

**A • P • U**

**ASIA PACIFIC UNIVERSITY  
OF TECHNOLOGY & INNOVATION**

## **Internet Applications Group Assignment**

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## INTRODUCTION

Websites have become something that is frequently reoccurring in this day and age. When any one utters the word “Internet”, it is no exaggeration that most people would first think about a website, such as Google, Facebook, or even YouTube. This shows that the usage of websites is very dominant compared to a lot of other aspects of the Internet. There are many uses for websites, while some use it as a social network, a search engine, a video hosting site, as for the mentioned websites above, there are others who will use it for advertising, marketing, reviewing or even writing diaries called blogs. With the usage of websites multiplying each day, we will discover that most of the widely-used websites all have astonishing web designs, yet most people do not know about the structures and systems of how the website looks, or even how a website is built.

In this assignment we will learn and dive into the steps and systems of creating and designing a website. 3 languages will be used to develop the website, and they are HTML (Hypertext Markup Language), CSS (Cascading Style Sheets), and JS (JavaScript). The website will be called “BadmintonGeek”, which is a mockup of a forum/tutorial website that is mainly focused on the sport of Badminton. The development of the website should display and elaborate basic and fundamental knowledge of web designing, which is tantamount to a construction of a good-looking and well-structured website.

## WORK BREAKDOWN STRUCTURE

<b>Section</b>	<b>Member In-charge</b>
Index About Sign Up Beginner Level: Tap Beginner Level: Lift/ Lob	Asley Tan WeiHau
Intermediate Level: Drive Intermediate Level: DropShot Intermediate Level: Forehand Smash Forum List	Chow Tung Seng
Advanced Level: Jumping Smash Advanced Level: Backhand Smash Advanced Level: Overhead Smash Advanced Level: Defending Technique	Chang Cardee
Beginner Level: Serving Beginner Level: Net Shots Beginner Level: Gripping Technique Beginner Level: Footwork & Positioning	Mah Wai Ling
Documentation	ALL MEMBERS

# WEBSITE DEVELOPMENT METHOD

## LOGIN FORM

### HTML

```
<!-->
<!-- Form Content -->
<div id="id01" class="modal">

    <div class="squarefloat animate">
        

        <table class="formitem">
            <tr>
                <td>
                    <input type="text" id="username" placeholder="Username or Email">
                </td>
            </tr>
            <tr>
                <td>
                    <input type="password" id="password" placeholder="Password">
                </td>
            </tr>
            <tr>
                <td align="center"><a href="signup.html" style="font-size:14px; text-decoration:none; font-family:'Roboto', sans-serif; color:#37474f ;">Sign Up Now</a></td>
            </tr>
        </table>

        <button id="btnlogin"><a href="#">Login</a></button>
    </div>
</div>
```

Figure 1.1

The login form is a floating section of the website that will be activated on the click of the login button in the top navigation bar. Once that is clicked, the form with the code as shown above will be displayed. The form has a large background made with a div that possesses the class of “modal” and the id of “id01”. Within that will be the main contents of the form that is also made by a div and possesses that class of “squarefloat” and “animate”. Within this div, there is an img element that shows the website logo and a table where all the input types are held to keep the form in order. After the table is the login button, which uses the button element and possesses the id of “btnlogin”.

## CSS

```
/* The Modal (background) */
.modal {
  display: none;
  position: fixed;
  z-index: 1;
  left: 0;
  top: 0;
  width: 100%;
  height: 100%;
  background-color: rgb(0,0,0);
  background-color: rgba(0,0,0,0.4);
  padding-top:17%;
}
```

Figure 1.2

```
.squarefloat {
  background-color:#fff;
  width:400px;
  height:300px;
  margin: auto;
  text-align:center;
  align-items:middle;
  border-radius: 10px;
  font-size:200px;
}

.squarefloat h1 {
  border-top-left-radius:10px;
  border-top-right-radius: 10px;
  color:#fff;
  font-family:'Roboto', sans-serif;
  font-size:150px;
}

.formitem {
  margin:auto;
  font-family: 'IBM Plex Mono', Monospace;
  padding-top:10px;
  padding-bottom:20px;
}
```

Figure 1.3

These are the visual adjustments made for the elements that are mentioned in the HTML section above. In Figure 1.2, the modal CSS class selector sets the Display property to “none”. So that the login form is hidden by default until the login button is pressed in the top navigation bar. The position is set to fixed so that the position of the login form does not change, and the z-index makes sure that the login form is above the current webpage, which makes the login form have a “floating” effect on the page. Other than that, is the width and height properties that makes sure the floating div covers the entire viewport. The background color sets up the color black and the padding-top property adds a little space on the top of the div where it is needed.

In Figure 1.3, the code deals with the main login form and its alignments, with the properties similar to the above mentioned, other different adjustments are the font-family property, which deals with a special selection of fonts, the font size, which changes the size of the wordings, and the border radii, which smoothens out and makes the borders of the form round.

```
/* Zoom Animation */
.animate {
    -webkit-animation: animatezoom 0.6s;
    animation: animatezoom 0.6s
}

@-webkit-keyframes animatezoom {
    from {-webkit-transform: scale(0)}
    to {-webkit-transform: scale(1)}
}

@keyframes animatezoom {
    from {transform: scale(0)}
    to {transform: scale(1)}
}
```

Figure 1.4

In Figure 1.4, there is the animation of the login form that executes every time the login form shows up. The `animate` class calls the animation called “`animatezoom`”, which is defined by the keyframe to transform the scale of the form from 0 to 1.

## JavaScript

```
1  /* LOGIN FORM START*/
2
3
4  function loginPls() {
5    document.getElementById('id01').style.display='table';
6  };
7
8
9
10 var modal = document.getElementById('id01');
11 var textone = document.getElementById('t1');
12 var texttwo = document.getElementById('t2');
13
14
15 // Click on modal, close it
16 window.onclick = function(event) {
17
18   if (event.target == modal) {
19     modal.style.display = "none";
20   }
21 }
22
23
```

Figure 2

The code snippet as show in Figure 2 is an example of how the login form displays itself. When the login button in the top navigation bar gets clicked, it calls the javascript function “loginPls()”, which then sets the display property of the element by the ID of “id01” to ‘table’ instead of ‘none’. The login form will then show itself on the page and be hiding no longer. The code below is then used to close (hide) the form once again. It listens to the clicking event on the window, when the user clicks on anywhere in the window, it will check if the event target is the modal variable, which is set to be the element by the id of “id01”. If this following condition is true, then the display property of the element will be set to “none”

## SCREENSHOTS

### Homepage

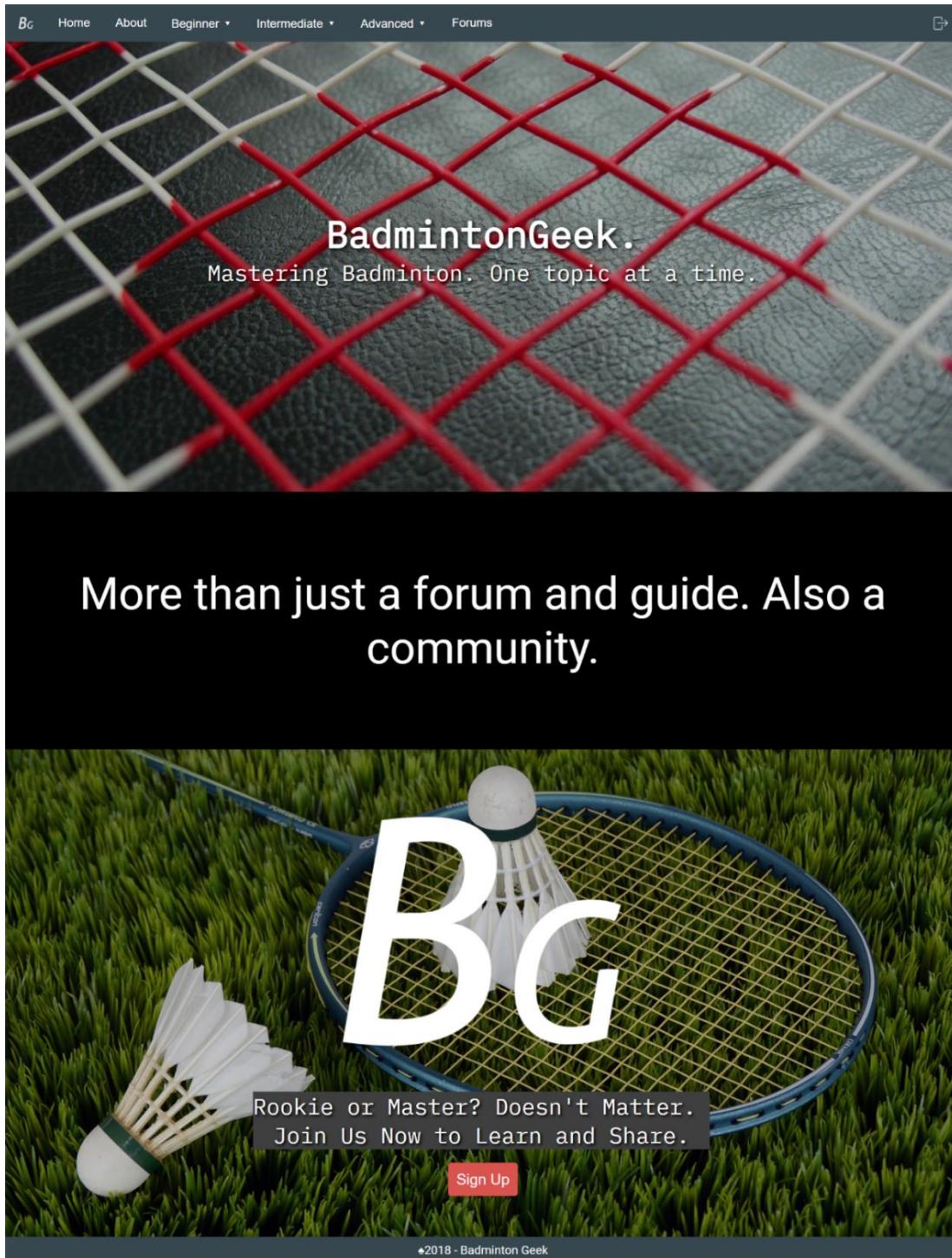


Figure 2: Home

This is the homepage of our website.

