Badminton is very popular in many parts of the world and is growing in popularity in America. The sport appeals to all ages, skill levels and to both men and women. Whether you are a beginner or have some past experience, the combination of this book and your work in the gym will help you learn the necessary skills, strategies, and rules of the game. These newly acquired skills will allow you to enjoy this fast-paced, quick-reflex game and you will quickly begin to enjoy the social, recreational, psychological and health-related benefits of badminton. It is an active game that requires not only arm movements, but also cardiovascular endurance. Badminton is more than a game of power; it is also a game of finesse, deception and control. Whether you play singles or doubles this game can be played at a level to meet your individual needs and abilities for physical activity for the rest of your life.

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| **The History of Badminton**    There are many different versions of how and when the game got its start. The exact origin of the game is not known. A game similar to badminton was played in **China** as early as the fifth century A.D. that involved kicking shuttlecocks over a net. The most popular version of badminton’s true beginning is a game played with wooden racquets and feather shuttlecocks played in **Gloucestershire, England** as early as the eighteenth century. The game was played at the home of the Duke of Beaufort by a group of British army officers. The Duke’s estate was called Badminton and the name has stuck with the game. In 1877, the first attempt to form a set of rules is documented in **Karachi, India**. The game continued to develop in other parts of the world, which made it necessary to establish a standard set of rules. In 1878, the **Badminton Club of New York City** was founded. It is the oldest organized badminton club in the world. In 1893, the Badminton Association of England was established where they quickly formed a set of laws for the game. These rules were revised in 1895 and again in 1905. The majority of these rules continue to govern badminton play in all international competition. The last major rule change was in January of 2007, where officials introduced the rally scoring system that is currently the most popular style of play today.  In general, Americans consider the game to be a slow-paced, backyard leisure game. The United States Badminton Association (USBA) has made great efforts to change this perception and actively promotes badminton in America. They have recently reported an estimated 50,000 active badminton participants, a small number when compared to the estimated 10 million players in China. The USBA currently conducts many tournaments for all ages and genders throughout the country and numbers are growing each year.  Equipment   Badminton has minimal equipment needs with few changes over the years and requires a small space to play the game. What changes that have been made to the racquet and shuttle have been made primarily in the materials used to construct them.  **1. Racquet:**  Selecting the correct racquet is one of the most important considerations you will make when starting play. They come in all sizes, shapes, weights and materials. Consider the following tips and spend some time to find the racquet that feels right for you.   * Racquets can be constructed of steel, aluminum, ceramic, graphite or blends of carbon graphite (they were originally wooden). Racquets will vary in price depending on their specific materials. * The racquet consists of a head, strings, throat, shaft and grip. * They can weigh between 79 and 91 grams, including the strings; stronger individuals may use the heavier racquets. * They have balance points that may allow the head to be slightly heavier than the grip or just the opposite. Doubles players usually prefer a lighter head for quicker reactions. * The grip will depend on the size of your hand.   + They may vary in size from 3¼ to 3½ inch circumference.   + A thin layer of leather is wrapped around the grip for traction and can be changed as needed.   + The thumb should wrap around far enough to touch the knuckle of the index finger. * The strings can be made of synthetic gut or nylon.   + Nylon is cheaper and lasts longer and is resistant to moisture.   + Synthetic gut is expensive, not very durable and vulnerable to moisture. It is, however, preferable to nylon by advanced players because of how well it responds.   + String tension may vary from 14 to 20 pounds of pressure. Higher tension increases speed while lower tension may provide control. * Always inspect the condition of the strings. Frayed strings should be replaced. Keep racquets out of extreme weather conditions and store them in a hanging position. * Beginners should try a variety of racquets before making a purchase. Choose the one that feels the best in your hand. * Equipment that is used by classes on a regular basis should be middle-of-the-road priced. Do not get the least expensive equipment as it will not last and will need to be replaced more often.   **2. Shuttles or Birdies (shuttlecocks):**  The shuttle is the object struck by the racquet. It may be referred to as “shuttlecock” or “birdie”; it is most correctly referred to as a shuttle. The specific design of the shuttle is a major reason for the popularity of the game. This specific design causes the shuttle to create drag as it moves through the air, which quickly slows the speed. While the speed of the shuttle may reach speeds of 200 miles an hour, the shuttle will not travel very far due to its specific design. In fact, it is difficult to hit a shuttle from one end of the court to the other which is 44 feet. Synthetic and natural feathers are the main materials for shuttle construction. Consider the following suggestions before buying or using shuttles.   * The pros and cons of shuttles made of synthetic materials   + Synthetic material is far more durable.   + Recommended for use in teaching classes where the volume of hitting is high.   + They require no special environment.   + They are less expensive.   + They do not have the flight control quality of feathers. * The pros and cons of feathered shuttles (usually real goose feather)   + They are easily damaged and not very durable.   + Preferred for tournament play due to consistency and accuracy, but they are not useable after two or three games.   + They must be kept in a humid environment to prevent drying.   + The cost is considerably more than a synthetic shuttle. * The cork end of the shuttle is where the racquet contact is made and will have color-coded rings to indicate the speed of the shuttle. The weight of the shuttle will determine the speed. Red is the fastest at about (5.50 grams) followed by blue for medium with green (4.74 grams) being the slowest. High-altitude players will want to use a lighter weight while high humidity at sea level will require a heaver weight. Blue is recommended for beginning adults. A shuttle with the correct speed can be hit hard underhand from one base line to the other base line. If it goes too far past the baseline, it is too fast. If it cannot reach the doubles serving line, it is too slow.   **3. Clothing and Shoes:**  Badminton is a very active game and requires the correct attire to maximize your play and enjoyment and prevent injury. Consider the following suggestions.   * Shoes are the most important element to consider. * Shoes should be comfortable and have a non-slip wide base sole, which can help prevent ankle injuries. * Cross-training or general court shoes are acceptable, not running shoes or shoes with black soles that may mark the floor. * Wear comfortable socks and tie your shoes with appropriate tension. * Comfortable shorts and short-sleeve shirts in a variety of materials can be worn. * Wristbands and headbands are recommended to reduce moisture in unwanted places. Towels are also recommended. * Leather gloves are often used to improve grip and provide hand comfort.   **The “Playing” Court/Field:**    Since the beginning of the game the court has had many variations and is constructed of a variety of materials from grass to wood. Today most tournaments are played indoors on a hard surface, but the game can still be enjoyed at the park or in your backyard.   * The Court   The Badminton Court   The Badminton Court  The Badminton Court  A full and complete understanding of all parts of the court is essential to your success in the game. The court will establish boundaries for serving and other shots as well as placement of all shots and where you may want to position yourself. The illustrations clearly identify the lines for serving and all boundaries for doubles and singles play.   * + Inside solid surfaced courts are preferable due to the controlled wind and weather conditions.   + Courts should maintain a distance of 4 feet between each other.   + All boundary lines should be 1.5 inches wide.   + Ideally there should be ample ceiling clearance for full play. International tournament rules require a minimum of 30 feet ceiling clearance.   + Badminton classes that meet on a regular basis should have a well-established, efficient procedure for setting up and taking down nets and poles.   + All players should have a clear understanding of all rules associated with lines, boundaries and special considerations of the court area before play is begun. * The Net/Poles: Many years ago, today’s badminton net replaced what was once a rope. When set up correctly with boundary posts, the net provides the foundation for playing the game. Consider the following standards.   + The net stands 5 feet 1 inch at the connection to the post and is supported by a strong rope or cable.   + The post should be placed outside the doubles boundaries.   + The net tension should be tight enough to maintain a height of 5 feet at the center of the net.   + The material for the net is made of natural or artificial mesh between 5/8 and ¾ thickness, which prevents the shuttle from going through.   + The width of the net from top to bottom should be 2 feet 6 inches.  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | | **Safety Considerations:**    Whether you are a beginner or an experienced badminton player it is always advised to consider the following safety tips.  **1. Warm-up:**  The inclusion of a well-designed warm-up is equally as important for the beginner as for the advanced badminton player. The game will vigorously work all parts of the body making it essential to spend time in a warm-up to help prevent injury to muscles, tendons and ligaments. Increased flexibility can improve your range of motion and improve your overall play. The warm-up consists of three parts: the cardiovascular component, the static and dynamic stretching component and the sport-specific movement. Consider the following parts of the warm-up before any play.   * **Cardiovascular warm-up** The first part of any preparation for physical activity should be an activity to get the heart and other parts of the circulatory system working at a higher intensity. Consider the following activities and suggestions for a safe cardio warm-up.   + A general cardio warm-up should last 2-3 minutes and might include a slow to moderate jog, a variety of calisthenics or rope jumping. The intensity is low at the beginning and moderately increases with additional time.   + Continue the cardio warm-up with quick court movements toward the net and backpedaling away from the net combined with quick movements from side to side of the court while facing the net. These movements should be done correctly and efficiently so as to improve badminton footwork as well.   + The cardio warm-up is intended not to tire or exhaust you. Once the heart has increased intensity and the body temperature has slightly raised, it is time to do the dynamic stretches.   **Muscular/Skeletal warm-up** The second part of the warm-up preparation should specifically target your muscles and joints. This portion of the warm-up should involve the stretching of the shoulders, back and legs. They should be stretched with both **static stretches** (slow steady pull) and **dynamic stretches** (minimal resistance while stretching and relaxing the muscles of a joint). Never use quick jerking or ballistic movements as this may cause injury to the muscles and tissues around the joint. Consider the following activities and suggestions for a safe muscular/skeletal warm-up.   * Shoulder stretch with racquet, remember to stretch both sides   Side bends with racquet   * Wall calf stretch  * Walking lunges forward and backward (dynamic)  * Side lunges with racquet  * **Skill-Specific warm-up** The third part of the warm-up involves the use of the racquet and shuttle while conducting specific badminton movements. It is usually conducted with a partner and is performed on a court at varying intensities.   + Begin at midcourt facing a partner on the other side of the net at midcourt. For the next 5 to 10 minutes conduct hitting exercises and partner feed drills that will prepare you for play.   + Start with easy overhead shots, utilizing both forehand and backhand strokes from midcourt, and then include underhand shots.   + Continue the overhead strokes from the back of the court while using more intensity with each stroke.   + Alternate turns with your partner to set up and practice all the strokes of the game both forehand and backhand. You should now be ready for play.   **2. General Safety Considerations**   * Maintain your personal space and the personal space of others when swinging the racquet. This rule applies to warm-up, practice and play. * Use safe and proper functioning equipment. Make it a habit to check your racquet, your shoes and anything else that you depend on for safe, effective play. Alert instructors and other players of unsafe equipment or facilities. * Examine all playing areas for any unsafe conditions before any activity (ex: tables or chairs near courts, shuttles on playing area). Never continue play while a shuttle is left on the court. * Adhere to all rules of play and avoid unsafe play (horseplay). * Always warm-up with the appropriate activities prior to practice or play and do not extend beyond your physical capabilities. It is always advised to take the time to conduct a cool-down at the end of moderate to vigorous activity. * Maintain court etiquette and do not interfere with play in other courts.   **3. Common Injuries**  Due to the nature of the game players are likely to perform many ballistic movements that put a great deal of stress on skin tissue, joints and muscles. By wearing proper equipment and using all parts of the warm-up you can help prevent serious injury. However, when people are active and in motion, injuries can happen. Most of the injuries you may encounter during play will probably not be serious. You should pay attention to any injury and in the event the injury takes longer that a couple of days to heal you may want to consult a doctor. The following are some of the more common types of injuries and treatment.   * **Skin Injuries**   + Include cuts, scrapes, bruises, and blisters.   + Keep cuts, scrapes and blisters clean and apply antiseptic medicine, if necessary keep them covered with bandages.   + Blisters are caused by excessive friction and are common when you first begin. Properly fitted shoes and good socks can go a long way to prevent the problem.   + Bruises may be treated with ice packs. * **Muscle and Connective Injuries**   + Muscle cramps are common and can be prevented by staying hydrated, doing a proper warm-up and monitoring your intensity.   + Stay hydrated with water and sports drinks containing needed minerals.   + If you get a cramp usually a stretch or firm massage of the area can remove the discomfort.   + Other injuries include muscle strain, which is a pull or tear of the muscle and muscle sprain, which is a tear of the ligament around a joint. Common joints include the shoulder, elbow, knee and ankle.   + In the event you have either a strain or sprain you should apply the **RICE** formula immediately. **Do not** apply heat to injury!   **R**est- get off the injury. **I**ce- apply ice early and often, ice should not touch skin directly. **C**ompress- wrap area with elastic bandage. **E**levate- raise the body part to avoid additional swelling.     **Rules and Scoring:**    In recent years, a new set of scoring rules has shortened the length of a badminton game and made it more enjoyable to play and observe. In the traditional badminton scoring system the men’s games were contested to 15 points, while women's singles were played up to 11. The outcome of the match was determined by the first player or team to win two out of three games. Only the serving players were able to score points. The same was true in doubles; both players of a pair were allowed to serve before the service returned to the other side. Before the receiving team could regain the service, they had to win two rallies.  In December 2005 the BWF experimented with the rally point scoring system. Their intension was to regulate the playing time and simplify the system for television viewers. This new scoring system has the winner of any rally scoring a point regardless of who served. That means each time the shuttle is served someone will score a point. The second addition has games being lengthened to 21 points. Even though there are more points required, the games are significantly shorter because a point is scored with each rally. The experiment ended in August 2006 when the BWF declared the new system official. The following is the simplified version of rally points scoring.  **SIMPLIFIED “NEW” RALLY POINTS SCORING SYSTEM**  ***Scoring System***   * A match is the first to win 2 of 3 games to 21 points. * The side winning a rally adds one point to its score. * At 20 all, the side which acquires a 2-point lead first, wins that game. * At 29 all, the side scoring the 30th point first, wins that game. * The side who won the previous game also wins first serve in the next game.   ***Intervals and Change of Ends***   * When the leading score reaches 11 points, players have a 60-second interval to change court ends * A 2-minute interval between each game is allowed for rest. * In the third game, players change ends when the first side scores 11 points.   ***Scoring for Singles***   * At the beginning of the game and when the serving team’s score is an even number, the server serves from the right service court. When the score is an odd number, the server serves from the left service court. * If the server wins a rally, the server scores a point and then serves again from alternate service court. * If the receiver wins a rally, the receiver wins a point and the serve. The new server will begin serve from the correct court according the odd or even score.   ***Points - Doubles***   * Only one member of the doubles team will have a service opportunity per side in doubles. When the serving team commits a fault, the serve goes to the other team and they will serve from the correct court. * At the beginning of the game and when the serving team’s score is an even number, the server serves from the right service court. When the score is an odd number, the server serves from the left service court. * If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court. * If the receiving side wins a rally; the receiving side scores a point. The receiving side becomes the new serving side. * The player of the receiving side who served last stays in the same service court from where he served last and his partner stays in the other court and begins serve. * The players do not change their respective service courts until they win a point when their side is serving. * If players commit an error and serve in the wrong service court, the error is corrected when the mistake is discovered. * **Other Game Rules**   + The first serve can be determined by a racquet spin or coin toss. The winner will determine who serves first or which end to serve from.   + The loser of the toss will determine all other game-beginning decisions.   + The server has only one opportunity to complete the serve. Even-numbered scores are started in the right court and odd-numbered scores from the left court. **See section F (Fundamentals of the Game of Badminton) for all serving rules.**   + The score should always be announced before each serve. The serving team has their score called first.   + Any point that must be replayed is a **let**.   + Any violation of the rules is called a **fault** and a point is scored.   + When a person or team loses their serve it is referred to as a **side out** and the other person or team earns the service.   + No player may touch the net with his or her body or racquet.   + No player may hit the shuttle twice during a return.   + The shuttle may not touch any part of your clothing.   + No player may move his or her body or racquet under the net.   + All players must wait for the shuttle to clear the net before contact. If contact is made on the correct side the net the racquet follow through may go over the net, but may not touch the net.   + Doubles teams may not serve past the long service line.   + Doubles court play includes the side alleys. * **Rules of Etiquette**    + Call faults immediately.   + Offer to replay a point if there is a dispute.   + Compliment an opponent’s good shots   + There should be no intentional distractions during play.   + Do not enter other courts while playing is being conducted.   + Do not lean on nets or misuse racquets and shuttles.   **Fundamentals of the Game of Badminton:**    The two most important fundamentals of badminton are racquet control and good footwork. Beginners and experts alike must constantly work on these two aspects of the game. Badminton is played at a rapid pace allowing little time for adjustments of racquet or body positioning, making it essential to have efficient use of your grip and footwork. Good badminton players will want to be light on their feet and in the correct court position with their feet and racquet in the best position to select and execute the choice of shot. Regular practice of these fundamentals will give you a better sense and feel for the game and will improve your shot production. The following guidelines and drills should be understood and practiced often to perfect your game.  **1. The Grip   Various Grips**  There are a variety of grips that may be used in badminton. The two grips most recommended are the forehand and backhand. The player may switch their grip during the game to prepare the racquet for the best return of shot. Most beginners will use the forehand grip for all shots. All grips should be held firmly but not too tightly and the fingers, not the palm of the hand, should apply the majority of the pressure. As you improve in your skills and confidence you may wish to make grip adjustments during game play. Getting acquainted with the feel and weight of your racquet will give you a better sense of your eye-hand-racquet coordination, allowing you to execute shoots with more speed, power, and control.   * **Forehand grip**   + Place the racquet leather grip into your dominant hand as though you were shaking hands with the racquet.   + The thumb and index finger form a V at their connecting point. The bottom of the V should be directly in line with the top flat bevel of the racquet grip.   + The heel of the hand should be at the butt of the grip area (very end of the grip); avoid choking up on the grip area.   + Lightly wrap your fingers around the leather grip. Do not squeeze the grip like a hammer.   + Your index finger should be slightly separated from your middle finger. This finger placement is called a “trigger finger” which allows for more wrist action. The index finger and thumb are very important for control and power. * **Backhand grip**   + Place the racquet’s leather grip into your dominant hand as though you were shaking hands with the racquet.   + Slightly rotate the racquet in your hand to the right one or two bevels allowing the knuckle of the index finger to be on the top bevel and move the thumb higher on the grip area to a parallel position with the shaft.   + The heel of the hand should be at the butt of the grip area (very end of the grip); avoid choking up on the grip area.   + Lightly wrap your fingers around the leather grip. Do not squeeze the grip like a hammer.   + Your index finger should be slightly separated from your middle finger. This finger placement is called a “trigger finger” which allows for more wrist action. The index finger and thumb are very important for control and power.   + Beginners may want to avoid the changing of grip as the handshake grip can be used for both forehand and backhand. Advanced players are more likely to change grips. * **Racquet Handling Drills #1.1. Racquet Spin** Begin this drill by holding the racquet with non-dominant hand at the shaft. Spin the racquet while dominant hand is lightly on the grip. Without looking at the grip, try to correctly place your dominant hand on the grip with the V of your hand on the top bevel. This should become a natural move.  **#1.2. Shuttle Scoop** Place the racquet grip in your dominant hand with the handshake grip. Bend over and place the edge of the racquet head on the floor next to a shuttle (right-handed on the right). With a quick, scooping motion, slide the racquet under the shuttle. Finish with a wrist twisting action to get shuttle onto the racquet face. Practice the drill often as you perform drills or game play. DO NOT BANG THE RACQUET HEAD!!!   **2. Forearm and Wrist Action**  Every shot in badminton will require some degree of forearm/wrist movement. The amount of forearm/wrist action will determine the trajectory and speed of the shuttle. Learning when to apply a firm, moderate or full forearm/wrist action is key to your success in the game. Correct application of the forearm/wrist can disguise your next shot and keep your opponent out of position for the return shot.   * **Firm tension**   + It requires little or no bending of the forearm/wrist in either direction. Primarily used for shots requiring a soft touch, like drop shots and short serves. * **Moderate tension**   + It requires some degree of hyperextension (cocked back) of the wrist before the shot and some degree of forearm/wrist flexion after the shot. Primarily used for shots requiring medium trajectory or accuracy, like the drive shot. * **Full tension**   + It requires the highest degree of hyperextension (cocked back) of the wrist before the shot and full flexion of forearm/wrist after the shot. Primarily used for shots requiring maximum power, speed and trajectory like the smash and clear. This also means you will have reduced accuracy.   + The full flexion of the forearm/wrist (pronation/supination) combined are what create power and speed.   **3. Getting Started**  Before you begin the next phase of learning the correct technique for each of the badminton strokes you should attempt to master the following drills. Be sure to apply good footwork and racquet preparation on each shot.   * **Start Up Drills #1.3. Shuttle Taps** Begin with the handshake grip and place the shuttle on the face of the racquet with your palm up. Toss the shuttle into the air about 3 feet and continue to bounce the shuttle off your racquet. This drill helps with hand-eye-racquet control by making you watch the shuttle and the proper hitting angle of the racquet head. As you progress, switch to a palm-down racquet face then switch to alternating the racquet face position with each bounce.   **#1.4. Wall Hits** With a racquet and a shuttle stand 5 to 6 feet away form a wall in the gym. Using an underhand serving motion hit the shuttle toward the wall with a moderate to hard swing. Aim for a point 5 to 6 feet up the wall and prepare your stance for the return bounce from the wall. Continue to return shots into the wall using a variety of stokes including overhead and backhand shots. Practice good footwork and racquet control. Try to make 20 to 30 consecutive hits with each stroke.  **4. Trajectory and Contact point** Every shot in badminton will require some degree of shuttle trajectory. The path of flying shuttle as it enters your opponent’s court is its trajectory. The height of the shuttle, the contact point of the racquet and the speed of the racquet are involved with trajectory.   * **Contact point**   Contact Points   + The position of the shuttle when the racquet makes contact with the shuttle is the contact point.   + Imagine a full circle around your body that is viewed from your dominant arm side. Think of the circle as a clock with numbers. For overhead shots the position directly over your head is 12 o’clock, behind the head is 11 o’clock and in front of the head is 1 o’clock. For underhand shots the position straight down toward your feet is 6 o’clock and the position even with the waist is three o’clock. Using these numbers you will be able to apply the correct trajectory to specific shots. * **Low or flat trajectory**   + These are shots that have a contact point even with the top of the net and are aimed toward the top of the net with light racquet speed   + Effective when hitting drop shots just beyond the net. * **Medium trajectory**   Medium Trajectory Shot  Medium Trajectory Shot   + These are shots that have a contact point about shoulder high that will go about 1 to 3 feet over the top of the net with medium racquet speed.   + Effective when hitting drive shots just beyond mid-court. * **High trajectory**   + These are shots that have an overhead contact point at 11 o’clock or an underhand swing that has a contact point of 5, 4 or 3 o’clock. The shot is hit with power and speed to send it high and deep into your opponent’s backcourt.   + Effective when hitting deep clear shots to the backcourt. * **Downward trajectory**   + These are shots that have an overhead contact point at 1 o’clock. The shot is hit with power and speed to send the shuttle downward in your opponent’s court as quickly as possible.   + Effective when hitting the smash or “kill” shot to any part of the court.   **5. Basic Footwork and Body Positioning**  Having your feet positioned correctly and in the correct location of the court is as important as anything you will do with the racquet. This preferred body positioning is commonly referred to as the “ready position”. In the ready position you will be able to move quickly and efficiently allowing you to be in the right spot to execute the best shot. Equally important is how you move your feet into position to return shots and quickly return to a good ready position.   * **The Ready Position**   + Your feet should be shoulder-width apart with your weight evenly distributed on the balls of your feet. You may wish to have your feet slightly staggered with the dominant foot slightly in front.   + Your knees should be slightly bent with the racquet extended in front of you about shoulder high.   + The other part of the ready position is your position on the court. The recommended position is directly over the centerline and halfway between the short service line and the doubles service line. A 5- to 6-foot circle around this area is referred to as the “midcourt”. There will be practice drills specifically designed to improve your footwork and court awareness. * **Step-Close Step**   + This footwork is the most often used during the game. It should always be initiated from the ready position. From the ready position the non-dominant foot will always be the pivot foot and the dominant leg will step to the shuttle. If necessary the non-dominant leg will slide or close to the dominant leg and the dominant leg steps out further.   + By having the dominant leg forward in a pushing position it allows for quick recovery to midcourt in a ready position for the next point. * **Footwork Drills**  **#4.1 Four-Corner Shadow Swing** Begin in the ready position in center court with racquet in hand. Using the step-close step move to the front right corner and use a forehand underhand swing and return to center court. Using the same steps, go to the front left corner and use a backhand underhand swing and return to center court. Now repeat the process to the back right corner and use an overhead forehand swing and return to center court. Finally, move to the back left using a crossover step and a backhand overhead swing. Repeat the drill for 30 to 40 seconds. Concentrate more on the correct footwork, not the speed.   **6. The Badminton Serve:**     The new rally scoring system ensures that every time the shuttle is served there will be a point scored for one of the teams. Good serving skills can give you an advantage while poor serving skills can put you at a disadvantage. Partners also use the serve to “feed” or start most practice drills and sessions. For these reason **the serve is considered the most important shot in the game**. The basic mechanics and rule of the serve require the server to hit the shuttle upward creating the possibility of the receiver quickly returning the shot and winning a point. When choosing a serve to use against your opponent you should consider their weaknesses, where they are set to receive serve and what are your serving strengths. We will explain and demonstrate three of the more basic kinds of serve. As you improve your skills you may want to try more advanced serves which are variations of these three basic serves. Since all play begins with the serve it is essential that each player have a good understanding of the rules and the different kinds of serves and their techniques.  **a. Rules of Serving**   * The server must be in the correct court, which is determined by the score. * Both feet must be completely set and in the court. No part of a line on the court can be touched by either foot and no step is allowed until the shuttle is hit. * The shuttle must be contacted at a point below the server’s waist. * The racquet head must be pointed down and no part of the racquet head can be above the hand holding the racquet. * Serves may be hit with a backhand or forehand stroke. * The server may not attempt to fool or deceive the receiver in any way. * The server may not serve until the receiver is ready. * The receiver must also be set with both feet until the server hits the shuttle. * The receiver may hit no shot, including the serve, until the shuttle crosses the net. * The served shuttle must fall into the diagonal court opposite the server court. * If the serve lands on a correct boundary line it is considered legal. * A served shuttle hitting the net and falling into the correct serving area is legal.   **Doubles play** has all of the same serving rules as the above rules with one exception. There is a backcourt doubles serving line, which is 30 inches shorter than the singles boundary. During doubles play the serve may not go past the doubles serving line. The shuttle may touch the line and still be legal. It may be important to note that the doubles serving court is also 18 inches wider on each side (the alleys).  **b. Kinds of Serves**  Different Serves  **1. The High Deep Serve (long serve)** In singles, the high deep serve is most-often used type of serve. It begins with a forehand underhand swinging motion. The purpose is to place the shuttle over the receiver’s extended racquet and deep in your opponent’s backcourt. If the shot is executed correctly, your opponent will be forced to move to the back of the court and play a defensive shot. This will often result in a set-up for your next attacking shot. However, if your high, deep serves are not executed correctly and are hit too low, the receiver may quickly turn your serve into an attacking offensive shot. The following are “performing cues” or techniques that should be used in all drills and game play. Regular and correct practice of these performing cues will help you master the skills.  **Performing Cues for Deep High Serve:**   * + **Stance**     - Non-dominant foot forward 2 to 4 feet form service line and one foot from centerline (near center court enabling you to reach all returns).     - Weight on back foot back with knees slightly bent.     - Use the same racquet preparation for short and long serve.   + **Target**     - Aim for the area between the doubles service line and the back boundary.     - Best target is opponent’s backhand.   + **Racquet and Shuttle Preparation**     - Forehand grip.     - Wrist fully cocked and racquet arm in an extended backswing position.     - Non-dominant arm holding shuttle extended to front, waist-high.     - Shuttle feathers are held by thumb and forefinger.   + **Execution**     - Drop shuttle do not toss.     - Start racquet swing and shift weight forward.     - Contact point is 4 o’clock in an upward trajectory.     - At contact wrist and forearm should pronate with power and speed     - Use full follow-throughs with hips and shoulder fully rotated.   + **Long Serve Drills (apply performing cues)**  **#1.1.** Begin this drill from either side of the court and serve 20 to 30 shots into the correct diagonal court. Remember to apply each of the performing cues.   **#1.2.** Begin and execute this drill in the same manner as drill 1.1. with a partner in the correct receiving court standing with their racquet extended over their head. Apply all the performance cues and make sure your shot is high and deep.  **2. The Short Serve** In singles, the short serve is often not the preferred serve. However, in doubles it is used more often because the doubles back service line and alleys cause the service court area to be shorter and wider. The purpose of the short serve is to bring your opponent forward and force them to use a defensive underhand stroke. This will often result in a set-up for the server’s next attacking shot. However, if your short serve is not executed correctly and you hit it high the receiver may quickly turn your serve into an attacking offensive shot. The following are **“performing cues”** or techniques that should be used in all drills and game play. Regular and correct practice of these performing cues will help you master the skills.  **Performing Cues for Short Serve:**   * **Stance**   + Non-dominant foot forward 1 to 2 feet form service line and 1 foot from centerline (near center court enabling you to reach all returns).   + Weight on back foot back with knees slightly bent.   + Use the same racquet preparation for short and long serve. * **Target**   + Aim for area 6 to12 inches behind short service line.   + Front corners and opponents backhand are best targets.   + Keep shuttle close to top of net. * **Racquet and Shuttle Preparation**   + Forehand grip.   + Wrist in a cocked position, racquet arm in an extended backswing position.   + Non-dominant arm holding shuttle extended to front, shoulder-high.   + Shuttle feathers are held by thumb and forefinger. * **Execution**   + Drop shuttle, do not toss it.   + Start racquet swing and shift weight forward.   + Contact point is 4 o’clock in an upward trajectory toward top of net.   + Wrist and forearm should remain firm producing a pushing motion.   + Complete serve with a reduced follow-through.   **3. The Backhand Short Serve** All of the rules and most of the technique for the forehand short serve will apply to the backhand short serve. It is still used primarily during the doubles game. There are three basic advantages: since it starts at a higher position it travels a shorter distance. The shorter distance means it gets across the net sooner and it can blend in with your shirt making it harder for the opponent to see. The following are **“performing cues”** or techniques that should be used in all drills and game play. Regular and correct practice of these performing cues will help you master the skills.  **Performing Cues for Backhand Short Serve:**   |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | * **Stance**   + Non-dominant foot forward 1 to 2 feet form service line and 1 foot from centerline (near center court enabling you to reach all returns).   + Weight on back foot back with knees slightly bent.   + You may stand on toes to hit shuttle harder and flatter. * **Target**   + Aim for area 6 to 12 inches beyond short service line.   + Front corners and opponent’s backhand are perfect targets.   + Keep shuttle close to top of net. * **Racquet and Shuttle Preparation**   + Backhand grip.   + Racquet head waist-high in front of body.   + Non-dominant arm is extended in front of racquet holding shuttle waist-high.   + Shuttle feathers are held by thumb and forefinger. * **Execution**   + Drop shuttle; do not toss.   + Start racquet swing.   + Contact point is 16-20 inches in front of and below waist.   + Slightly upward or flat trajectory.   + At contact, wrist will remain firm producing a pushing action with the forearm * **Short Serve Drills (apply performing cues)  #2.1.** Begin this drill from either side of the court and serve 20 to 30 shots into the correct diagonal court. Remember to apply each of the performing cues. This drill is recommended for both kinds of short serves.  **#2.2.** Begin and execute this drill in the same manner as drill #1. To ensure your shot is low enough, place a rope between the two net poles 18 inches above the net. Apply all the performance cues and attempt to have all your shots go under the rope and close to the service line. This drill is recommended for both of the short serves.     **4. Return of Serve** The rally scoring system has allowed the receiving team to score points, making the return of serve just as important as the serve. A well-placed return of service can quickly put the server in a defensive position. In singles, your service return should be hit to an area that forces the server to move the greatest distance. Your target area should be any open space or any corner. A different strategy is used in the doubles game. The doubles game provides less open court, making the best target area the alleys near the midcourt. Remember to keep the shuttle low which forces your opponent to hit with an underhand swinging motion. The following are **“performing cues”** or techniques that should be used in all drills and game play. Regular and correct practice of these performing cues will help you master the skills.  **Performing Cues for Return of Serve:**   * **Stance**   + Dominant foot slightly back.   + Weight evenly distributed on the balls of feet. * **Target**   + Aim at area that forces server to move greatest distance.   + Targets area any open space or corner. * **Racquet and Shuttle Preparation**   + Forehand grip with racquet head chest high in front of body. * **Execution**   + Short return requires firm wrist at contact, use a pushing or guiding action with forearm.   + For longer and higher returns the wrist, forearm and shoulder will need to be fully rotated with speed. * **Long Service Return Drills (apply performing cues)  #4.1.** Begin the drill with a partner feeding high long serves to the receiver. The receiver will move to the back of the court using correct footwork and attempt returns to one of the four corners. You should mix short returns with long returns both left and right. Practice this drill from even and odd courts.  * **Short Service Return Drills (apply performing cues)**  **#4.2.** Begin the drill with a partner feeding short serves to the receiver. The receiver will step to the shuttle and attempt short underhand shots to both the backhand and forehand of the server. **#4.3.