

Badminton

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Description: -

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Badminton (Game)Badminton

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Top coachBadminton

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Mixed doubles The 2012 Olympic mixed doubles final in London In mixed doubles, both pairs typically try to maintain an attacking formation with the woman at the front and the man at the back. Badminton is also popular in , , , and.

BADMINTON BASICS

Flick serves are used to prevent the opponent from anticipating the low serve and attacking it decisively.

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Thicker strings are more durable, but many players prefer the feel of thinner strings. Singles competitions were added in 1900 and an — championship match appeared in 1904.

Badminton

In the forecourt, a high shuttlecock will be met with a net kill, hitting it steeply downwards and attempting to win the rally immediately. At high levels of play, singles demand extraordinary fitness.

How to play badminton: rules, scoring system and equipment

A short hitting action is not only useful for deception: it also allows the player to hit powerful strokes when they have no time for a big arm swing.

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Biomechanics Badminton have not been the subject of extensive scientific study, but some studies confirm the minor role of the wrist in power generation and indicate that the major contributions to power come from internal and external rotations of the upper and lower arm. When the shuttlecock is near to net height, players can hit drives, which travel flat and rapidly over the net into the opponents' rear midcourt and rear court.

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