On the top of this page, there is a logo of BadmintonGeek followed by the navigation bar that includes Home, About, Beginner, Intermediate, Advanced and Forum. Then, there is a login button at the right side.

The background of the homepage is badminton related pictures. The homepage also shows our website name which is BadmintonGeek with our quote. It introduced to the visitor what is BadmintonGeek in few words. The bottom part of the page has the logo of BadmintonGeek in larger size and a “Sign Up” button.

## SIGN-UP

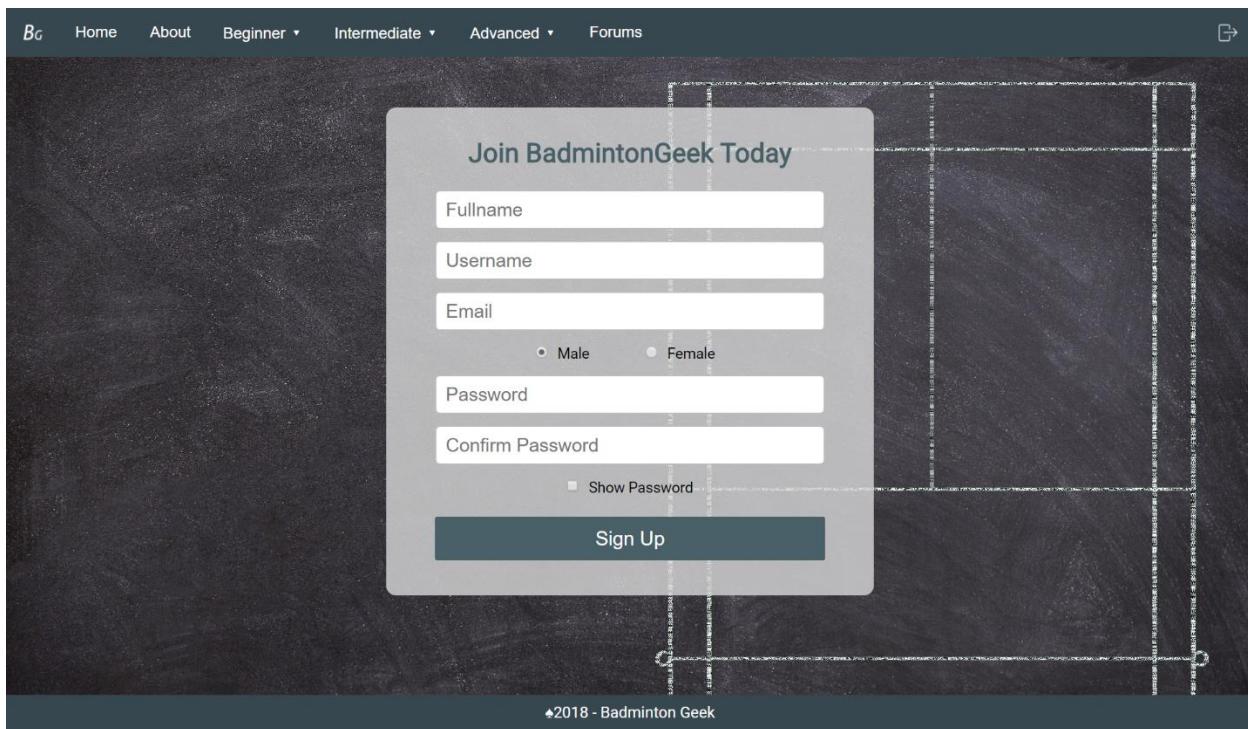
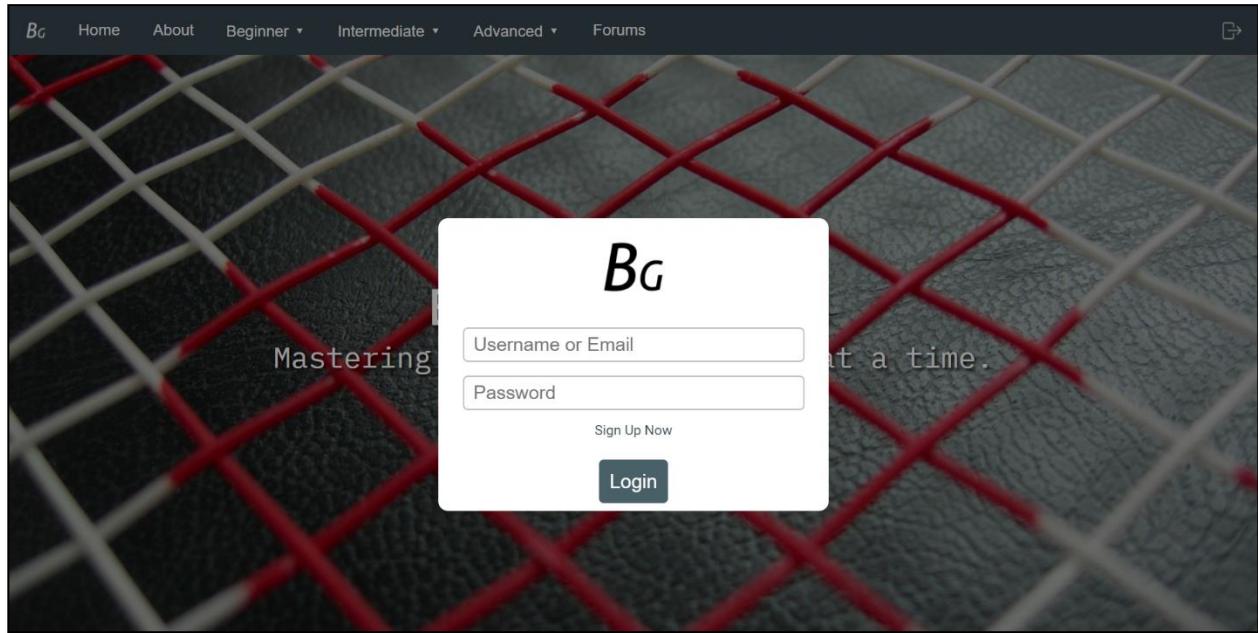


Figure 3: Signup

If the visitor is interested to join BadmintonGeek, he/she just need to click on “Sign Up” button at the bottom of the homepage. A sign-up window will show up. In the Sign-Up page, there is a form for the visitor to fill in. In order to sign up to join BadmintonGeek, visitor is required to enter their fullname, username, email, gender and password.

## LOGIN



*Figure 4: Login*

After signup as a member of BadmintonGeek, visitor can click on the login button at the right top corner in order to log in into BadmintonGeek. Then the login form will show, visitor can input their registered username or email and password and click on “Login”.

## ABOUT

The screenshot shows the 'About' page of the BadmintonGeek website. At the top, there's a dark header bar with the 'Bg' logo, navigation links for 'Home', 'About', 'Beginner', 'Intermediate', 'Advanced', and 'Forums', and a search icon. The main title 'BadmintonGeek.' is prominently displayed in large white letters. Below the title, there are three sections: 'WHO ARE WE?', 'WHAT DO WE DO?', and 'WHAT IS OUR MISSION?'. Each section contains descriptive text. At the bottom of the page is a dark footer bar with the copyright notice '•2018 - Badminton Geek'.

**WHO ARE WE?**

BadmintonGeek is an online forum and tutorial community mainly focused on the sport of badminton.

**DISCLAIMER :** This is only a website made for an assignment, all information and images used are by no means used for commercial purposes. The website will be taken down immediately after the module presentation.

**WHAT DO WE DO?**

We provide a safehaven and training grounds for the discussion of everyone, no matter whom. Professional or Beginner. We do our best to provide a truly helpful and useful community of members, moderators and admins.

**WHAT IS OUR MISSION?**

Our mission is to bring utter knowledge to everyone about the sport of badminton. The goal is to inform, whether that be to improve or to teach, as long as there is any information regarding the sport. We will strive to bring the information to the community of BadmintonGeek so that they may continuously play the game or learn the game in the most comfortable yet advanced way possible.

•2018 - Badminton Geek

*Figure 5: About*

In the About page, you will see our website name again “BadmintonGeek” at the obvious top section of the webpage. In the About page, visitor will have deep understanding to BadmintonGeek after reading all the information provided. About page tells the visitor who are BadmintonGeeks, what BadmintonGeek does and what is the mission of BadmintonGeek.

## BEGINNER LEVEL



*Figure 6: Beginner Level*

On the navigation bar, you will see there are three different levels which includes beginner, intermediate and advanced. When visitor is interested on the beginner related topics, he/she can click on “Beginner”. Then it will have the dropdown list as shown in Figure 5. Select the topic you want to find out more, a new window of the topic will show up.