** Begin the drill with a partner feeding short serves to the receiver. The receiver will step to the shuttle and attempt long, high underhand shots to both the backcourts.   **c. The Four Basic Badminton Shots**  Basic Shots  There are four basic shots used in badminton: the clear, the drive, the drop and the smash. Each of these shots may be executed with an underhand swing or overhead swing. Developing a command of all four shots will improve your skills and enjoyment of the game of badminton. Any of the four basic shots can be used for offensive or defensive advantages as well as creating a deceptive environment to keep your opponent off-balance. Each shot will require learning a set of specific techniques, which will enable you to obtain the desired results. The following descriptions, performance cues and drills will allow you to understand how and when to execute any of the basic shots.  **1. Clears** The clear is most often used as a defensive strategy by hitting the shuttle high and deep into the backcourt. This strategy will allow you time to get into good court position and be ready for the return. A well-placed defensive clear can quickly put your opponent into a defensive strategy. Learning to correctly execute the clear as an overhead, underhand, backhand or forehand will greatly improve your play. Mastering the basic fundamentals of the clear will also help you with all other badminton shots.  The following are **“performing cues”**, or techniques that should be used in all drills and game play. Regular and correct practice of these performing cues will help you master the skills.  **Performing Cues for Forehand Overhead Clear:**   * **Stance**   + Non-dominant foot is slightly forward, dominant foot back   + Weight on back foot with knees slightly bent.   + Non-dominant shoulder pointing toward the net with head looking up. * **Target**   + Aim for doubles service line and back boundary.   + Target opponent’s backhand. * **Racquet and Shuttle Preparation**   + Forehand grip.   + Raise racquet over head and bend elbow to scratch your back with racquet.   + Wrist fully cocked.   + Non-dominant arm slightly extended in air. * **Execution**   + Shift weight forward.   + Extending arm/racquet upward and forward toward the shuttle.   + Contact shuttle at highest point with an 11:00 o’clock trajectory.   + Bend wrist and pronate forearm with sufficient power to propel shuttle high and deep.   + Follow through with hips and shoulders fully rotated.   + Return to ready position.   **Performing Cues for Forehand Underhand Clear:**   * **Stance**   Forehand Clear   + Non-dominant foot slightly forward.   + Weight on back foot with knees slightly bent. * **Target**   Forehand Clear Target   + Aim for area between doubles service line and back boundary.   + Target opponent’s backhand. * **Racquet and Shuttle Preparation**   + Forehand grip.   + Wrist is fully cocked, arm in extended backswing position.   + Non-dominant arm extended to front waist-high. * **Execution**   + Start racquet swing while shifting weight forward.   + Contact point is 4 o’clock in an upward trajectory.   + At contact pronate wrist and forearm with sufficient power to propel shuttle high and deep.   + Follow through with hips and shoulder fully rotated.   + Return to ready position.   **Performing Cues for Backhand Overhead Clear:**   * **Stance**   + Back facing net.   + Dominant foot slightly forward and non-dominant foot back.   + Weight evenly distributed with knees slightly bent.   + Head should be looking back over racquet shoulder.   Backhand Clear   * **Target**   + Aim for area between doubles service line and back boundary.   + Target opponent’s backhand. * **Racquet and Shuttle Preparation**   + Backhand grip.   + Raise dominant arm shoulder-high; point elbow toward ceiling and point racquet head toward the ground. * **Execution**   + Shift weight toward net while extending forearm upward and toward net.   + Make contact with shuttle at highest point with an 11:00 o’clock trajectory.   + At contact, supinate forearm with sufficient power to propel shuttle high and deep.   + Complete stroke with a normal follow-through.   + Return to a ready position at midcourt.   medium\_trajectory\_1.jpg  **Performing Cues for Backhand Underhand Clear:**   * **Stance**   + Point racquet shoulder toward net.   + Dominant foot stepping forward.   + Weight evenly distributed, knees slightly bent. * **Target**    + Aim for area between doubles service line and back boundary.   + Target opponent’s backhand.   Underhand Backhand Clear   * **Racquet and Shuttle Preparation**   + Backhand grip is most commonly used.   + Racquet arm is extended across front of body waist-high with palm down. * **Execution**   + Start racquet swing and begin shifting weight forward.   + Lead with elbow.   + Contact point is 4 o’clock in an upward trajectory.   + At contact, forearm should supinate with sufficient power to propel shuttle high and deep.   + Complete stroke with a normal follow through. Return to ready position. * **Deep Clear Drills (apply performance cues)  #1.1. Underhand Clears** Have both players on the same court with player A feeding hand-tossed shuttles to the middle of the court waist-high for player B. Player B will use correct footwork to get into a forehand underhand hitting position. Using the underhand “Performance Tips”, repeat 10 times and rotate with partner. The drill should be repeated from the backhand position.   **#1.2. Overhead Clears** Begin the drill with player A feeding deep serves from either service court. The shuttle should be hit toward midcourt where player B returns shot with overhead deep clears. The target is either of the deep corners. Using the overhead clear “Performance Tips” repeat 10 times and rotate with partner. The drill should be repeated from the backhand position.  **#1.3. Partner Rally Clears** Begin the drill with player A feeding deep serves from either service court. The shuttle should be hit toward midcourt where player B hits any type of deep clear. Player A has now positioned him- or herself to hit a deep clear return shoot. The objective of the drill is to hit 10 consecutive deep clears. As your skills improve, challenge yourself with a higher number. Be sure to use all four types of clears. This drill may have two sets of partners on one court or more players rotating shots.  **2. Smash** The smash or “kill shot” is the fastball of badminton and can be hit at speeds of 200 miles an hour. It is always hit as an overhead attacking shot with power and speed. The additional power and speed makes the smash less accurate than other badminton shots. If executed correctly at the opportune time it allows your opponent very little time to return the shot. Caution: if your opponent does return the smash, it will return very quickly allowing you little time for a return.  The following are **“performing cues”** for the smash and should be used in all drills and game play. Regular and correct practice of these performing cues will help you master the skills.  **Performing Cues for The Smash:**  Smash   * **Stance**   + Non-dominant foot forward, dominant foot back.   + Weight on balls of feet with knees slightly bent.   + Non-dominant shoulder pointing toward net.   + Head looking up. * **Target**    + Aim for an open area or opponent’s backhand.   Smash   * **Racquet and Shuttle Preparation**   + Forehand grip, wrist fully cocked.   + Racquet over your head.   + Bend elbow and scratch your back with racquet.   + Non-dominant arm extended upward. * **Execution**   + Shift weight forward while extending your arm upward.   + Contact shuttle at highest point In front of head at 1 o’clock.   + At contact, bend wrist and pronate the forearm with speed and power.   + Rotate hips and shoulder for follow-through.   + Return to ready position. * **Smash Drills (apply performance cues)  #2.1. Partner Toss or Self-toss Smash** Begin the drill with partner A feeding hand-tossed shuttles high above the receiver’s head (B) about midcourt. The receiver will use correct footwork to get into a smash hitting position, be sure to watch the shuttle hit the racquet. Using the smash “Performance Tips”, repeat 10 times and rotate with partner. Beginners should concentrate more on good contact position than accuracy. The same drill may be done without a partner by placing the shuttle on the racquet strings and tossing the shuttle in the air high enough to make the correct swing.   **#2.2. Serve and Smash Return** Begin the drill with partner A serving shuttles from diagonal service court high above the receiver’s head (B) about midcourt. The receiver will use correct footwork to get into a smash hitting position, be sure to watch the shuttle hit the racquet. Players should concentrate on good contact position and accuracy. Using the smash “Performance Tips”, repeat 10 times and rotate with partner.  **#2.3. Serve-Clear-Smash** Begin the drill with partner A serving shuttles from diagonal service court high above the receiver’s head (B) about midcourt. The receiver will use correct footwork to hit a deep clear return. Player A should use correct footwork to prepare for an overhead smash. All players should concentrate on good contact position and accuracy. Using the smash “Performance Tips” repeat 10 times and rotate with partner.  **3. Drive** Drive shots can and should be hit to either side of the court with a medium trajectory. They are most often used as an attacking shot from either the backhand or forehand. It should be a flat shot that goes just above the net and gets to the floor quickly near a sideline. Ideally, the drive is contacted between shoulder and knee height with medium speed or power; the less upward swing the better. Most shots are executed with the dominant leg stepping toward the shuttle and the racquet reaching out to the shuttle. This shot is not recommended for use from the backcourt as it allows your opponent too much recovery time.  The following are **“performing cues”** for the forehand drive and should be used in all drills and game play. Regular and correct practice of these performing cues will help you master the skills.  **Performing Cues for The Forehand Drive:**   * **Stance**   + Feet shoulder-width apart.   + Weight on balls of feet knees slightly bent. * **Target**   + Aim for top of net.   + Aim for sideline area or opponents backhand. * **Racquet and Shuttle Preparation**   + Forehand grip, wrist fully cocked.   + Racquet extended back to forehand side waist-high.   + Non-dominant arm bent waist-high. * **Execution**   + Pivot off non-dominant foot and extend dominant leg.   + Shift weight to dominate leg while swinging racquet.   + Contact shuttle in front of body.   + At contact, bend wrist and pronate forearm, follow through.   + Push off dominant foot and return to ready position.   **Performing Cues for Backhand Drive:**   * **Stance**   + Feet shoulder-width apart.   + Weight on balls of feet knees slightly bent. * **Target**   + Aim for top of net.   + Aim for sideline area or opponent’s backhand. * **Racquet and Shuttle Preparation**   + Backhand grip, forearm pronated.   + Racquet arm is extended across front of the body waist-high.   + Racquet arm bent at elbow with racquet pointing back and parallel to floor. * **Execution**   + Pivot off non-dominant foot, extend dominant leg forward.   + Start racquet swing and begin shifting your weight forward.   + Lead with elbow.   + Contact shuttle In front of body.   + At contact forearm should supinate.   + Complete stroke with a normal follow through.   + Push off dominant foot and return to ready position. * **Drive Drills**  **#3.1.** **Partner Toss or Self Toss Drive** Begin the drill with partner A on other side of net feeding hand tossed shuttles into the receiver’s (B) midcourt. The receiver will use correct footwork to get into a forehand drive hitting position. Using the drive “Performance Tips”, repeat 10 times and rotate with partner. Player C is used to return shuttles to player A. Beginners should concentrate more on good contact position than accuracy. The drill should be repeated from the backhand position on the other side of the court. The same drill may be done without a partner by placing the shuttle on the racquet strings and tossing the shuttle in the air high enough to make the correct swing.  **#3.2. Crosscourt Drive** Begin the drill with partner A on other side of net feeding hand-tossed or hitting shuttles into the receiver’s (B) midcourt. The receiver will use correct footwork to get into a forehand drive hitting position and hit the shuttle crosscourt to the opponent’s sideline. Using the drive “Performance Tips”, repeat 10 times and rotate all partners. Player C is used to return shuttles to player A. The drill should be repeated from the backhand position on other side of the court.  **#3.3. Crosscourt Drive with Down the Line Drive** Begin the drill with partner A on other side of net feeding (hitting) shuttles into the receiver’s (B) midcourt. The receiver will use correct footwork to get into a forehand drive hitting position and hit the shuttle crosscourt to player C. Player will return the crosscourt shot with a forehand drive down the line to midcourt. Using the drive “Performance Tips”, repeat 10 times and rotate all partners. The drill should be repeated from the backhand position on other side of the court.   **4. Drop** Think of the drop shot as the curve ball or change-up in baseball. It is a great way to keep your opponent off-balance and can be used as a defensive or offensive move. All drop shots should cross very close to the top of the net and quickly drop to the court as they enter your opponent’s court. When a well-placed drop shot is returned with a drop shot that just clears the net and drops straight down, it is called a **“hairpin”** drop. This a very effective shot and is difficult to return. Drop shots hit deep or high are usually returned as winners by your opponent. For that reason, the drop is most often blocked back across the net instead of hit with speed or power. The shot can be executed from the backhand, forehand, underhand or overhead and if executed correctly your opponent will be deceived into thinking a different shot is on the way. The following are **“performing cues”** for the drop shot and should be used in all drills and game play. Regular and correct practice of these performing cues will help you master the skills.  **Performing Cues: The Overhead Forehand Drop**   * **Stance**   + Non-dominant foot forward, dominant foot back.   + Weight on balls of feet with knees slightly bent.   + Non-dominant shoulder pointing toward net.   + Head looking up. * **Target**   + Aim for top of net.   + Aim for area away from opponent and close to net. * **Racquet and Shuttle Preparation**   + Forehand grip.   + Raise racquet over head and bend elbow to scratch back with racquet, wrist fully cocked.   + Non-dominant arm slightly extended in air. * **Execution**   + Pivot off back foot and shift weight forward while extending arm upward and forward.   + Contact in front of head at highest 1 o’clock trajectory.   + At contact, block the shuttle, do not bend wrist or pronate forearm.   + Return to ready position.   **Performing Cues: The Underhand Forehand Drop:**  **Stance**   * + Feet shoulder-width apart.   + Weight on balls of feet with knees slightly bent. * **Target**   + Aim for the top of the net.   + Aim for area away from opponent and close to net. * **Racquet and Shuttle Preparation**   + Forehand grip is the most commonly used.   + Wrist should be in a neutral position.   + Dominant arm in a slight backswing position.   + Non-dominant arm should be bent at front waist. * **Execution**   + Pivot off non-dominant foot and step toward the shuttle with racquet leg.   + Extending your racquet forward and under the shuttle, palm up.   + Bump shuttle over net.   + Use short swing to contact the shuttle at highest point.   + Return to ready position.   **Performing Cues: The Underhand Backhand Drop:**   * **Stance**   + Feet shoulder-width apart.   + Weight on balls of feet knees slightly bent. * **Target**   + Aim for the top of the net.   + Aim for area away from opponent and close to net. * **Racquet and Shuttle Preparation**   + The backhand grip is the most commonly used.   + The racquet arm is extended across the front of the body waist-high with the palm down. * **Execution**   + Pivot off non-dominant foot and step toward the shuttle with racquet leg.   + Extending and lifting your racquet forward and under the shuttle palm down.   + Bump shuttle at highest point over net with a shoulder lift.   + Return to ready position. * **Drop Shoot Drills  #4.1. Partner Toss Drop** Begin the drill with partner A on other side of net feeding hand-tossed shuttles into the receiver’s (B) service court. The receiver will use correct footwork to get into an underhand forehand drop hitting position. The return should be hit short and just over the net landing in the opposite serving court.  Using the underhand forehand drop “Performance Tips”, repeat 10 times and rotate with partners. Player C is used to return shuttles to player A. Beginners should concentrate more on good technique rather than accuracy. The drill should be repeated from the backhand position from the odd serving court.   **#4.2. Hairpin Drop Rally** Begin the drill with partner A on opposite side of net feeding racquet-hit shuttles to playing partner B. Both players should stand in the area between the net and service line. Player B will use either of the underhand drop shots to return the shot trying to place it where partner A can return the shot with a drop. The objective of the game is to complete as many drops as possible while keeping the shuttle in the recommended area. This drill may be used with 4 players and one shuttle. The players may hit a drop to either player on the other side.  **#4.3. Serve-Clear-Drop-Drop** Begin the drill with player A serving a high deep serve to player B. Player B returns the long serve with an overhead clear to midcourt of player A. Player A returns the clear with an overhead drop to either of the front corners. Player B attempts to return the shot with any type of drop shot. Players may continue the drill with more drop shots if they are able to keep the shuttle in play. Once the shuttle hits the court, start the drill over.  **Play the Game**    It is not necessary for you to master all the drills and shots before you start enjoying the game of badminton. Once you have learned the basic rules and strokes you are ready to play. As you obtain more court and practice time you will quickly notice the improvement in your skills as well as your enjoyment of the game. The next step is to learn and apply strategies and tactics that can take your game to a higher level of play and enjoyment. The following are suggestions for singles and doubles play that if incorporated into your game will improve your confidence and winning performance.  **Singles Strategies and Tips:**   * A high deep serve is very important and it is best placed at your opponent’s backhand. * Constantly be aware of your position on the court, best to be near center court. * Quickly learn what your opponent’s weakness are and take advantage of them. * Play to your strengths, do what you do best and do it often. * It is always a good tactic to hit to open areas and keep your opponent moving. * Change the pace of the game by using a variety of strokes. * Deception is always a good tactic, do not reveal your shots too soon keep them guessing where the next shot will go. * Singles play requires more physical conditioning than doubles. There is no partner to blame for missed shots due to fatigue. So Get Fit!!!!!   **Doubles Strategies and Tips:**   * A short accurate serve is very important since the doubles deep service line is now shorter. Place your short serves in the front corners. * Partners must learn to trust and communicate with each other. * Players who compliment each other are likely to have better results. * Constantly be aware of your position on the court; partners must decide who is covering what area. * Offensive positions are usually in an up and back position. * Defensive positions will likely find the team in a side-by-side position. * Quickly learn what your opponent’s strengths and weakness are and quickly take advantage of them. * Find the weakest player and attack them. * Play to your strengths, do what you do best and do it often. * It is always a good tactic to hit to open areas and keep your opponent moving, but there will be less open court in doubles. * The pace of the doubles game is faster requiring quick decisions and accurate placement. * Deception is always a good tactic. Do not reveal your shots too soon; keep them guessing where the next shot will go. * Doubles play is less physically demanding than singles, however, you do not want to be the weak link on your team due to poor conditioning. So Get Fit!!!!!  |  |  |  | | --- | --- | --- | | **Badminton - Assessment** |  |  |   **1. Which of the following shuttlecock materials is considered the best for teaching classes and recreational play requiring durability?**  Rubber  Leather  Real feathers  **Synthetic materials** *(answer)*  **2. Which of the following shuttlecock materials should be stored in humid places?**  Rubber  Leather  **Real feathers** *(answer)*  Synthetic materials  **3. Which of the following suggestions for shoes is incorrect?**  A. Running shoes are acceptable.  B. Non-slip soles are recommended  C. Cross training shoes are acceptable  D. Black sole shoes are acceptable  **E. A and b are the correct answers** *(answer)*  **5. What is the required height for all nets at the middle of the net?**  **5 feet**  5 feet 1 inch (answer)  4 feet 10 inches  5 feet 4 inches  **6. Which of the following are recommended for good badminton safety.**  A. Maintain your personal space when swinging your racquet.  B. Always go through a good warm-up routine.  C. Examine all equipment before play  **D. All of the above are correct** *(answer)*  E. Only a and b are correct  **7. Which of the following are incorrect statements?**  The score should always be announced before each serve.  Any point that must be replayed is a let  **Side out is used in badminton: it means that the serving team has scored a point.** *(answer)*  No player may touch the net during play  Only b and c are incorrect  **8. Which of the following are incorrect statements?**  Doubles team may not serve past the long service line.  Doubles court play includes the side alleys.  All players must wait for the shuttle to clear the net before racquet contact.  Racquets or body parts may not go under the net.  **All of the statements above.** *(answer)*  **9. Identify the correct statements regarding any serve.**  A served shuttle hitting the net and falling into the correct serving area is legal.  If the serve lands on a correct boundary it is legal  The server may not serve until the receiver is ready  The server may not fake a serve.  **All of the statements are correct.** *(answer)*  **10. Shots requiring a downward trajectory should be hit at which of the following contact points?**  11 o’clock (behind the head)  **1 o’clock** (in front of head) *(answer)*  6 o’clock (straight down)  12 o’clock (straight up)  **11. Shots requiring a high deep trajectory should be hit at which of the following contact points?**  11 o’clock (behind the head)  1 o’clock (in front of head)  4. o’clock (underhand in front)  6 o’clock (straight down)  **Only a and c are correct** *(answer)*  **12. Identify all the components of the correct “ready position”.**  Feet shoulder width apart  Knees slightly bent  Weight evenly distributed on both feet.  Only b and c are correct  **A, b and c are correct** *(answer)*  **13. Which of the following is not a part of the ready position?**  Your position on the court  Standing on the centerline and halfway between the short service line and the doubles service line.  Racquet extended in front of you about shoulder high.  Your feet may be slightly staggered at shoulder width.  **All of the statements above** *(answer)*  **14. Which of the following are correct technique for the short deep serve?**  Starts with a forehand underhand swinging motion.  Wrist and forearm should remain in firm cocked position producing a pushing motion.  The non-dominant foot should be placed forward  **All of the above are correct** *(answer)*  Only a and c are correct  **15. Which of the following is not correct technique for the short serve?**  Contact point is 4 o’clock  Complete the serve with a reduced follow through  **Dominant foot should be placed forward** *(answer)*  All of the statements above.  **16. Which of the following is not a benefit of the backhand short serve?**  It is contacted at a higher position  The angle to the net is less  It gets to the net quicker  It can blend in with your clothing  **All of the statements above** *(answer)*  **17. Which of the following strokes is primarily used as a defensive stroke and goes to the back of the court and can be executed with either the overhead or underhand technique?**  Drive  **Deep clear** *(answer)*  Hairpin  Smash  None of the strokes above  **18. Which of the following strokes is used as an attacking shot and is returned near the top of the net with a flat medium speed shot?**  **Drive** *(answer)*  Smash  Drop  Clear  None of the strokes above  **19. Which is of the following statements is incorrect regarding serves for doubles play?**  **All serves in the alley are legal.** *(answer)*  All long serves are illegal.  Long serves may contact the long service lines.  Backhand short serves are good for doubles play.  All of the statements above  **20. Which of the following is an incorrect statement regarding badminton play.**  Doubles play is less physical demanding than singles play.  Deception is a good tactic when executing your stokes.  The serve is the most important stroke in badminton.  **The backhand is a stronger stroke** *(answer)*  All of the statements above |  |  | |  | |  |  |