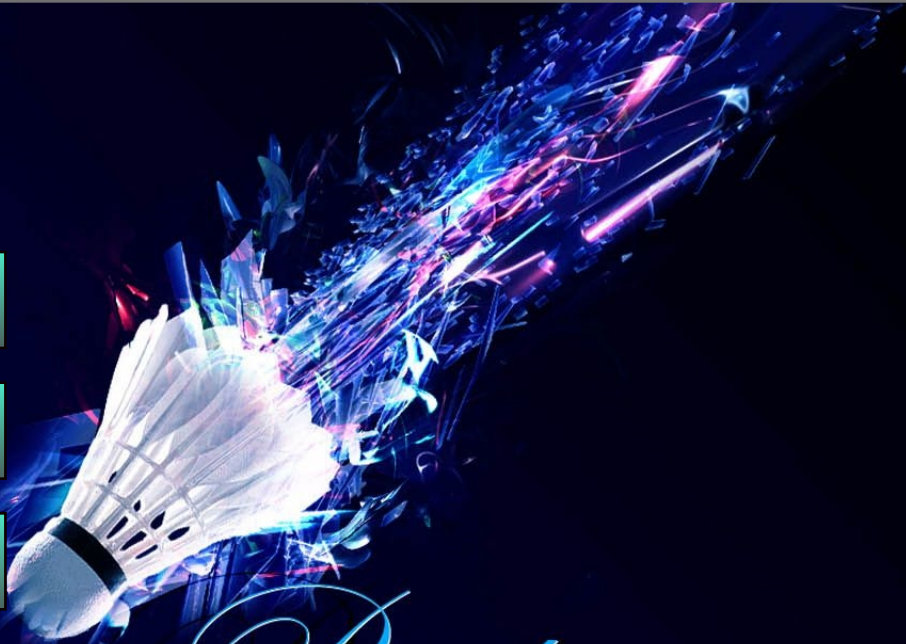


PLAY

CHALLENGE FRIENDS

HELP



Badminton

PLAY

CHALLENGE FRIENDS

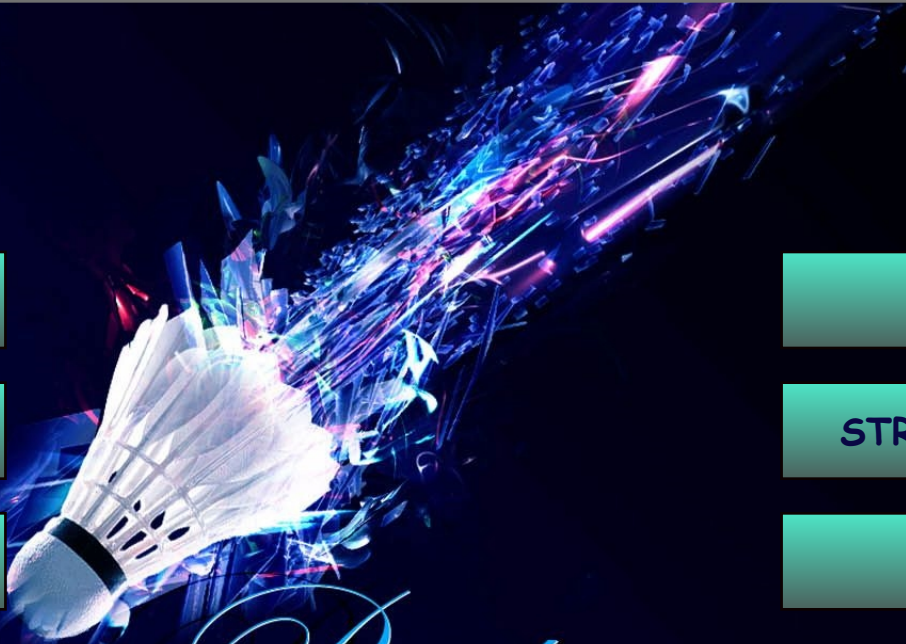
HELP



RULES

STRENGTH TIPS

PROFILE



Badminton





RULES



FAULTS

SCORING SYSTEM

INTERVAL AND CHANGE OF ENDS

SINGLES

DOUBLES



RULES



FAULTS

SCORING SYSTEM

INTERVAL AND CHANGE OF ENDS

SINGLES

DOUBLES

PLAY

STRENGTH TIPS

CHALLENGE FRIENDS

PROFILE

HELP

QUIT





RULES



FAULTS

- It is not a fault if you miss the shuttle while serving.
- The shuttle cannot be caught and slung with the racket.
- The most common fault in badminton is when the players fail to return the shuttlecock so that it passes over the net and lands inside their opponents' court.

