



## **BADMINTON - 1**

### **Introduction**

Badminton is a racquet sport played using racquets to hit a shuttle cock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" and "doubles". Badminton is often played as a casual outdoor activity in a yard or on a beach; formal games are played on a rectangular indoor court. Points are scored by striking the shuttlecock with the racquet and landing it within the opposing side's half of the court. In particular, the feathers create much higher drag, causing the shuttlecock to decelerate more rapidly. Shuttlecocks also have a high top speed compared to the balls in other racquet sports. It is also a technical sport, requiring good motor coordination and the development of sophisticated racquet movements.

### **History**

Games employing shuttle cocks have been played for centuries across Eurasia but the modern game of badminton developed in the mid-19th century among the British as a variant of the earlier game of battle Dore and shuttlecock. Its exact origin remains obscure. The name derives from the Duke of Beaufort's in ton Hussein Gloucestershire, but why or when remains unclear. An 1863 article in The Cornhill Magazine describes badminton as "battledore and shuttlecock played with sides, across a string suspended some five feet from the ground".

The game may have originally developed among expatriate officers in British India, where it was very popular by the 1870s. The Badminton Association of England published these rules in 1893 and officially launched the sport at a house called "Dunbar" in Portsmouth on 13 September. India joined as an affiliate in 1936. The BWF (badminton world federation) now governs international badminton. Although initiated in England, competitive men's badminton has traditionally been dominated in Europe by Denmark. Worldwide, Asian nations have become dominant in international competition. China, Denmark, India, Indonesia, Malaysia, and South Korea are the nations which have consistently produced world-class players in the past few decades, with China being the greatest force in men's and women's competition recently.

### **Measurements of court**

#### **Badminton court**

- The court is rectangular and divided into halves by a net. Courts are usually marked for both singles and doubles play, although badminton rules permit a court to be marked for singles only. The doubles court is wider than the singles court, but both are of same length.
- The full width of the court is 6.1 meters (20 ft), and in singles this width is reduced to 5.18 meters (17 ft).
- The full-length of the court is 13.4 meters (44 ft).
- The service courts are marked by a centre line dividing the width of the court, by a short service line at a distance of 1.98 meters (6 ft 6 inch) from the net, and by the outer side and back boundaries. In doubles, the service court is also marked by a long service line, which is 0.76 meters (2 ft 6 inch) from the back boundary.

- The net is 1.55 meters (5 ft 1 inch) high at the edges and 1.524 meters (5 ft) high in the centre.

## **FUNDAMENTAL SKILLS**

### **GRIP**

#### **FOREHAND GRIP**

To adopt the forehand grip we should 'shake hands' with our racket. When holding the racket out in front of us the racket should be parallel with the floor with the racket head angled vertically. The 'V' produced between our finger and thumb should be on top of the racket handle. The grip should be relaxed, the fingers will tighten on the handle just before impact with the shuttle – the greater the power needed the tighter the grip

#### **BACKHAND GRIP**

To use the backhand grip your thumb must sit on the flat part of the racket handle. The grip must be loose to enable the thumb to guide the racket through the shot. The racket should be held in our fingers, not our palm. Our fingers and thumb should be used to control the racket and for power

### **SERVICE**

#### **HIGH SERVICE**

The aim of the high serve is to get the shuttle as high and as far back in the court as possible.

- Forehand grip to be used
- Face the direction to serve, stand side on with non-racket leg forward (right handed players have left leg forward)
- Hold the shuttle with your other hand (right handed players hold shuttle with left), above the level of your waist in front of your body.
- Hold the racket up ready to serve
- Swing the racket, dropping the shuttle onto the racket to make contact -
- Follow through in the intended direction of the shuttle ending up with our racket over our opposite shoulder.
- Ensure to transfer weight from racket leg to non-racket leg during the serve.
- It's important that the hand holding the shuttle be held high as this will help making the shuttle go higher
- If contact is difficult – restrict the swing
- In a game of singles, to serve the player should stand approximately 1m from the front service line and serve on the diagonal

#### **DOUBLES SERVE (backhand)**

The aim of this doubles serve is to serve as low to the net and as close to the Short service line as possible. We can use either a forehand or backhand grip, but the easiest to learn for beginners and new players and the most consistent is the backhand serve.

- Use the Backhand grip
- Stand close to the short service line, in a comfortable position.
- Have the racket against the body – below the waist line
- Hold the shuttle at the top by the feather in front of the racket head –
- Using the fingers and thumb push the shuttle flat over the net, keeping the strings aimed in a flat line so the serve does not go too high.
- On contact point the strings in the direction they want the serve to go.