BG Home About Beginner ▾ Intermediate ▾ Advanced ▾ Forums

# Beginner Level

# GRIPPING TECHNIQUE

## Gripping Technique

Gripping technique is the way a player holds his badminton racket using their forehand and backhand grip. By learning this technique, you could hold your racket properly and execute strong shots. It can be applied throughout the entire game.



The correct way of holding a racquet is as simple as a FRIENDLY HANDSHAKE. Imagine the grip of the racquet as a hand approaching to shake your hand. Go ahead and hold the racquet as if you're shaking someone's hand.

### Types of Grip

#### Forehand Grip:

Your thumb should be pressing comfortably against one of the wider surface of the racquet grip while the rest of your hand holds the racquet as if you're shaking a person's hand. Your index finger should be the one "in control" in a forehand stroke. This simply means using your index finger to push the racquet forward while doing a forehand stroke. However, rest your thumb comfortably anywhere near the wider surface of the badminton grip to enable you to change to a backhand grip quickly.



#### Backhand Grip:

A backhand stroke requires you to USE YOUR THUMB. So you should now press your thumb on the wider surface of the badminton grip. Relax your index finger and move it closer to your middle finger. The backhand grip will look like you're doing a 'thumbs up'. Just remember, finger action plays an important role in generating strength for a badminton stroke.



Figure 7: Beginner Level: Gripping Technique

On the Gripping technique webpage, you can see this topic is under beginner level as the header of this webpage had stated clearly the type of level and the topic.

In the content site, the title of this topic is again stated followed by the explanation of the topic. There is not only explanation in words, but we also provided in picture.

It also shows there are two types of grip which are forehand grip and backhand grip. Each type of grip is explained in detail with picture attached.

## Tips to Switch Between Grips

The key is to NOT hold your racket too tightly. Relax your muscles and hold your racket gently. By doing this, you'll find it much easier to switch between the 2 grips. Nothing is easy at the start. Practice makes perfect!

### Precaution

DO NOT GRIP YOUR RACQUET TOO TIGHTLY. This will make your wrist less flexible in rotating and flicking. USE ONLY YOUR THUMB, INDEX, AND MIDDLE FINGER TO CONTROL THE RACKET.

[Post a Question](#) [More forum topics](#)

#### Forum Topics related to Gripping Technique

#071 How often do I need to change my grip?	01-07-2012
#144 Do I need to buy grip powder?	07-03-2015
#739 The grip is too big for me, what can I do?	25-04-2018
#026 I cannot hit the shuttlecock at all if I held it like the tutorials! Why?	21-12-2011
#331 My wrist feels pain whenever I try to grip properly, is it just me?	06-06-2016

▲

Figure 8: Beginner Level: Gripping Technique

Besides, the webpage also provides some tips for the visitor how to switch between these two types of grip, some precautions and advices on what visitor should be more focus on.

In the end of this topic, if the reader has any question, they can click on the “Post A Question button” to ask the question in the forum. Visitors are advised to log in before posting any question on the forum. There is also list out the forum topics which are related to Gripping technique.

In order to back to the top of the webpage, visitor doesn't require to scroll all the way up. Visitor just needs to click on the up arrow at the right button to back to the top.

# Beginner Level

## SERVING

### Serving

A badminton rally starts with the serve. Master a proper serving will give you an edge over your opponent right from the start of the rally. In this situation, this will not create a chance for your opponent to execute an attacking shot. Therefore, it is important to know how to serve properly so that you will not lose a point after making a service.

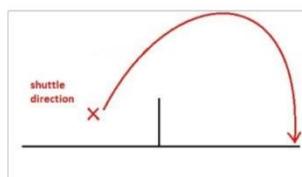
There are two methods of learning a badminton serve which are high serve and low serve.

### The High Badminton Serve

This serve generally executed when you want the shuttle to land at the back end of the court. A decent high serve must have the shuttle dropping sharply downwards at the back end of the court. Learning high serve can avoid your opponent from performing a strong smash. In its place, a lob or a drop is more expected from your enemy. The high serve is beneficial against opponents who cannot perform strong smashes from the back of the court.

Try to serve the shuttlecock to your opponent's backhand area. The aim is to force your opponent to use his backhand. This is because most badminton players, even world class player, have weaker backhands (compared to their forehands).

An example is shown in the picture below.



### **How do I achieve a High Serve?**

1. Grasp the head of the shuttlecock with its head fronting downwards so that the shuttlecock will drop straight down.

(Picture is shown below)



2. Relax your racquet arm (arm that is holding the racquet) and Stand sideways (the side of your body facing the net).

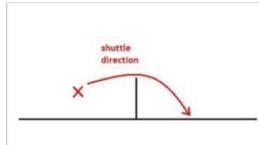
3. Let go of the shuttlecock and swing your racquet arm upwards. As you do this, twist your waist to the extent that your body faces the net. Flick your wrist towards the direction you want the shuttle to land (Flick your wrist upwards, so that the shuttlecock will fly high).

4. Your back leg should lift up naturally (with your toes touching the ground).

*Figure 9: Beginner Level: Seving*

## The Low Badminton Serve

When you want the shuttlecock to land in front of the court (in front of your opponent), low serve is the choice you should use. A GOOD low serve will have the shuttlecock flying JUST ABOVE THE NET to prevent your opponent get a chance to dash forward and smash the shuttle down to you. It will prevent your opponent from making an offensive shot if you executed a perfect low serve. An example is show in the picture below.



### How do I achieve a Low Serve?

- I. Hold the feather of the shuttlecock with the head of the shuttlecock facing downwards. (Picture is show above)
- II. Position the racquet behind the shuttlecock.
- III. If you are right handed (left handed), step slightly forward with your right (left) leg.
- IV. Flick your racquet lightly while pushing your thumb forward towards the direction you want the shuttle to land after letting go of the shuttlecock. The power comes mainly from the push of your thumb and the slight flick of your wrist.

## The Flick Serve (“Fake” Low Serve)

The “fake” low badminton serve can also be used to trick your opponent (deceive your opponent to expect a low serve).

When you stand in a low serve position, your enemy would probably expect a low serve. However, push your thumb and flick your wrist harder so the shuttlecock flies HIGH and heads to the back of the court!

### Still Confused?

For more information, you can watch a video here by clicking the link below here to understand more.



In short, this technique can be applied for every player in court and it can be learnt by everyone.

[Post a Question](#)

[More forum topics](#)

### Forum Topics related to Serving

#082 Which is better? Low serve or high serve? 01-07-2012

#155 My low serve gets tapped and high serve get smashed, I lose point right after getting one, why? 07-03-2015

I need to stand very near the front to serve nicely but that will cost me to run to the back  
#750 when they lob and its very easy to trick me with a netshot too. Must I re-learn serving at a further position? 25-04-2018

#036 My friends keep saying that my serve is a foul but I cant see it myself, is there any way to verify? 21-12-2011

#342 Where is the out zone for service in doubles? 06-06-2016

Figure 10: Beginner Level: Serving

Serving is one of the topics of beginner level. The title of this webpage and the level it belongs to will again state on top of the webpage. The introduction of serving will start the content part. As there are two methods for badminton serve which are high serve and low serve, so each method will be introduced in detail. High badminton serve, and low badminton serve are both explained with example in picture and there are simple tutorials for visitor. The tutorials are step-by step with pictures attached on it.

Besides these two methods, the webpage also provided additional information for serving. It provides some trick for the reader such as The Flick Serve which also known as Fake Low serve.

For those reader who are still confused about serving or need more information related to serving, there are also a video about Flcik Serving provided. They also can discuss the question by posting it on forum with just one click on “Post Question” or check on the forum topics related to serving.

This webpage also has the “Back to Top” function at the right bottom of the site. A click on it can back to the top of the webpage easily.

B6 Home About Beginner ▾ Intermediate ▾ Advanced ▾ Forums

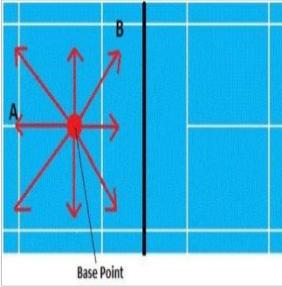
# Beginner Level

# FOOTWORK & POSITION

Footwork and Position are one of the important skill we should learn. Good footwork allows good movement around the court. However, many people neglect badminton footwork because it might not seem important at all. In fact, it is important because an **effective and organised footwork** provides superb speed and agility which enables the player to move around the badminton court swiftly and return every shuttlecock.

If you can do a good smash does not means you can reach the shuttlecock in time if you do not have a good footwork and position. Therefore, start to learn footwork and position skill because playing badminton is all about speed. The shuttlecock can move extremely fast and you must move faster than the shuttlecock to be able to hit it.

**Effective Movement on the Court**



The diagram shows a badminton court with a central red dot labeled 'Base Point'. From this base point, several red arrows radiate outwards to points A and B, representing possible movement directions. Point A is located in the front half of the court, and point B is located further back towards the baseline. The court lines are visible, including the mid-court line and the service lines.

You should always remember your base (starting point) will be at the red dot in the middle. The arrows indicate the possible movements around the court. The moment you move away from your base to hit the shuttle, you **MUST RAPIDLY** return to your base to prepare yourself for your opponent's shot.

For instance, you move to point A to take a shuttle and then stay there. Your opponent then returns the shuttle back to you at point B. You are less likely able to get to point B in time from point A. Conversely, if you quickly return to your base after hitting the shuttle at point A, you will be able to return the shuttle at point B.

