

CLEAR

What is clear?

- A shot that is hit high and deep into the opponent's rear court, aiming to push them towards the rear of the court and create distance.

How to hit clear?

- Hold racket down with forehand grip.
- Split step.
- Chasse movement and be behind the shuttle.
- Face sideward with chest open.
- Racket arm around 90°.
- Generate energy with non-racket leg.
- Rotate hip, torso and then shoulder.
- Bring your elbow through. Wrist movement through. Then rotate your forearm.
- Hit the shuttle at the highest point above your head.

Uses

- For defensive purpose to regain control and creating space.
- Changing momentum and setting up smashes.
- To get more time during rally.

Types of Clear

1] Normal clear

2] High clear

3] Punch clear

- **Normal clear**- When you want to reset the rally and move your opponent.
- **High clear**- When you are under a lot of pressure and you want to reset the rally.
- **Punch clear**- When we are at good position and below the shuttle. By hitting this we can put opponent under pressure.

DROP

What is a drop?

- A downward shot from the rear.

How to hit drop?

- Leg wide. Face sideward.
- Weight through back leg.
- Proper forehand grip. Make 90° at elbow.
- Rotate hip and core. Then bring your arm through.
Not using your hip reduces rotation= Reduced control
- Arm should not be too bent or completely straight.
- Hit the shuttle in front of your body.

- Point the shuttle from your left arm so that it will help in timing, balance and rotation.

Uses

- If you are not in good position to hit smash.
- To neutralize the rally if under pressure.
- To make opponent to take shuttle below net height.

Types of Drop

- | | |
|----------------------|------------------------------|
| 1] Basic Drop | 4] Straight Reverse Slice |
| 2] Straight Slice | 5] Cross Court Reverse Slice |
| 3] Cross Court Slice | 6] Loopy Drop |
| 7] Stop Drop | |

- **Basic drop-**
Use a flat racket face so you don't slice shuttle.
- **Straight slice-**
 - 1] Hit the side of the shuttle.
 - 2] Hit shuttle above your head.
 - 3] Use wrist to generate extra power needed.
- **Cross court slice-**
 - 1] Requires more power because it travels more distance.
 - 2] Use wrist to generate power.
 - 3] Hit shuttle in front of body.
- **Straight reverse slice-**
 - 1] Bring the wrist through so palm is facing upwards.
 - 2] Forward wrist movement (forward momentum) and same striking point.
- **Cross court reverse slice-**

- 1] Go below the shuttle.
- 2] Don't bend upper body.

- **Loopy drop-**

- 1] Play it at right time.
- 2] Hit it from upper part of racket.
- 3] Stop the swing at late as possible.

- **Stop drop-**

- 1] Fast racket head speed until the last moment.
- 2] Don't drop your arm.

SMASH

What is smash?

- A powerful overhead shot aimed to win rally by hitting the shuttle forcefully into opponent's court.

How to hit smash?

- Forehand grip.
- Move slightly to a pan-handle grip if you don't want to slice it.
- Loose grip until last moment.
- Holding grip down helps to create longer lever.
- Body face sideward.
- Racket arm around 90°.

- Rotate hip, torso and shoulder (shoulder rotation helps to prevent slicing the smash).
- Then bring your arm and wrist through.
- Generate maximum racket head speed.
- Keep your elbow back as you are rotating torso.
- Pointing the shuttle with non-racket arm helps for timing, balance and rotation.
- Fast racket head speed = Faster smash.
- You should be half a meter behind the shuttle to get maximum power from forward momentum.
- Being behind the shuttle helps to get a good angle.
- Stay relaxed until last moment.
- Placement of smash is very important.
- Rotation helps to put all of your body weight into smash.
- Rebound helps to prevent over rotation and maintaining balance.
- Three ways to hit smash-
 - 1] Scissor kick (scissor jump) 2] Jump out (side jump)
 - 3] Jump smash

Uses-

- Offensive play: To play offensive and make it challenging for opponent to return it.
- Winning points: To win the rally by hitting at opponent's weak area.

- Forcing weak returns: Setting up opportunity to win rally.
- Changing the pace: Fast and aggressive smashes and slower shots can confuse the opponent.

What not to do?

- **Common mistake:** Wrist creates the power (only wrist can't create power).
- You will lose speed and power if you will start swing too early.
- Only use of arm can't create the power.
- Don't use jump smash if you are not in good position or have no time to jump.
- Don't completely straighten your arm before contact.
- Hitting smash continuously can make it weaker as you get tired.

Types of smash

- 1] Jump smash 2] Half smash 3] Full smash
 4] Body smash 5] Slice smash 6] Cut smash
 7] Straight smash 8] Cross smash 9] Stick smash

- **Jump smash-**

- Uses-**

1. More angle
2. Looks more dangerous

How to hit?

1. Face sideward.
2. Feet and shoulder width apart.
3. Squat to load legs.
4. Open chest.
5. Racket arm around 90°.
6. Non-racket arm up.
7. Begin with fast rotation of hip and torso when hips are facing directly toward the net.
8. Then rotate shoulder and elbow.

- **Half smash-**

1. Used to neutralize the rally.
2. Lands to the half of the court.
3. Use more wrist.
4. Keep the same form as full smash.
5. Follow up your smash as return may be lower paced.

- **Full smash**

1. Lands in lobby of the court (full power swing).
2. Used when you are in good position.
3. Try to finish the rally by following up the smash.