- If we hold the racket too tight the shuttle will go too high and far

## **RETURN OF SERVICE**

### **Positioning for Serving / Returning in Doubles & Mixed**

In singles – players should stand in the middle of the area to be served into.

In doubles - the player can stand a little closer towards the service line. The player must then be ready to move fast towards the shuttle as soon as the serve is hit. The ideal position is to stand with our legs positioned with our non-racket leg in front (left leg for right handers). Have our knees bent so we are ready to move with our racket up so we can react quicker to the serve. In men or ladies doubles, the server will stand close to the service line and their partner should stand in the middle of the court behind the server so they are ready to cover the back of the court.

## **OVERHEAD SHOTS**

### **CLEAR**

The clear is one of 4 overhead strokes played with the forehand grip – the others are the smash, drop and the snap. The aim is to produce these shots in the same way so that the opponent cannot pick which shot is going to be played until the last split second. The action for the overhead can be broken down to 4 easy steps and is almost exactly the same as the throwing action, e.g. throwing a ball from the outfield in cricket. This action is natural for some players.

### **DROP SHOT**

The aim of the drop shot is to bring the opponent in close to the net so they have to lunge down low to retrieve the shuttle. Use the same preparation steps as the clear but:

- At the last split second, take the power out of the shot by slowing the arm action and by keeping the grip relaxed.
- The contact point with the shuttle is slightly further forward than the clear, to make the angle of the shot in a down wards position.
- The player should aim to land the drop approximately on the short service line, close to the net, so in a match the opponent would have to move a long way to the net to retrieve the shot.

### **SMASH**

The Smash is the most powerful and dynamic shot. It is an attacking shot that is used a lot to put the opponent under pressure and to win rallies.

- Once again the preparation for the smash is the same for all overheads.
- We should only attempt a smash when we can make contact with the shuttle in front of you, so the shuttle will go in a downward angle and with power to the ground and our body moving forward.
- Side on preparation and bent knees are important to generate the power as is the elbow and hip coming through towards the net.
- As we make contact with the shuttle we need to use our forearm and wrist to snap down to get the power and angle.

## **NET SHOTS**

The aim of a net shot is to play the shuttle as close as possible to the net so that it is difficult to return. It is not so important to keep the shuttle flat in its trajectory over the net – it's more important for it to be close to the net (tight).

- Stand facing the net with our racket leg forward, posture is slightly forward
- Racket is level with the top of the net (if possible) elbow bent, relaxed grip
- Use the fingers and wrist to initiate the striking movement – it's important not to use our arm
- Racket face is slightly facing forward to the net
- Slice under the shuttle (using our fingers not arm for this action)

- For the backhand net shot the grip is changed but above actions are the same using our thumb and fingers for the action

## **DEFENCE / BLOCK**

The basic technique for defence - this is used more in doubles and mixed doubles.

- Backhand grip to be used with the racket head pointing at 11 o'clock position (or 1 o'clock for left handers)
- Our body position is important – face the net with both our shoulders and feet square on to the net the easiest and often the most effective way of returning a smash is to play a block just over the net. The idea is to take the pace off the smash and just block the shuttle so it lands inside the short service line and makes it very difficult for the opposition to keep attacking.
- Important to have a very relaxed grip
- A small movement of the racket is required – no arm

## **DRIVES**

A drive shot is a hard flat shot from half court to half court. This is a good shot for beginners to start with to practise contact with the shuttle.

- For the shot to be hit flat to the net the contact point for the racket and shuttle is about the same height as the top of the net
- Have the players in half court (one player v one player) stand with the body facing the net with the racket head up and facing in the direction they want the shuttle to go –
- Ensure that only the forearm is used for this shot not the arm
- Use a loose grip so the racket easily can play this shot back and forth
- The aim is to make the shuttle go flat to the net so on contact with the shuttle the racket head needs to be flat and pointing towards the other side of the net
- Progress then on to drives out the side of the body hitting on the forehand and backhand sides.

## **CONCLUSION**

The badminton manual is a resource that has been created to assist all levels of teacher, coach or interested player to learn more about the sport that is played and enjoyed by millions around the world. Most basic information about badminton is covered including strokes, footwork, latest rules and tournament ideas. We will also be able to gain the knowledge to coach a lesson in badminton or take a group of students or players in a session and teach basic skills and techniques.