*Figure 11: Beginner Level: Footwork &Position*

Footwork and position are also very important when you are still a beginner in Badminton. The “Beginner Level” and the title “Footwork and Position” are both stated on the top of the site.

Then the web page start with the importance of footwork and position to badminton and how they affect on you while playing badminton.

It also shows what is the effective movement on the court. With the clear explanation and picture, visitor can easily understand about effective movement on the court. After have the basic understanding of it, next there are tips for visitors on how to move effectively.

the shuttle at point A, you will be able to return the shuttle at point B.

## HOW SHOULD WE MOVE EFFECTIVELY?

There are few tips that I would like to share which are:

Take ONLY 2-3 steps when moving to the back of the court.

Stretch ONLY 1 step towards the sides of the court.

Take ONLY 2-3 steps to the front of the court.

Are you a beginner? Does it seem difficult to take so few steps? Do not worry as the key is to stretch your legs as wide as possible while maintaining a good balance. If you are a beginner, take more steps. Then slowly reduce the number of steps you take as you move faster while maintaining good balance.

Maintain your balance: While one of your hands will be holding the racquet, keep the other hand wide open. Not because it looks cool, it is because it helps in balancing. This enables you to return to your base quickly.



Good stance: When you're in a ready position (before your opponent serves), make sure one leg is in front and one leg behind, opened slightly wide (refer to the picture above).

If the shuttle is served to the front, use your toes of your back leg to push your bodyweight to the front.

If the shuttle is served to the back, use your front leg toes to push your bodyweight to the back. This enables you to move fast once the shuttle is served.

Noted: There are no **BEST** ways for badminton footwork, you should move in a way you are comfortable with and keep practising.

[Post a Question](#)

[More forum topics](#)

### Forum Topics related to Footwork & Position

#076 I am unbelievably slow, is it because i do not own a badminton shoe? 01-07-2012

#149 I can reach where i can to but i always miss when i have to move fast, is there a way to hit nicely? 07-03-2015

#744 My opponent never had to move but i have to run like i am a refugee from North Korea, why?? 25-04-2018

#031 I am a weak girl, and those shuttlecocks are so fast and scary, any help on this? 21-12-2011

I just started playing doubles and i usually get newbie partners, we always lose if i stand #336 in standard position but i do not know how to further help him cover some area, any tips 06-06-2016 on how to cover up my partner?



Figure 12: Beginner Level: Footwork & Position

The few tips provided are clear and easy to understand. It also considers as a beginner, it might be difficult to adopt it so there also some alternative ways for the beginner while they are trying for the badminton footwork. There is also picture for visitor to know exactly about what is ready position with detailed explanation. A reminder also provided for visitor in order to advise them about footwork and position while playing badminton.

If visitors have question about Footwork and Position, the website has prepared for them to post question and discuss on forum. Hence, just click on “Post A Question” button to post your doubt about this topic.

The webpage also doesn't require scrolling to back to the top of the page. As this can be done by simple clicking on the arrow button that provided at the right bottom of the page.

BG Home About Beginner ▾ Intermediate ▾ Advanced ▾ Forums

# Beginner Level

## NETSHOT

The net shot is played from the net and when played correctly should just tumble over the top of the net and drop as close to the net as possible on the opponents. It is delicate and sensitive. It can be used in both singles and doubles, often creating attacking opportunities. For net shots, you do not need any power, but you do need exquisite touch – the ability to control the shuttle precisely.

To learn Net Shots, we need to

**1. Use a relaxed grip**

Hold the racket gently in the finger. This is because a tight grip causes you to lose control of the shot.

For backhands use a bevel grip, with your thumb extended straight on to the inner side of the bevel, giving support for your backhand shots. For forehands use a basic grip, very similar but now with the thumb relaxed, which allows it to relax gently around the racket handle. The relaxed grip will let you drop the racket head.

**2. Contact the shuttle gently**

As you approach the shuttle, turn your hand out in the direction of the shot. This applies for both forehands and backhands. Bend your wrist to allow the racket head to drop below the level of your hand. If you keep the racket level, the shuttle won't go over the net. To play the shot just push the shuttle gently over the net.

The picture below might guide you a better way of learning Net shots.

For this technique (Net Shots), it is easy to learn, and every player should be picked it up quickly.

[Post a Question](#) [More forum topics](#)

Forum Topics related to Netshot		
#080	How to predict a lob and react in time after a netshot?	01-07-2012
#153	My netshot is inconsistent because I play with many brands of shuttlecock and they all weight differently, help please?	07-03-2015
#748	My opponents are already waiting for my netshot, either waiting to tap or lob, how did they do it?	25-04-2018
#034	Do the tutorial page for netshot apply for doubles as well?	21-12-2011
#340	I have mastered basic netshot, and I think I am ready for some trick play, any tips on deceiving netshots?	06-06-2016

▲

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Figure 13: :Beginner Level: Netshot

Netshot is a basic technique that a beginner should master. As what previous webpage did, the level that Netshot is belongs to which is “Beginner Level” and the topic “Netshot” also shown at the top of the page.

At the beginning of the page, you will know about what is Netshot as web page had explained it at first. To master Netshot, there are only two steps. Each of the steps has very detailed information and there is picture provided in order to guide reader in learning Netshot.

If reader still have any question or not so clear about Netshot, they are always welcome to click on the “Post a Question” button to post their question to forum that related to Netshot. They also can find the solution from the forum.

When you want to revise the information on top, you can just click on the arrow button to back to the top of the website which consume the time from scrolling all the way up.

BG Home About Beginner ▾ Intermediate ▾ Advanced ▾ Forums 

# Beginner Level

## TAP

The tap technique is used when the shuttle is quite close to the net. By using a short tapping action, you can play an accurate net kill without hitting the net with your racket. We usually used this technique to finish a badminton rally decisively.

### Learn the basics

Prepare by rising your elbow and twisting back your wrist. There should also be a slight bend at the elbow. As you do this, change grip. Move towards a panhandle grip for forehands, and a thumb grip for backhands. Keep the backswing compact. The racket head should stay in front of you, rather than passing behind your shoulders.

Hit the shuttle by straightening your arm at the elbow and flicking your wrist forwards. Use a tapping action, so that the racket head stops after impact or rebounds backwards. In other words, try to stop the racket head from continuing forwards and hitting the net!

### Using the forearm for power

Forearm rotation will help you get more power. The idea is to begin your hitting action with the racket face angled somewhat sideways, and then twist your forearm so that you contact the shuttle with the racket strings facing directly forwards.

To think it in another way, when you are preparing to hit the shuttle, the outside edge of your racket frame should be slightly nearer the net than the inside edge. When you contact the shuttle, the racket should be square-on to the net.

### What is the technical used?

For backhands, pronate your forearm on the backswing and supinate it on the forwards swing (twist inwards, then twist outwards).

For forehands, supinate on the backswing and pronate on the forwards swing (twist outwards, then twist inwards).

### When the shuttle is wide of you

When you are reaching out sideways for a net kill, it's harder to get the power. The problem here is that your elbow and wrist can't help you as much, as they are pointing in the wrong direction (sideways, not forwards).

To compensate for this, you will need to use more forearm rotation. You'll also need to adjust the angle of your grip, so that the racket faces forwards on impact (rather than out the side).

*Figure 14: :Beginner Level: Tap*

## A common error where players usually do – Hitting Flat

If you don't use forearm rotation, then you will be hitting with a flat racket face throughout the stroke. This will cause you to lose power. Hitting flat is often connected with using your grip incorrectly. This is a very subtle point, but important.

To understand better, you can watch a video here which will teach you 7 badminton Tap

Link in below:



As for this technique, every player can do this once you have mastered it.

[Post a Question](#)

[More forum topics](#)

### Forum Topics related to Tapping

#082 I cant tap even though I am fast enough, help! 01-07-2012

#155 I tapped but my opponent can lob it up easily, is it supposed to be so easy to receive? 07-03-2015

#750 Is there a way to predict whether my opponent will make a shot that is flawed enough for tapping? 25-04-2018

#036 I was told to tap or drive when my opponent perform a low serve, I tend to hesitate and fail, any way to help? 21-12-2011

#342 Should i tap the shuttle towards one opponent only or alternating between both opponent is doubles? 06-06-2016

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Figure 15: :Beginner Level: Tap

Under beginner level there are so many techniques to be learned and one of them is Tap. As usual, on the top of the webpage there are “Beginner Level” and “Tap” indicate the topic of this webpage is Tap. At the beginning, the webpage described briefly what is tap and what is the function of this technique. The webpage is followed by the basic of Tap and how to perform this technique. It also mentioned that the forearm rotation is very important in Tap as it will help to gain more power.

The technical used in forehands and backhands gripping are different. Hence, the details of this are also clearly on the webpage. There are also different assumptions for the situation and there is solution for each situation the reader may face. At the end of the content, it mentioned about that Hitting Flat possible happen if the player doesn't use forearm rotation in Tap. A video about tap also provided for visitor to have deeper understanding in Tap.

If visitor has any doubt or interested in this topic, they can discuss or post a question on forum by clicking on “Post A Question” at the bottom of the webpage. There is also “Back to Top” function available at the right bottom corner of the webpage for visitor’s convenience.

BG Home About Beginner • Intermediate • Advanced • Forums

# Beginner Level

## LIFT OR LOB

The lift or lob shot in badminton would normally be played from the forecourt in an underarm action. The aim is to lift or lob the shuttle over your opponent and aim to make the shuttle land as near to the baseline as possible without hitting it out.

