**5 traits you need to become a successful badminton player**

Badminton is a game of passion, excitement and dedication. It’s a popular game all around the world. Here, every game is important. A good badminton player with amazing skills certainly can change the outcome of an important match in a moment.

Today, in this article, we will reveal the secret behind becoming an awesome badminton player.

**5 traits to become a successful badminton player**

A good badminton player not only has physical skills but also need mental skills to outperform his/her opponent. Below are 5 important traits that will help you become an elite player.

**Stamina**

A badminton match is divided into 3 set. And each set can last from 10 min to 1 hour or more. So, you can easily assume that a complete badminton match is not a short game. The fact is that, if you want to be victorious at the end of the day, you need jump and run throughout the whole game. Without good stamina, it would be tough for you to complete a match.

Additionally, you can’t execute your desired drive or shot perfectly. The good thing is that, you can improve your stamina via workouts and exercises. You can also increase you stamina by playing lots of practise match.

**Physical Strength**

With low strength, one can’t success in a badminton match. Your Strength plays a vital role in a match. Sometimes you need to smash harder or hit the birdie higher to get more flight. In these cases, a player with sufficient strength can perform much better.

Fortunately, you can increase your strength maintaining a balanced diet routine as well as doing some fitness trainings. Remember, sometimes a powerful smash provides more points in badminton court.

**Mental Strength**

Mental strength is as important as physical health. In a badminton match, it is consider as the ability to take the right decision under pressure. You must stay cool and focused to the match in close situations. Moreover, the player with more mental strength will surely take advantage in such moments where the match point is 20-20.

On the other hand, you should have the ability to change your strategies during different phase of a match. You can increase your mental strength by playing Sudoku or chess games.

**Hand Eye Coordination**

Hand-Eye coordination (also known as eye-hand coordination) is the coordinated control of eye movement with hand movement. A player having proper strength and stamina cannot make a bright badminton career if he is unable to hit the birdie most of the time.

However, some people claimed that hand-eye co-ordination is a god gifted thing. But, the good news is that, there are some easy ways that will help you to improve this skill. If one can improve his or her central and peripheral visions, he or she can achieve improved hand eye co-ordination.

The simplest way to enhance central vision is playing catching practice. You can toss a tennis ball against a wall and try to catch the ball with one hand. Do this catching practice rapidly for better hand eye skill. On the other hand, you should practice juggling to improve peripheral vision. Most importantly, the more you concentrate on the game, the more you will be able to connect the birdie.

**Passion and Hunger to Win**

This is the toughest thing to educate a child the eagerness to work, the desire to appear first, the hunger to turn out to be a champ. Several people named it as “fighting spirit”. This skill can be very tricky to learn.

Moreover, the next day after games, even if you feel exhausted, you have to overcome your tiredness, pain, and fatigue. Any successful athlete must possess this level passion for the game.

**To sum up,**

If you want to become a professional badminton player you need to develop these 5 traits in yourself otherwise it will be very hard emerge victorious in any league or tournament.