
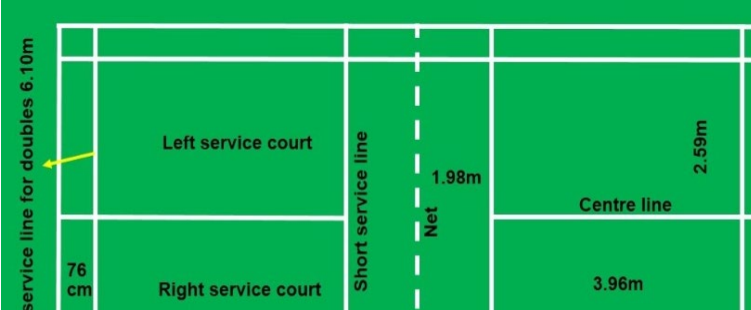


Skills and Techniques		Key Words & Terminology	
<p>Forehand A forehand shot is where the racket is away from the body, for example if you are right handed the racket will be towards the right side of your body.</p> <p>Backhand A backhand shot is where the racket is across the body and towards the opposite side to your strong hand. For example if you are right handed it will be across your body and hitting from the left side.</p> <p>Serving There are 4 types of serve: Low, High, Flick and Drive. They can be executed forehand or backhand. The low is gently placed over the net to land at the front of the service box. The high is a powerful serve aimed at the back of the court. The flick serve is similar to the high but lands more mid court. The drive serve is a flat, low and powerful serve which is aimed towards the back.</p> <p>Grip The grip of the racket is very similar to a hand shake. To test you have the correct grip hold the racket head in your hand, then carefully slide your hand down the racket. Then, wrap your fingers around the handle. You will slightly change your grip when you play a backhand shot as your wrist will turn towards the net.</p> <p>Footwork Side stepping will be the majority of the footwork you do, it allows you to move around the court efficiently while still maintaining proper hitting form. Your legs should be square with your body and move side-to-side. Regardless of the direction you are moving, your head should always be facing the net.</p>	<p>Overhead clear - This is a long shot which aims to land at the back of the court. This is helpful if your opposition tends to play close to the net as they will not have much time to get to the back of the court to return the shuttle. It is also useful to clear to the back of the court when you are under pressure to give you time. You must ensure your elbow is high and you make contact with the racket and shuttle at its highest point with a lot of power.</p> <p>Drop shot- A drop shot is a front of the court shot, similar to a net shot but from your mid court. It travels a long distance but aims to drop to the floor as soon as it goes over the net. The shuttle needs to be hit with a high elbow at the highest point possible to ensure it reaches the opponents court side.</p> <p>Smash shot- This is a powerful shot which, most of the time will win you the point. It is a mid-court shot which moves in a downwards motion very powerfully so it is almost impossible for your opponent to return the shuttle. Power is needed from your shoulder and arm.</p> <p>Net shot- A net shot is where the shuttle glides just over the net, almost in touching distance. This is a hard shot to return as it is very low to the floor when it goes over the net so the player must be quick to get low and return this. You should hit the shuttle gently in a downwards motion.</p>	<p>Shot</p> <p>Serve</p> <p>Rally</p> <p>Overhead clear</p> <p>Smash</p> <p>Net shot</p> <p>Racket</p> <p>Service box</p>	<p>Drop shot</p> <p>Forehand</p> <p>Backhand</p> <p>Grip</p> <p>Footwork</p> <p>Shuttlecock</p> <p>Court</p> <p>Tramlines</p>
			
			

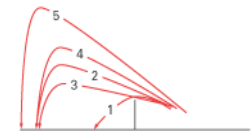
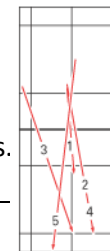
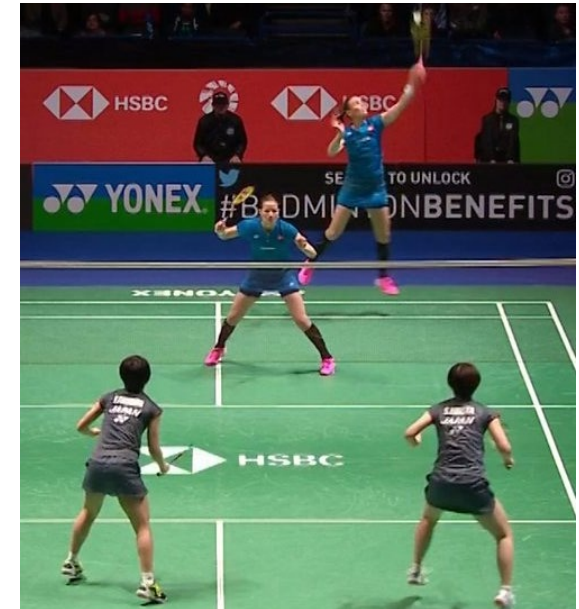
Rules

- After the serve is returned, you and your opponent will hit the shuttle alternately until a 'fault' is made or the shuttle goes out of play. This is called a rally.
- A badminton match consists of the best of 3 games. In men's, the first side to score 15 points wins the game. In women's, the first side to score 11 points wins the game.
- To score a point you need to get the shuttle to land anywhere on your opponent's floor without them being able to return it. Also, you can score if your opponent returns the shuttle and it lands outside of the court on your side. Similarly, you can score a point if any of the following faults are made by your opposition:
 1. The shuttle goes under the net
 2. The shuttle hits the wall, ceiling or any player
 3. The player touches the net with any part of their body or racket
 4. Deliberately distracting your opposition
 5. If the shuttle is hit twice before it goes over the net
- In doubles the whole court is used. However, in singles the back tram line is classed as out.

Tactics

- Hit the shuttle consistently high and deep to give time to recover.
- Try to aim shots to the opponent's weaker side (usually backhand), to give the advantage off a weak return.
- Try to place shots before adding more power, because more power will usually result in more errors.
- Try to keep the opponent on the move as much as possible and not play me to you badminton. This is when two players just stand in the centre of the court and hit the shuttle back and forth between them. Try moving the opponent from the net to the back and from the forehand to backhand side to fatigue them quicker.
- If you keep winning, keep playing the same way.
- If you keep losing, change the style of play.
- Try to change the speed of play, by mixing up shots. For example, hit some slower shots, such as, drop shots and net shots, with faster shots in between, such as, smashes, and drives.
- Always play to personal strengths and try to exploit the opponent's weaknesses.

Key Words & Terminology



- 1 Short Service
- 2 Drive Service
- 3 Drive Service from court limits
- 4 Swip Service
- 5 High Service