There are two types of Lob which are **Forehand Lob** and **Backhand Lob**

**Forehand Lob**



Move your racket forward with the wrist cocked as you approach the shuttle so that your palm is facing forwards. Move near the shuttle and take a lunge step with the dominant foot towards where the shuttle is due to land. Swing the racket forwards underneath the path of the shuttle when the shuttle is going to drop, then strike it upwards whilst straightening the wrist. The follow through should continue up and finish above the non-racket shoulder.

Firstly, recover back with the dominant foot and then go back to the mid-court. The lob can be played very high and deep as a purely defensive shot. It also can be played as a building shot when it is taken earlier (higher up the net) and this shot would be played with only just enough height to go beyond your opponent's reach.

**Backhand Lob**



Backhand Lob would normally be played from the forecourt in an underarm action. The aim is to lift or 'lob' the shuttle over your opponent and aim to make the shuttle land as near to the baseline as possible without hitting it out.

These are the two lobs that you should learn in order to master the lift or lob technique. Everyone is welcomed to learn this technique especially for beginner who are interested in learning badminton.

[Post a Question](#) [More forum topics](#)

**Forum Topics related to Lifting Or Lobbing**

#079 How to lift high?	01-07-2012
#152 Where should i lob to and when?	07-03-2015
#747 I always get smashed at whenever I lob, and I suck at defending, so should i still lob or switch to net plays?	25-04-2018
#033 My lobs are always either not far enough or not high enough, why?	21-12-2011
#339 My other friends told me to lob as hard as I can, and after some time I cannot control my power and I always lob out, help please!	06-06-2016

▲

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Figure 16: :Beginner Level: Lift or Lob

The last topic that will be discussed under beginner level is Lift or Lob. The title and the level of this topic are stated on top of the webpage.

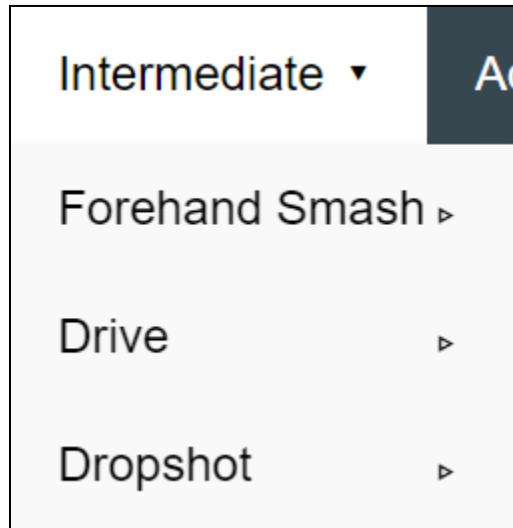
In the content, there stated in which situation this technique will be used. Besides, the purposes of using this technique also shown at the beginning of the content.

There are two types of Lob and each types of lob are being explained in very detailed. The way of using this technique while playing badminton, which situation is more suitable for the lob and the uses of the lob are describe clearly. In case, the reader still not understand about both types of Lob, the webpage also provides videos for each lob.

In order visitors interested in this topic or have question, a button of “Post a Question” is provided at the bottom of the page. Visitor also can check the previous discussions in Forum that has related topic.

At the right bottom of the webpage, there is a small arrow provided for visitor to back to the top of the webpage easily.

## INTERMEDIATE LEVEL



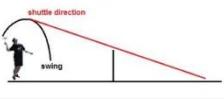
*Figure 17: Intermediate Level*

When visitor is interested on the intermediate level related topics, he/she can click on “intermediate” on the navigation bar. Then it will have the dropdown list as shown in Figure 16. Select the interested topic, a new window of the topic will show up.

BG Home About Beginner Intermediate Advanced Forums

## Intermediate Level

# FOREHAND SMASH



Forehand Smash is a type of offensive shot and is mainly used for attacking. It often acts as a winning shot in any badminton rallies. It is simple to learn this technique as we just need to swing our racket forward as hard as you can to hit the smash. But in order to get a proper forehand smash, the first step is to learn the correct technique.

There are six steps to follow in order to master forehand smash.

Prepare by rising your elbow and twisting back your wrist. There should also be a slight bend at the elbow. As you do this, change grip. Move towards a panhandle grip for forehands, and a thumb grip for backhands. Keep the backswing compact. The racket head should stay in front of you, rather than passing behind your shoulders.

Hit the shuttle by straightening your arm at the elbow and flicking your wrist forwards. Use a tapping action, so that the racket head stops after impact or rebounds backwards. In other words, try to stop the racket head from continuing forwards and hitting the net!

**1. Get into position and adopt the Forehand Grip.**

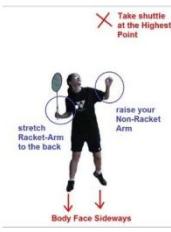
If you intend to hit the smash, you should move quickly towards the shuttle. In professional badminton, we call this 'Injection of pace'. Ideally, your body should face the side of the court. Both your feet should also point sideways.

**2. Stand on a firm position.**

Your smash won't be strong if you're not on good balance because your body will concentrate on balancing first rather than doing a strong swing.

**3. Lift your Racket Arm and Non-Racket Arm.**

To ensure you perform a full arm swing make sure you stretch your racket arm as far back as possible. At the same time, lift your Non-Racket Arm to balance out the weight of your Racket Arm. This is VERY IMPORTANT to help you maintain body balance. You are now ready to hit the smash. This is how you should look like..

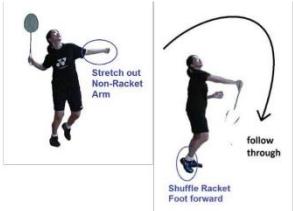


**4. Take the shuttle at the highest point possible.**

This creates a steep angle for your smash.

**5. Hit the Shuttle with a Full Arm Swing.**

First, Take a deep breath.  
 Second, stretch out your chest to the widest extend possible.  
 Third, stretch out your Non-Racket Arm.  
 Then swing your racket forward as you exhale.  
 At the same time, contract your abs. Shuffle your Racket Foot to the front.



**6. Follow Through with your Swing.**

Follow through and complete your swing after you hit the shuttle. Your body should face forward after you swing your racket. Recover and maintain body balance.

To conclude, learning the forehand smash is a **MUST** even if you are beginner as it is useful when playing badminton. As a badminton player, it is a skill that we should learn.

Figure 18:Intermediate Level: Forehand Smash

The screenshot shows a forum page with a dark header bar. On the left, there's a blue button labeled "Post a Question". To the right of the button, the text "More forum topics" is written in purple. Below the header, a dark bar contains the title "Forum Topics related to Forehand Smash" in white. Underneath this bar, there are five forum posts listed in a light gray box. Each post includes a post number, a brief description, and a timestamp. At the bottom right of the page, there is a small gray arrow pointing upwards.

Post Number	Description	Date
#077	I KEEP MISSING DESPITE FOLLOWING THE TUTORIALSSS, WHY???	01-07-2012
#150	My opponent never fail to receive no matter how hard i smash... its so frustrating, I need help on this please	07-03-2015
#745	I never get the chance to smash because the shuttlecock is either not high enough or back at the base line, how should i play in this situation?	25-04-2018
#031	I am a weak girl, and those shuttlecocks are so fast and scary, any help on this?	21-12-2011
#337	My friend, Ken needs help on forehand smash because he keeps slicing instead of hitting straight, any tips to fix this problem?	06-06-2016

*Figure 19: Intermediate Level: Forehand Smash*

In Intermediate Level there are three types of technique. One of the technique is Forehand Smash. The level of forehand smash and the title are stated on top of the webpage.

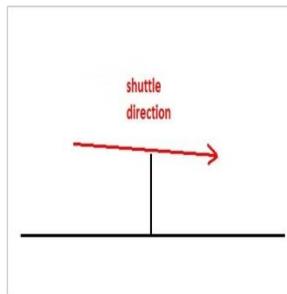
First, the webpage introduced you about forehand smash with a picture. From the picture, reader can know clearly what forehand smash is. Then, there are a very detailed introduction about this technique.

As to master forehand smash, there have six steps to follow. Each step is explained in brief but easy to understand. Some of the steps also have picture attached and some descriptions labeled on the pictures.

If the visitor still has any doubt to be solved, they are welcomed to click on the “Post A Question” button. Besides, they also can search for similar discussion from the forum. As other webpage, this webpage also has the back to top function. Visitor can just click on the arrow at the right bottom to back to the top of webpage.

## Intermediate Level

### Drive



Badminton Drive shots are shots that crosses the net flatly in a horizontal trajectory. It can be played both on the forehand and backhand sides. It is an attacking shot that is usually played from the sides of the court when the shuttle has fallen too low for it to be returned with a smash. The shuttle shall be between your shoulder and knee height.

It is widely used in doubles as players want to keep the shuttle low. Although to a lesser extent in the singles, it is an important stroke as well. Of course, it could be learnt by everyone as it does not mean only for players who are playing doubles.

There are two types of drive where I mention above which are the **forehand drive** and **backhand drive**. You can hit a badminton drive either with forehand drive or backhand drive.

#### **Steps by steps of learning the drive**

- 1) Bend slightly forward until the height where your eyes are approximately level with the top of the net. Adopt the defensive stance.
- 2) Hit the shuttle when it is in front of you. The movement is same as tossing an object forward. Imagine yourself tossing an object into a box in front of you.
- 3) For having a body balance, extend your non-racket arm. When you spread out your non-racket arm, you will generate more power for your drive.
- 4) To generate a greater power and to perform the shot smoothly, allow your bodyweight to follow the momentum of your swing.
- 5) However, prevent throwing your whole body to the front or you will lose balance. Ensure as your body moves forward, your feet should stay firmly in position. You might lose some degree of body balance as you do this. That is why you should use your non-racket arm to help you maintain balance.
- 6) Notice that the wrist points downwards after hitting the drive. You will only be able to generate a fast return if you make use of your wrist.
- 7) The technique to perform a drive using your backhand is same as the technique using the forehand. However, it is just quickly switch from a forehand grip to a backhand grip.

