

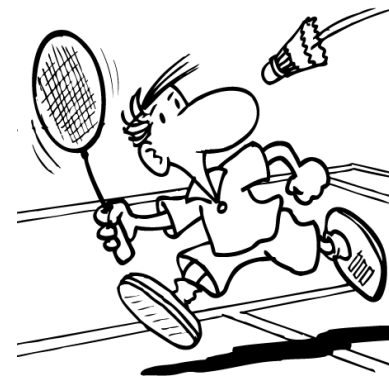


BADMINTON

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General information on basic strokes and movements used in Badminton is presented on the following pages. Every topic is packed on to one page.



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Rules of the game

- General rules
- Interval and change ends
- Singles
- Court lines
- To score points

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Ready to move / footwork movements

- Principles
- Start
- Techniques into all court areas
 - To rear-court (high / mid / low)
 - To mid-court (high / mid / low)
 - To front-court (high / mid / low)

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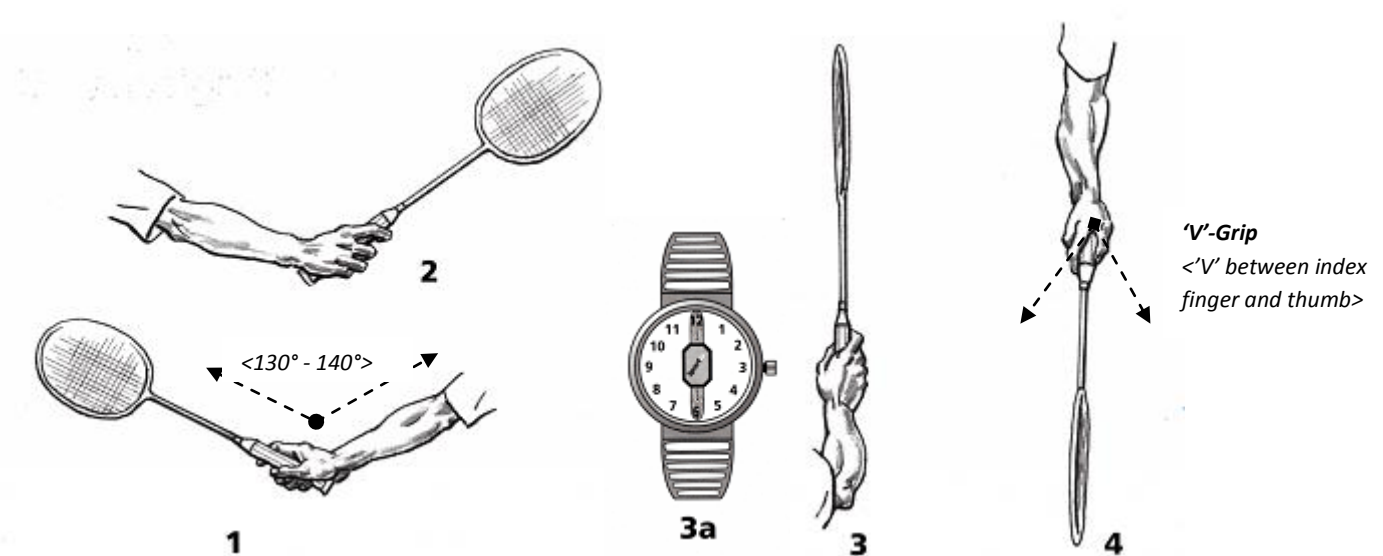
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Grip

The racket is the most important equipment to play badminton. It is the extension of the player's his arm and hand. The player will hold the racket that it will not fall out of his hand after a hard hitted shot. The player also grips the racket loose and moveable before the stroke so that he can turn the racket and move it quickly into different grip positions.



Forehand grip (universal V-Grip)



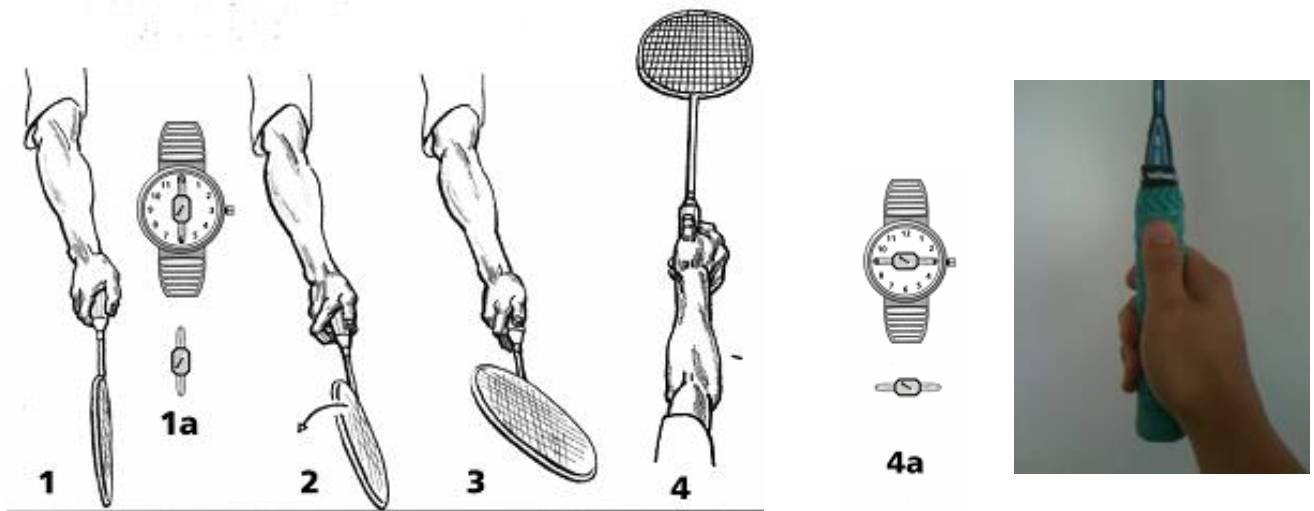
- The racket head is the extension of the palm of the player's hand
- The racket is hold in the middle of the handle and lies on the fingers.
- The thumb is on the wider side of the handle opposite side of the palm.
- The end of the racket handle is slightly out of the palm

- 6 – o-clock position. (3a)
<like on a watch>
- Shake – hand <to say HELLO> with the racket.
- Forearm and racket should always show an angle of 130° – 140°. <see 1,2>

- The racket head points in 90° to the floor. The smaller side of the handle is up.
- There is a 'V' between index-finger and the thumb. (see 4)
- The grip is loose <not tight> and there is free space between the palm and the handle of the grip. The handle is in the fingers not in the palm of the hand.



Backhand Grip



- Hold the racket with the universal / ,V'-Grip (1)
- Turn the racket with the fingers in your hand to the right side until the thumb is on the wide side of the handle (2,3)

- Pictures 3 / 4 show the backhand grip
- in backhandshots the thumb presses down on the wide side of the handle to add more power to the shots

- When the arm is stretched the racket shows like '9.15 hrs' ('2.45 hrs') on the watch

Important clues:



* In backhand shots, the wrist should always be cocked back towards the back of your hand.
* This grip is mostly for hard (powerful) shots on the backhand side.

