

Badminton is a fast-paced racquet sport that originated in British India and has since gained global popularity. Played with a shuttlecock and rackets, the objective of the game is to score points by landing the shuttlecock in the opponent's court, while preventing them from doing the same. Unlike tennis, badminton is played indoors to avoid wind interference, though outdoor versions do exist. The sport requires agility, quick reflexes, and a high level of stamina, as players must react quickly to the shuttlecock, which can reach speeds of over 200 miles per hour during professional play.

The game can be played in singles or doubles formats, with each format offering unique strategies and challenges. In singles, players rely heavily on footwork and precision, while doubles emphasize coordination and teamwork. Badminton is known for its intense rallies, with players constantly adjusting their positioning and shots to gain an advantage. While the sport is particularly popular in countries like China, Indonesia, and Denmark, its widespread appeal continues to grow, making it a key sport in the Summer Olympics since 1992. Whether played casually in a backyard or at a competitive level, badminton offers a fun and engaging way to stay active.