*Figure 20:Intermediate Level: Drive*

Below is a video for learning drive which is taught by a badminton coach.



**Badminton specific training (7) - Drive**

When practicing, first strive for steady return of multiple shuttlecocks before increasing the speed when this has been grasped

[Post a Question](#) [More forum topics](#)

**Forum Topics related to Drive Shots**

#074 9/10 of my drive shots never go over the net, why?	01-07-2012
#147 The shuttlecock always fly over the court and land outside of the court, why?	07-03-2015
#742 My opponents usually play drive rally with me whenever i initiate a drive and i always lose, should i stop doing that?	25-04-2018
#029 What is the optimum position and situation to drive?	21-12-2011
#334 I have the tendency to drive when the ball is high enough to smash, anybody with same problem?	06-06-2016

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*Figure 21:Intermediate Level: Drive*

The next topic that is under intermediate level is Drive.

“Intermediate Level” and “Drive” are both in the top of the webpage. A picture is attached with the introduction of Drive at the beginning of the webpage. There are two types of drive which are forehand drive and backhand drive. This technique not only used on player who plays double but also single.

In order to master Drive, there are seven steps to followed. Each step is explained clearly in the step-by – step tutorial. If the reader still not understanding about Drive, there is a video regarding drive technique training provided for them.

Reader can also choose to post a question by clicking on the “Post a Question” button or check on the previous forum to solve their doubt. There also doesn’t require scrolling to back to top as there is a small arrow provided at the right bottom corner. A simple click on the arrow can consume the time of visitor from scrolling the webpage.

## Intermediate Level

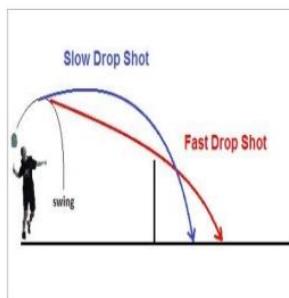
# DROPSHOT

Drop shots are played from your rear court. You hit the shuttle softly downwards to land in your opponent's forecourt area. Drop shots are used extensively in both singles and doubles. They are primarily an attacking shot. Drop shots are usually disguised to make the opponent expect a smash or clear. A good drop shot can be very deceptive and can cause the opponent to reach the shuttle late and play a poor lift (giving an opportunity to attack).

There are two types of drop shots which are *Fast Drop Shot* and *Slow Drop Shot*.

*Fast Drop Shot:* Travels down steeply. But lands further away from the net.

*Slow Drop Shot:* Does not travel down steeply. But lands nearer to the net.



In order to perform drop shot, we must follow these two steps.

### i. Grip and preparation

Use a relaxed forehand grip, just like your other overhead shots. Your preparation must look as similar as a clear or smash. Turn side-on and get your racket back, so that you look like you can hit the shuttle hard. Drop shots work much better if they are disguised to look like a powerful shot.

If you show a different preparation, your opponents will realise you are playing a drop shot and they will move forwards to attack it.

### ii. Hitting action

As a player, reach up for a high contact point. This situation will make you hit the shuttle at full relaxed reach, ideally above the racket shoulder and slightly in front of you. A high contact point means that your drop shot will travel downwards, not flat; this makes it a more effective attacking shot.

Then, use a soft pushing action to hit the shuttle.

Follow through after hitting. The follow through should initially be in the same direction as your shot, but then let your arm relax across your body.

Figure 22:Intermediate Level: Dropshot

Below is a video of drop shots.



[Post a Question](#)

[More forum topics](#)

**Forum Topics related to Dropshot**

#075 My dropshot always make me lose point because my opponent can easily tap it, why?	01-07-2012
#148 Is it better to do a straight dropshot or cross-court dropshot if my opponent is at the middle of his play zone?	07-03-2015
#743 I can't return a net shot in time after hitting a dropshot, what is the problem?	25-04-2018
#030 Feinting a smash by performing a jumping dropshot is easily seen through, any tips?	21-12-2011
#335 Is backhand dropshot a good technique? If yes, how to do it?	06-06-2016

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Figure 23:Intermediate Level: Dropshot

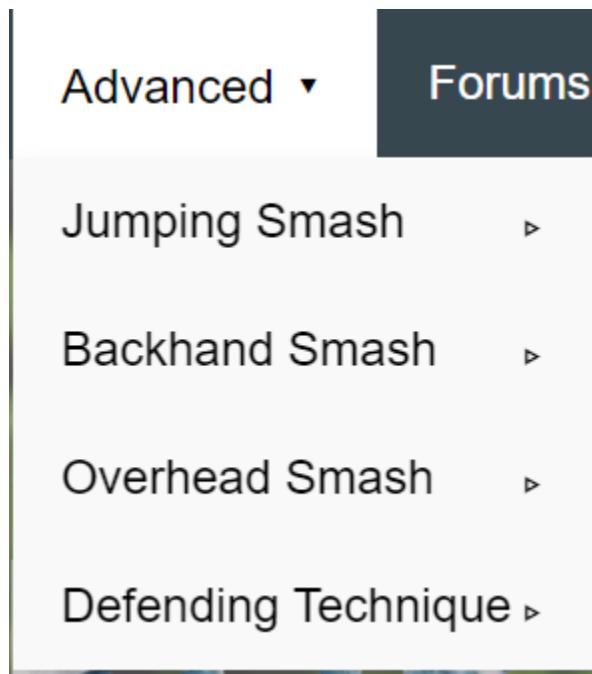
Dropshot is the last topic in Intermediate Level. As previous webpage, the level of this webpage belongs to and the topic are shown at the top of the webpage. Then, the introduction of Dropshot. The introduction includes the uses of this technique and what is the benefit from a good dropshot. Besides, there are two types of drop shots which are Fast Drop Shot and Slow Drop Shot. Both drop shots are explained in briefly and there is a picture that shows the difference of these two types drop shot.

To perform a good drop shot, there are two ways to follow. These two ways are explained in detail to let reader can understand them easily. The webpage also provides a short video regarding Drop Shot to ensure visitor has clearly understand about dropshot.

A “Post a Question” button also provided for visitors to post their doubt and discuss in the forum. There are also few forum topics that relate to dropshot shown.

The “Back to Top” function also unsurprisingly available in this page for the convenience of the visitor.

## ADVANCED LEVEL



*Figure 24:Advanced Level*

When visitor is interested on the advanced level related topics, he/she can click on “advanced” on the navigation bar. Then it will have the dropdown list as shown in Figure 23. Select the interested topic, a new window of the topic will show up.

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## Advanced Level!

# BACKHAND SMASH

**Backhand Smash** is the most difficult type of smash. It requires a lot of power to perform this smash. However, if executed perfectly, this shot will definitely surprise your opponent and make him return a weak shot. You should only learn this smash if you have mastered all the other types of smash.

This shot should only be used when you can quickly move to the position for a badminton backhand smash and quickly switch to the backhand grip. **DO NOT** perform this shot unless you are very sure that you can one shot end your opponent rally with your smash.

Tutorial of learning this smash. There are **THREE** steps.

**1. Preparation Phase**  
Quickly switch to a forehand grip while turning towards your backhand area to face the back of the court.

**2. Preloading Phase**  
Keep your racket arm as close as possible to your body so that your backhand swing is maximised.

Keep your non-racket arm ready to help you maintain body balance when you perform your swing.

Remember that the faster you can switch to the backhand grip, the more preloading time you have (the more power you can accumulate)

**3. Execution**  
Take the shuttle at the **HIGHEST POINT POSSIBLE** for a steeper and a better angle. Commence the backhand swing motion. Remember, the key for this power is having a correct swinging pattern.

From this point onward, your swing should be smooth and complete motion until you hit the shuttle. Do not stop half way during the swing as this breaks the momentum.

When you are about to make contact with the shuttle, perform a powerful flick with your wrist and hit the shuttle with a quick "snapping" motion with the flick of your wrist.

Your wrist action along with your backhand swinging motion is the source of power for the badminton backhand.

Apart from your wrist action, finger control (your thumb and index finger) is important for better control of your racket. Use your fingers (especially your thumb for a backhand), to help create a more powerful flick.

Direct the shuttle downwards so that it passes the other side of the court just above the net. It's important NOT to hold your racket too tightly. This enables flexible wrist action as well as finger movement for better control.

Even after you hit the shuttle, follow through to complete your backhand swing. There is a high chance that you will lose body balance after you hit the shuttle, make use of your non-racket arm to help maintain body balance. After your backhand swing motion is complete, faster return to your base to prepare for the next shot.

A video of "How to Hit a Backhand Smash" is provided below for better understanding.

**Note:** This smash should only be done by player who have mastered this technique. If you are not master, you should not perform this technique.

