BADMINTON TECHNIQUES

*Instructions for grip, body position and shots:*

A good player must choose the best shot depending on the situation at that time and the opponent's position on the court.

Try to reach the shuttle as early as possible so that you have several shot options.

Your *wrist movement* is the crucial element for making a good shot.

**Universal grip (forehand or backhand grip)**

- Thumb is placed on one side of racket grip, index finger is placed higher on the other side of the handle (this hand position forms a “V”)

- Other fingers are curled around the handle

**SERVES**

**Backhand Short Serve**

**Purpose:** To make the opponent use a defensive stroke. Usually used during doubles but can be used in singles too.

**Instructions:**

- Stand two to three feet behind the short service line
- Racket foot slightly forward
- Hold shuttle at waist height, in front of the body
- Contact shuttle in front of non-racket foot immediately after dropping the shuttle (contact must be made at waist height or lower)
- Use small wrist movement to hit shuttle (flick your wrist)
- The wrist is the main part of the arm that moves the most
- Shuttle must go just over the net without touching it

**Mistakes:**

- Contacting the shuttle above the waist
- Serving with feet parallel and facing the net
- Shuttle is thrown and not dropped
- Shuttle goes too high or falls short
Forehand Long Serve

Purpose: Usually used during singles play, but can be used during doubles, too.
Instructions:
- Stand two to three feet behind the short service line
- Feet shoulder-width apart
- Non-racket foot slightly forward
- Hold racket approximately hip height
- Shuttle held approximately chest height
- Contact shuttle close to your racket foot immediately after dropping the shuttle (contact must be made waist height or lower)
- Hit shuttle with strong wrist movement
- Shuttle must go high and deep into the opponent’s court

Mistakes:
- Gripping the racket incorrectly
- Hitting the shuttle above the waist
- Shuttle is thrown and not dropped
- Insufficient wrist movement
- Serving with feet parallel and facing the net
- Contacting the shuttle in front of the non-racket leg with the racket facing upward
- Shuttle does not go deep into the opponent’s court

Body Position for Clear, Drop and Smash

- Feet approximately shoulder-width apart
- Turn your body and stand sideways to the net with your non-racket shoulder facing the net
- Shift your weight onto your back foot
- Raise your non-racket hand and point at the shuttle to improve balance
- Contact the shuttle as high as possible and in front of your body using a strong throwing action

CLEAR

Purpose: To hit the shuttle from your own backcourt to the opponent’s backcourt, moving him or her backwards to create space in the forecourt. You can use either a forehand or backhand stroke.
Instructions:
- Move your wrist quickly and powerfully towards the shuttle (snap your wrist)
- Straighten your elbow as you hit the shuttle
- Shuttle goes high and deep into the opponent’s backcourt

Mistakes:
- Not hitting the shuttle at maximum height
- Bending your arm
- Not hitting the shuttle in front of your body
- Hitting the shuttle behind your head
- Contacting the shuttle with feet parallel and facing the net
- Shuttle falls short and not deep into the opponent’s court
- Not raising your non-racket hand and pointing to the shuttle

DROP

Purpose: To make the shuttle drop close to the net on opponent’s court. The drop shot is similar to the clear but it goes to the opponent’s forecourt. You can use either a forehand or a backhand stroke.

Instructions:
- Body position is the same as for the clear
- Contact the shuttle in front of your body as with the clear
- Move your racket slightly towards the shuttle
- Straighten your elbow as you hit the shuttle
- The angle of the racket face will determine the direction of your shot
- Hit the shuttle gently (flick your wrist) so it goes low over the net and falls as close as possible to it on the opponent's side.

Mistakes:
- Not hitting shuttle at maximum height
- Bending your arm
- Not hitting the shuttle in front of your body
- Hitting the shuttle behind your head
- Contacting the shuttle with feet parallel and facing the net
- Contacting the shuttle too low near your head
- Shuttle falls short or goes under the net
- Shuttle goes too high and falls too far from the net
- Not raising your racket hand and pointing to the shuttle

**SMASH**

**Purpose:** To attack the opponent by hitting the shuttle quickly from your midcourt to the opponent’s midcourt in order to win a point. The Badminton Smash is a strong shot and there is almost no defense against a well executed smash.

**Instructions:**
- Body position is the same as for the clear and drop
- Contact the shuttle in front of your body as with the clear or drop shot
- Snap your wrist at the point of impact giving the racket extra power and angle towards your opponent’s court
- The shuttle is sent downward with **power and speed** toward your opponent's court
- You can jump while hitting the shuttle (jump-smash)

**Mistakes:**
- The same as for the clear
- Insufficient force or snap of the wrist
- Insufficient speed of the shuttle

**DRIVE**

**Purpose:** To attack the opponent when the shuttle has fallen too low for it to be returned with a smash. It is usually played from the sides of the court. You can use either a forehand or a backhand stroke.

- Contact the shuttle between shoulder and hip height

**NET DROP**

**Purpose:** To hit the shuttle to the opponent’s forecourt close to the net when the opponent is in the backcourt.

**Instructions:**
- Hit shuttle from below gently (flick your wrist) so that the shuttle drops near the net in the opponent’s court
- Racket is approximately parallel to the floor

**Mistakes:**
- Shuttle goes too high and far from the net
LOB

**Purpose:** To return a drop shot or a smash. It is usually played from the forecourt to the opponent's backcourt. The lob is an underarm stroke.

**Instructions:**

- The execution is similar to the forearm long serve
- Hit the shuttle high and deep into the opponent’s court
- Snap your wrist

**Mistakes:**

- Hitting the shuttle in front of the body with the racket facing upward
- Shuttle goes too high and does not fall deep in the opponent's backcourt
- Insufficient wrist movement