SCORING SYSTEM

INTERVAL AND CHANGE OF ENDS



RULES



FAULTS

SCORING SYSTEM

- A match consists of the best of 3 games of 21 points.
- Every time there is a serve - there is a point scored.
- The side winning a rally adds a point to its score.
- At 20 all, the side which gains 2 point lead first, wins that game.
- At 29 all, the side scoring the 30th point, wins that game.

DOUBLES



RULES



FAULTS

SCORING SYSTEM

INTERVAL AND CHANGE OF ENDS

- When the leading score reaches 11 points, players have a 60 second interval.
- A 2 minute interval between each game is allowed.
- In the third game, players change ends when the leading score reaches 11 points.



RULES



INTERVAL AND CHANGE OF ENDS

SINGLES

- You can have either two or four players on a badminton court: one player on each side, or a team of two players on each side.
- One-against-one is called singles; two-against-two is called doubles.
- In doubles, either player can hit the shuttle; you do not have to take it in turns.

DOUBLES



RULES



INTERVAL AND CHANGE OF ENDS

SINGLES

DOUBLES

- Doubles badminton is played with four players, or two on each side of the net. Unlike singles badminton, the boundaries of a doubles game are marked by the outer lines of the court.
- The one exception to this rule is that the server uses the inner back line. The net on a doubles badminton court is set at 5 feet high.



STRENGTH TIPS



STRENGTH TRAINING

TYPES OF PHYSICAL EXERCISE

WEIGHT TRAINING

TIPS FOR BEGINNERS



STRENGTH TIPS



STRENGTH TRAINING

TYPES OF PHYSICAL EXERCISE

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STRENGTH TIPS



STRENGTH TRAINING

- Cardiovascular fitness, flexibility, agility, power and strength are all desirable traits that can be developed with regular training.
- Strength training for badminton should be as sports specific as possible, and your program should reflect the demands of your sport while still leaving sufficient time and energy for playing practice.

TYPES OF PHYSICAL EXERCISE

WEIGHT TRAINING



STRENGTH TIPS



STRENGTH TRAINING

TYPES OF PHYSICAL EXERCISE

- Exercises that you can do to improve your strength for badminton include forward, backward and sideways lunges with weights.
- Others include squats, leg presses, leg curls, and leg extensions.
- To improve the strength of the upper body, perform shoulder presses, chest presses, and pull downs.

WEIGHT TRAINING



STRENGTH TIPS



STRENGTH TRAINING

TYPES OF PHYSICAL EXERCISE

WEIGHT TRAINING

- Flexion and extension of the wrist holding the dumb-bell against the gravity.
- Flexion and extension of the elbow holding the dumb-bell against the gravity.



STRENGTH TIPS



TYPES OF PHYSICAL EXERCISE

WEIGHT TRAINING

TIPS FOR BEGINNERS

- Warm-up for badminton.
- The badminton grip. When choosing a racket, the grip is crucial.
- Check the shuttlecock flight.
- Keep a central base position.
- Play badminton indoors.