[Post a Question](#) [More forum topics](#)

Forum Topics related to Backhand Smash		
#072	The shuttlecock always force me into a weird position so i cant smash, any tips?	01-07-2012
#145	My backhand smash is always sloppy and easy to counter, why?	07-03-2015
#740	Is it normal to hit directly to your side of the court at the beginning?	25-04-2018
#027	Is it better to go for backhand smash or overhead smash if both options are viable?	21-12-2011
#332	I feel dizzy and cannot follow up after i did the backhand smash, what should i do?	06-06-2016

2018 - Badminton Geek

Figure 25:Advanced Level: Backhand Smash

This webpage titled “Advanced Level: Backhand Smash” is broken down into three sections, introduction, method of execution and example. The introduction summarizes what is a backhand smash, to allow readers to know if they are suited to learn it at their current level. The next part is categorizing method of executing a backhand smash into three steps which are preparation, preloading and execution, including step by step elaboration of the technique. A video of “how to hit a backhand smash” is provided as reference for the reader in the third section. Forum topics related to backhand smash are also designed into the webpage for readers who want to know more about this topic.

Bo Home About Beginner + Intermediate + Advanced + Forums

# Advanced Level DEFENDING TECHNIQUE

As a player, we should know how to defend. It is one of the most important skills. With strong defence, it's difficult for your opponent to win a point from you! The harder your opponent tries to penetrate your defence, the higher the chance that he will make an unforced error. There is a quote which is called "Good defence is good offence".

Here shows you a step by step tutorial on how to defend a badminton smash.



First of all, whenever you lift the shuttle to your opponent (badminton clear or net lift), quickly move to point X as seen in the picture. When defending a smash, position yourself slightly behind your footwork base (slightly behind the center of the court). This gives you some time to 'catch' the flight direction of the smash, so that you have enough time to react. When you're at point X in the picture, adopt the defensive stance:



The picture above shows you a defensive stance when you anticipate a strong smash from your opponent.

a) Bend down as low as you can. The ideal point: bend down until the point when your eyes are on a level plane level with the highest point of the badminton net.

b) Keep your chest wide and rectify your lower back. Twist your knees, abstain from bending your spine.

c) Make beyond any doubt your racket arm (the arm holding the racket) is situated before you. This is to guarantee you're prepared to react rapidly (normally with underarm strokes) when your adversary crushes to you.

d) It's difficult to advise whether your rival will crush to your forehand or strike territory. Along these lines, don't grasp your racket too firmly. This is to change from a forehand to strike hold effortlessly (and the other way around).

e) Besides, holding your racket too firmly limits your wrist activity.



Keep your non-racket arm in action too. This assistance with badminton body balance.

While receiving a smash from your opponent,

i) STAY FOCUS and RELAX

ii) Stand on a FIRM cautious position

iii) Stand on a FIRM cautious position



While on the badminton defensive stance, it is easy to move left or right, as long as you are facing the front (your body facing your opponent). This empowers you to retrieve a smash to the left or right. Defending a badminton smash is somewhat like defend yourself from catching an incoming ball when someone throws on you. Except that you use a racket instead of your hands.

**Important Tips**

I. The key to guard a strong smash from your opponent is to receive the cautious position.

II. Stand at a position marginally behind the focal point of the court to give yourself more opportunity to see flight direction of your opponent's smash.

III. Do not scare of the shuttle. When you are afraid of the shuttle, you will normally face slightly to the side. That means that the side of your body will be facing your opponent. If this is the case, you would not be able to cover wide points.

IV. Be fast in moving to this defensive base when you anticipate a strong smash from your opponent. The faster you can move to this point and adopt the badminton defensive stance, you will be more prepared to receive your rival's smash.

In short, every player should learn this technique to defend themselves from giving a point to your opponent.

[Post a Question](#) [More forum topics](#)

**Forum Topics related to Defending**

#073 I can see but i cant move in time, why?	01-07-2012
#146 I can receive smashes but it always lead to a second smash that is nearly impossible to receive, help please!!	07-03-2015
#741 I play doubles and i'm a left hander, so the center smashes is always confusing for both me and my partner on who should receive it, any experienced tips?	25-04-2018
#028 Why do pro players always receive back to the smashing opponent instead of the net player in doubles, is there a good reason?	21-12-2011
#933 I am pretty decent at defending but i always get tricked by dropshots instead, how to know if the opponents are feinting a smash?	06-06-2016

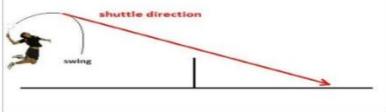
Figure 26: Advanced Level: Defending Technique

This webpage titled “Advanced level: Defending Technique” is broken down into three sections, which are introduction, step to step guide to defend properly and important tips when defending against a smash. Introduction is a brief explanation on significance of defending technique in badminton while step to step guide includes standard textbook defending method to defend against a wide range of smashes at once. The important tips are advices provided for beginners to avoid mistakes normally found in beginner when performing the technique. There are also forum topics related to defending technique at the end of the webpage for readers who wish to learn more about the defending technique.

BG Home About Beginner Intermediate Advanced Forums

## Advanced Level

# JUMPING SMASH



The Badminton Jump Smash is the most powerful shot in badminton. It is a smash performed in mid-air. Players do jump smash to create a steeper angle and it is more powerful than the normal smash. However, to learn jumping smash, players should master their basic smash before learning jump smash.

Step by Step Tutorial

- 1. Get into Position and Adopt the Forehand Grip.**
  - a.Move quickly and get BEHIND the shuttle.
  - b.Use the Forehand Grip.
  - c.Stand firmly and maintain a better body balance.
  - d.Perfectly, your body should face sideways. Both your feet should also point towards the side of the court.

DO NOT tense your body muscles. A common mistake among casual players is that they tend to subconsciously tense their body muscles while doing the badminton jump smash. Tensing your muscles will restrict the mobility of the muscles. Therefore, you won't be able to perform a maximum swing.
- 2. Lift your Racket Arm and Non-Racket Arm**

Stretch out your Racket Arm as far back as possible. In the meantime, raise your Non-Racket arm to counter the weight of your Racket Arm.

- 3. Jump into the Air**
  - a. Adopt your Racket Foot to help push your body up into the air.
  - b.Relax your body and do not tense your muscles.
  - c.Take a deep breath then extend your chest to the widest extend possible.
  - d.Stretch out your Non-Racket Arm.
  - e.Slightly bend your legs to the back. Remember not to force this move. It should happen naturally and normally. When your body have full balance in the air (by stretching out your Non-Racket Arm) and if your body muscles are relaxed, you will indeed lift your legs for more power.
- 4. Hit the Shuttle at the Highest Point Possible**

Time your jump as timing is quite important. Ideally, you want to start your swing at the peak of your jump. This should also be your highest contact point with the shuttle.

As you swing your racket forward,

- a.Take back your Non-Racket Arm back to the side of your body.
- b.Explosively bond your Abs as hard as you can. If you have strong abs, your smash will be hard.
- c.Raise your Racket-foot forward as you contract your abs. Once more, this will happen normally if you contract your abs as hard you can. The point of doing this is to build the speed of your swing and kick in explosive power into your stroke.

- 5. Follow Through, Land, and Maintain Body Balance**

After you hit the shuttle, Follow Through with your swing. Rearrange your Racket Foot forward while in the air. Your Racket Foot should be put in front as you land onto the ground. Maintain body balance and recover.

Noted: We should ONLY use the jump smash when you're prepared and when the shuttlecock is still high in the air. The best time to hit the badminton jump smash is when you manage to force your opponent to Lift the shuttle high up to you.

Below is a video of LEE CHOING WEI, a Malaysian professional badminton player, doing the jumping smash.



[Post a Question](#)

[More forum topics](#)

Forum Topics related to Jumping Smash	
#078 How to jump high?	01-07-2012
#151 I miss when I jump, but hits nicely when I do not jump, is it normal?	07-03-2015
#746 Why my smash becomes a devastatingly far lob and everytime its out of the court even though I swung my wrist downwards?	25-04-2018
#032 Why I never have enough time to prepare for the jump?	21-12-2011
#338 Why my second jumping smash always fail even though I do not feel anything wrong about my timing or swing?	06-06-2016

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Figure 27: Advanced Level: Jumping Smash

The webpage titled “Advanced level: Jumping Smash” is divided into three sections, introduction, step to step guide for jumping smash and example of jumping smash. The introduction provides information on what is a jumping smash for reader to know what this webpage is about. The step to step guide provide multiple concise sentences or phrases for reader to slowly follow along easily. The example is a video of Dato Lee Chong Wei performing jumping smash as reference to what an ideal jumping smash looks like. There is also forum topics regarding jumping smash for further discussions among BadmintonGeek members.

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# Advanced Level OVERHEAD SMASH

It is a forehand overhead badminton smash played at the non-racket side of your body. We usually try to use it whenever play permits as a forehand stroke is always better and more powerful than a backhand.

The techniques for hitting this shot are about the same as the *Forehead Smash* which is mentioned in the *Intermediate tab* with only some minor adjustments.

Here are some *pointers* for playing an over-head smash.

- 1) We should stand squarely to the net.
- 2) We must make sure we bend our upper body sideways to our non-racket side as our arms come through.
- 3) Shift our weight to our non-racket leg.
- 4) Twist your elbow and take the racket behind your head.
- 5) As you swing forward, your forearm will brush the top of your head before straightening.
- 6) Transfer your body weight rapidly as your non-racket leg pushes your body back to your base position.

**Important note**

Our wrist plays a key part in creating deception when performing over-head smash.

There is a short video below of the China professional player Lin Dan performing overhead smash when playing against Lee Chong Wei.

**Who should be doing this?**

Every player on the court.

