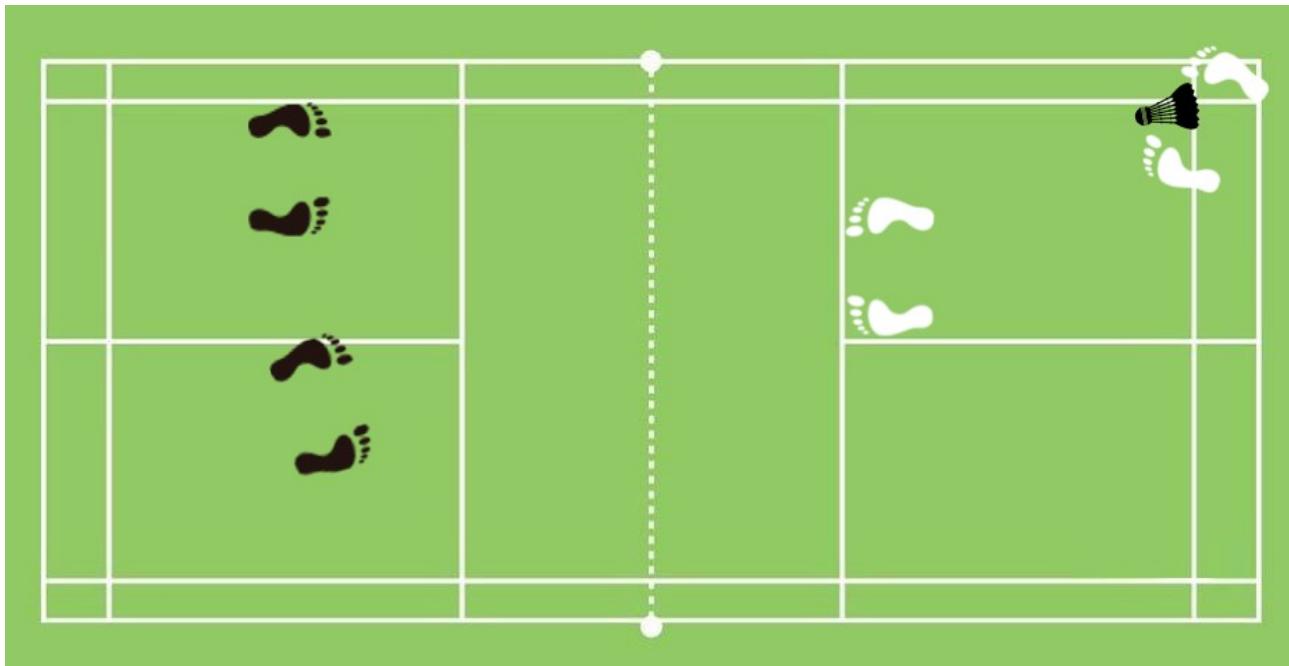


Remember:

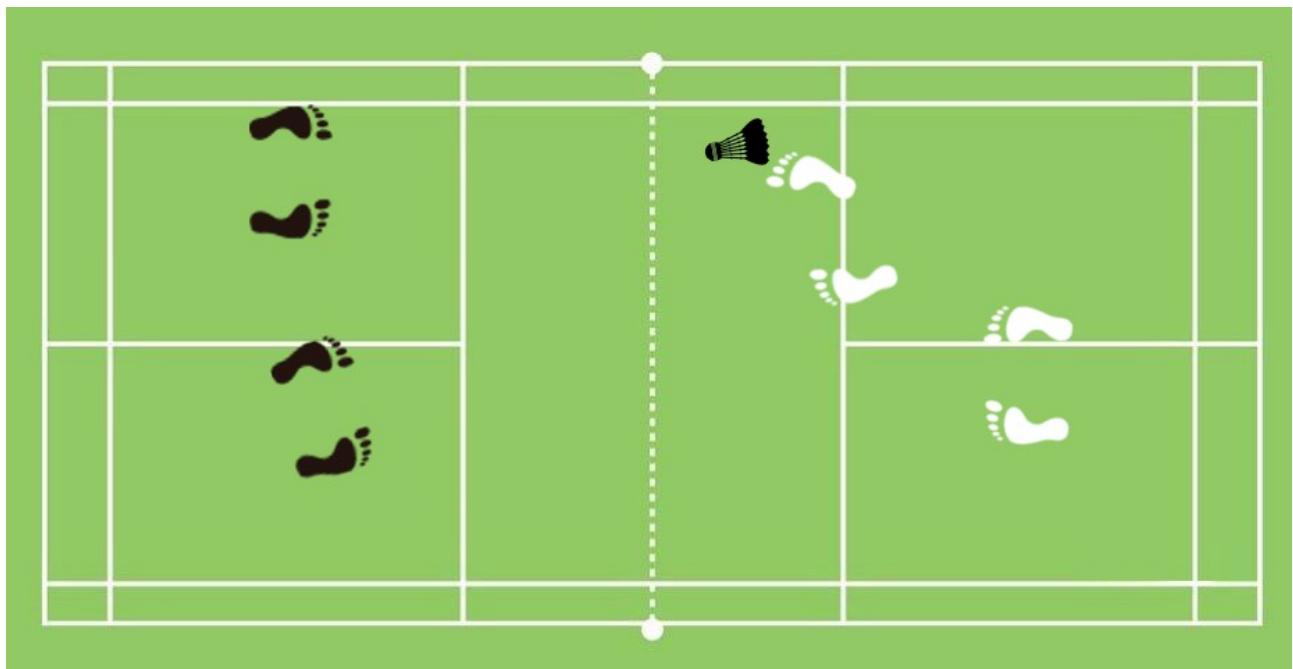
- Look for empty gap
- Control distance between each other
- Stay in front of the shuttle
- Keep Your racket out in front of the body
- Stay ready for drop and clear (WD, XD) as well
- Follow Your stroke

ATTACKING SITUATION

Shuttle in rearcourt



Shuttle in forecourt



Remember:

- Player who is not hitting need to adjust position to the partner
- Think to create a win-win situation for the partner
- Control distance between each other
- Change pace
- Change angles
- Change speed
- Choose most difficult points