PLAY

RULES

STRENGTH TIPS

PROFILE

HELP

QUIT



JACK

3600



CHALLENGE



KIM

3450



CHALLENGE



AMY

3020



CHALLENGE



MAX

2600



CHALLENGE





LEAGUES



SHOES



RACKETS



CHARACTERS





LEAGUES



SHOES



RACKETS



CHARACTERS



PLAY

RULES

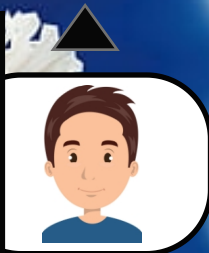
CHALLENGE
FRIENDS

PROFILE

HELP

QUIT





STRENGTHS

POWER

15/100

ENDURANCE

18/100

SPEED

16/100

\$3

UP LEVEL

SAVE

CANCEL



BEGINNER LEAGUE

MODERATE LEAGUE

ADVANCE LEAGUE

INTERNATIONAL LEAGUE

LOCAL LEAGUE



CANCEL

SAVE



POWER



SPEED



HANDLING



SAVE

CANCEL



EQUIPPED



STANDARD



RUNNING



STYLISH



SAVE

CANCEL



SCORE : 0

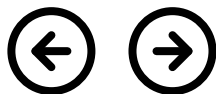
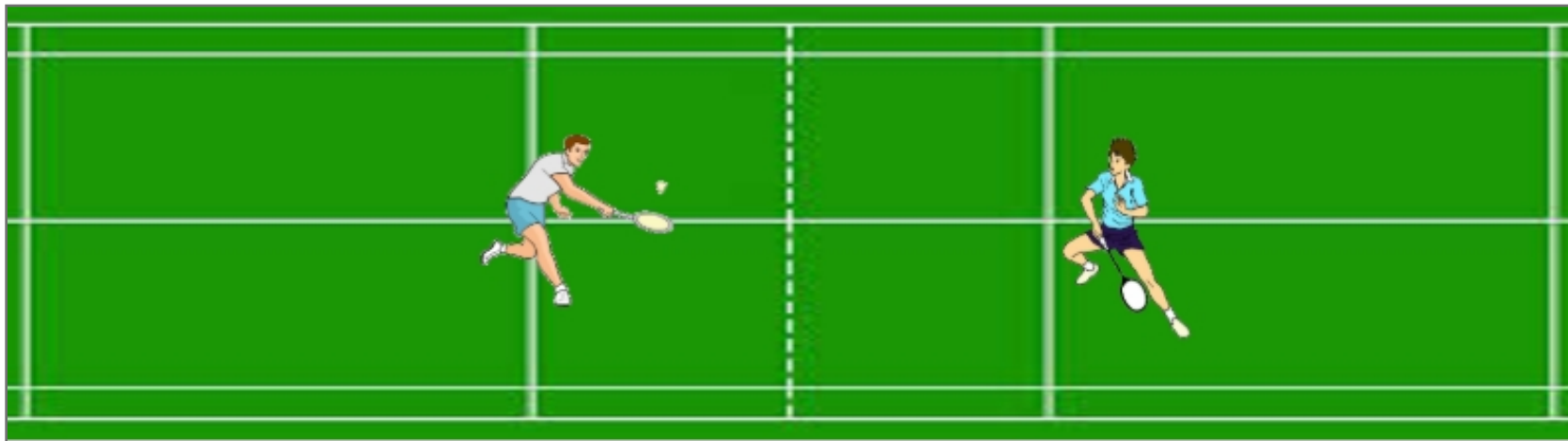
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0 : SCORE



NAME

NAME





SCORE : 0

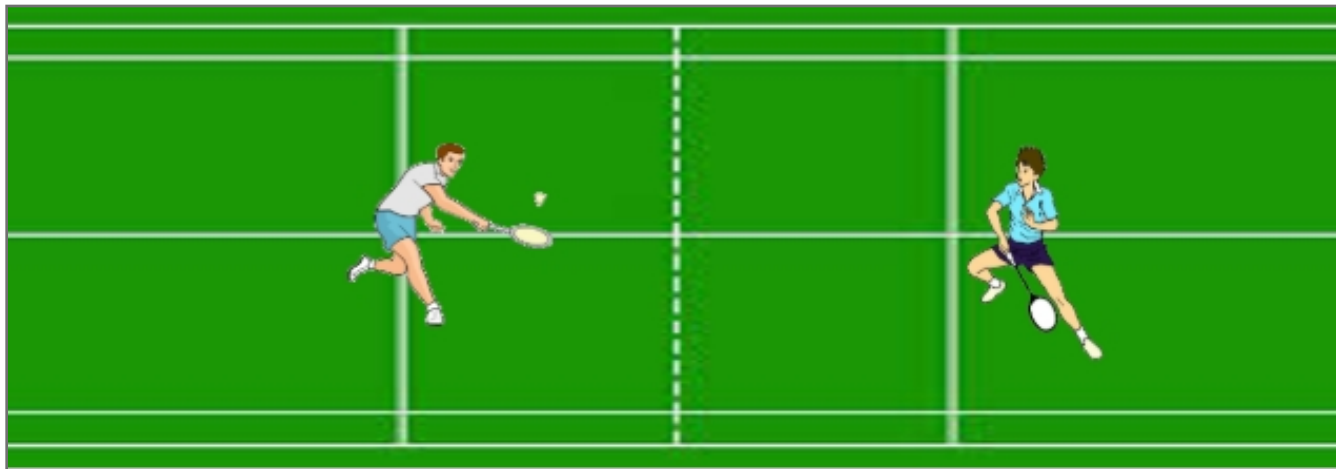
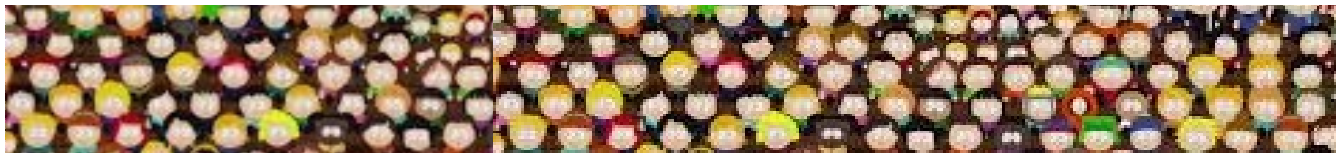
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NAME

NAME



CUSTOMIZE
CHARACTERS

RULES

STRENGTH
TIPS

HELP

QUIT