[Post a Question](#)
[More forum topics](#)

Forum Topics related to Overhead Smash		
#081	My friend stated that a backhand shot would be better instead of overhead because I cant go back to center of court in time if I did overhead smash, is it true?	01-07-2012
#154	My overhead smash always hit the net but never go through, why?	07-03-2015
#749	I am a left hander and when I perform an overhead smash, the shuttlecock tend to fly to my right and end up out of the court, how to control my direction of overhead smash?	25-04-2018
#035	Overhead smash strains my waist at a very very fast rate, is it normal?	21-12-2011
#341	Commentators of badminton competitions often mention China smash, is it the same as overhead smash?	06-06-2016

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Figure 28:Advanced Level: Overhead SMash

The webpage titled “Over-head smash” is a webpage that is segmented into two segments, the first segment includes what is over-head smash and how is an over-head smash done while the second segment is the important key point to take note of when performing an over-head smash with a video of China’s top badminton player, Lin Dan as an ideal example. The end of the webpage includes forum topics related to overhead smash for others who may require help to obtain aid from other BadmintonGeek members.

## FORUM



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Forum ID	Forum Name	Date
#001	What is badminton?	25-04-2018
#002	My smashing is not sharp enough, what should i do to improve?	25-04-2018
#003	Is it better to train techniques seperately or jointly?	25-04-2018
#004	How to dive like Lee Chong Wei?	25-04-2018
#005	If my string broke in a middle of a rally, what should i do?	25-04-2018
#006	In a doubles, i hit my teammates racquet and it hits the shuttlecock, is it a fault?	25-04-2018
#007	How often should i change new strings and grips?	25-04-2018
#008	I always miss or hit outside of the court, please help me!!!	25-04-2018
#009	How much do i need to spend to start playing this sport seriously?	25-04-2018
#010	I am a mix double girl player and i always get targetted by opponent because i'm an easier target, any girls can share their experience and thoughts??	25-04-2018

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Figure 29: Forum List

The webpage titled “Forum List” is a list of all the forum topics for readers to browse through and look for intriguing or interesting topics to learn more about badminton. Each page has 10 forum topics each page with a previous and next button to navigate between pages for more clarity when reading the page without the need to keep on scrolling .

## NAVIGATION STRUCTURE

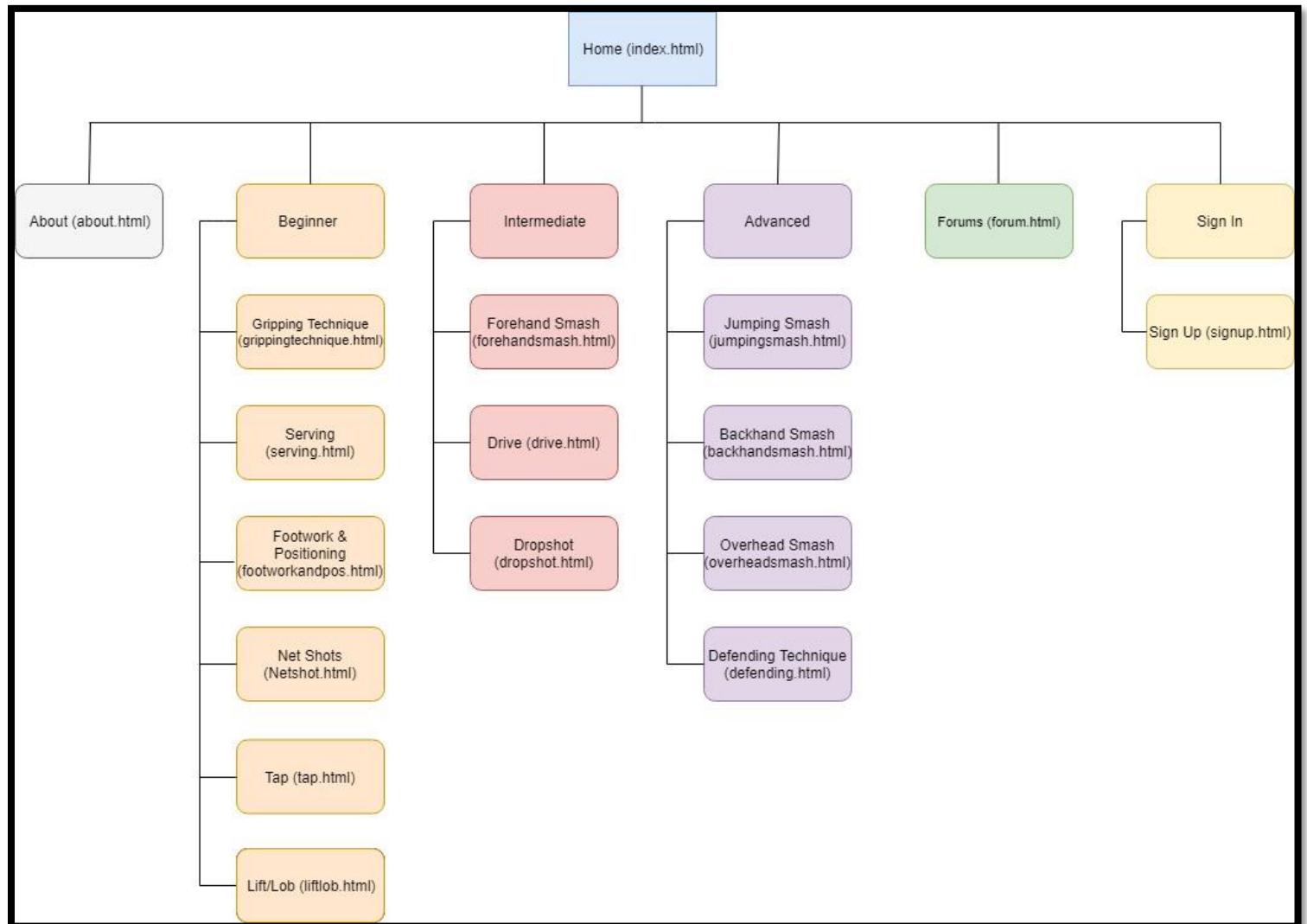


Figure 30: Navigation Structure

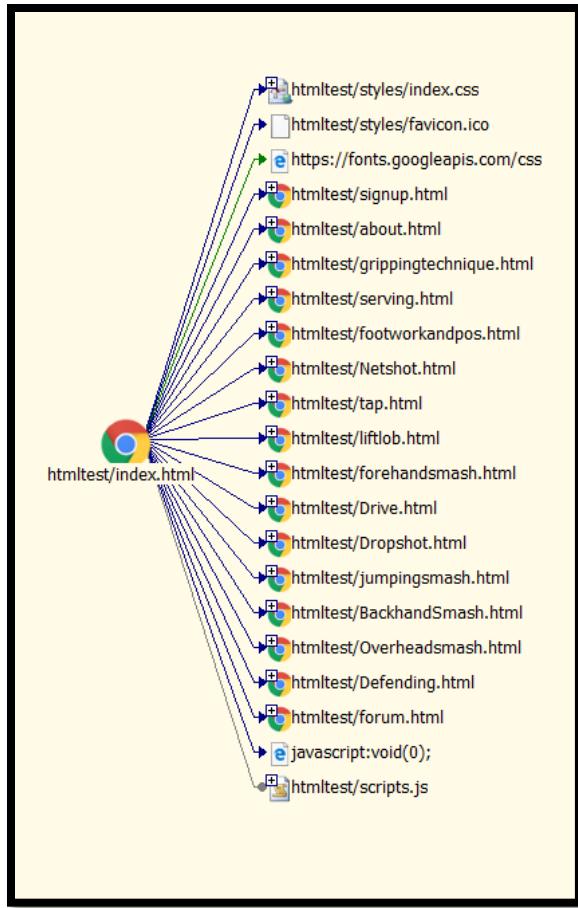


Figure 31: Site View Hyperlink

## CONCLUSION

This project is the coalescence of seventeen webpage and one form into a single website that aims to provide detailed information about badminton using simple sentences for web user to easily understand and prevent user from losing interest due to long-winded paragraphs. This project is a modern, easy to navigate website where every webpage is straightforward and only has a specific title to talk about.

The homepage of this website, BadmintonGeek, includes a parallax effect to allow users to experience the element of modern website and understand out motive through simple phrases. The signup button is also developed at the end of homepage for users to sign up after browsing through the homepage.

The about page is a simple webpage that is designed to fully focused on explaining what is BadmintonGeek and what is the aim of this website. This is done by providing a dark background and bright font to tell users that the only thing to see in this webpage is the few sentences provided in this page.

The forum webpage is a webpage that consist of all forum topics posted by BadmintonGeek members for other members to leave comments and give their personal opinions for members to gain more knowledge through discussions. The forum topics are navigated through a simple previous and next button so that users can browse through forum topics without the need to keep on scrolling. Each topic are also designed to have a slightly darker background in the whole row to highlight the topic row.

The content pages are of website includes thirteen tutorial webpages of beginner, intermediate and advanced level of guide. These webpages are designed so that all the contents are shown only in the middle of the page to let users read easier without having to scan left and right all the time and the headers are made to be more prominent to show users what subtopic they are reading. Images and videos that are aligned at centre of the webpage with a standard size for users to catch user's attention and ease of view. A forum section is also provided to allow users to discuss and obtain more information regarding the topic of the webpage in the end of every content webpage. The content pages also include a "to-the-top" button which will appear when users scroll down so that it is easier to navigate across webpages instead of scrolling back up when user is done reading.

As a conclusion, this website can be built by using a database of members and forum topics and regular updates to maintain website after deploying as the structure and design is of decent quality and should be satisfactory for a new website.

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## APPENDIX