- **Body smash**

1. A directed shot hits to opponent's body.
2. Mid section to limit their response action.

- **Slice smash**

1. Creates deep angle and slows down the speed.
 2. Use the same form but tilt your racket.
- **Cut smash**
 1. Focus on angle more than power.
 - **Straight smash**
 1. A powerful shot aimed parallel to the side line.
 - **Cross court smash**
 1. A diagonal powerful shot.
 - **Stick smash**
 1. Sharpness comes from the flick of the wrist.
 2. Are extremely surprising.

DEFENCE

What is a defence?

- A shot returning for opponent's smash to stay in the game and preventing opponent from scoring points.

How to do?

- **Footwork-**
 - 1) After doing high lift come back to centre with backward step because we have enough time.
 - 2) After doing flat lift come back to centre by using quick side- step because we don't have enough time.

- 3) Be on toe. Do split step before opponent has hit shot, so we have enough time.
- 4) Split step enables to push off explosively in any direction.
- 5) Staying low helps us to move faster and we have more control on our body.

- **Racket positioning-**

- 1) Bevel grip.
- 2) Racket arm and elbow in line with body.
- 3) Racket head by our knees.
- 4) Racket arm straight while hitting the shuttle to maximize reach.

- **Standing position-**

- 1) Be on toe and heel landing.
- 2) The side you lift on, aim for that side's body alignment. Forehand side lift- body alignment forehand side. Backhand side lift- body alignment backhand side.
- 3) Positioning also depends on two more things- 1. Quality of lift 2. Knowing opponent's favourite shot
- 4) Good lift= Body positioning a little forward because opponent is more likely to play drop shot.
- 5) Bad lift= Body positioning a little backward because opponent is more likely to play a smash, so give ourselves more time.
- 6) If we know opponent's favourite shot, we might have a central base position for better anticipation.

Important

- Good split step.
- Good reactions.
- Good anticipation.

Uses

- Defending drop shots.
- Defending smashes.
- Defending late rear- court shots.

What not to do?

- Don't keep racket outstretched in front because then we have to take shuttle later.
- Don't jump while doing split step.
- Don't stand straight. Stay low.
- Don't jump while doing defence.
- Don't turn ankle while landing.

Types of defence

- One Step Defence-
 - 1) Backhand side non-racket leg front.
- Normal Defence
- Half Dive Defence-
 - 1) Quick split step. Stay low.
 - 2) Do a side lunge.
 - 3) Back leg should be straight and racket reaching out.

- 4) Forehand side racket leg will be in front.
- 5) Hit the shuttle before landing.
- 6) Both hand down then start rotating body and legs.
- 7) Quickly stand up and recover.

DRIVE

What is a drive?

- A fast flat shot that travels close to the net to maintain control and put pressure on the opponent's defence.

Types of drives

- Forehand drive-
 - 1) Split step.
 - 2) Step out to the side or front.
 - 3) As your racket foot is half way through this step.
 - 4) Racket foot should land milliseconds before you strike the shuttle.
 - 5) Loose forehand grip.
 - 6) Relaxed forearm and shoulder.
 - 7) As the shuttle comes towards you keep your hip and shoulder facing towards net.
 - 8) As you step out bring your elbow back and bend your wrist.
 - 9) Accelerate your elbow forwards and snap your wrist.
 - 10) Squeeze your grip while striking the shuttle.

- Backhand drive-
 - 1) Land milliseconds before you strike the shuttle to improve control and add extra power.
 - 2) Split step then go forward into drive.
 - 3) Loose backhand grip.
 - 4) Squeeze fingers and thumb at the point of contact.

Uses

- Straight down the side line.
- To the middle.
- Cross court (only driving cross court when you are above the height of the net).

What not to do?

- Avoid big back swing- likely to mistime the shot and recovers slower.
- Don't hit hard drive below the net height.
- Don't keep racket down.

What to do?

- Short back swing- take shuttle earlier, more option and gives opponent less time.
- Bend wrist back as it helps to hit shuttle cleanly and not slice it.
- When you don't have time to bring elbow back. Use finger power by squeezing grip.

LIFT

What is a lift?

- A defensive shot used to buy time or change the pace of the game.

How to do?

- **Racket Positioning-**

- 1) For forehand lift use forehand grip and for backhand lift use backhand grip.
- 2) Use finger power for better control then squeeze your grip.
- 3) Use finger and thumb along with short swing to change quick direction of lift.
- 4) Racket face should be slightly vertical for singles and horizontal for doubles.
- 5) Sometimes when you do longer follow through for high lift you will get more time to recover.

- **Footwork-**

- 1) Split step.
- 2) Heel landing.
- 3) Strong controlled lunge.
- 4) Knee should be around 90°.
- 5) Land your foot just before you hit the shuttle. If you will land too early you will lose accuracy in lift. If

you land too late you will not be able to adjust your positioning.

6) Keep your upper body straight.

7) Keep your head upright.

Types of Lift

- Flat Lift-
 - 1) Step into the shot.
 - 2) Quickly squeeze the grip with a short follow through.
 - 3) More commonly used with faster shuttle.
 - 4) Used when there is space on the court and your opponent cannot hit it with balance.
 - 5) Puts pressure on opponent's movement and speed.
- High Lift-
 - 1) Big follow through; bring your racket under the shuttle to hit it high.
 - 2) High lift is much harder to time for opponent.
 - 3) More commonly used with slower shuttle.
 - 4) Gives you time to reset the rally.
- Deceptive Lift-
 - 1) Deceptive Cross Lift-
 - i. Forehand side: forehand grip (use finger to squeeze the shuttle)
 - ii. Backhand side: bevel grip (use thumb to create power)

- iii. Approaching the shuttle: arm should be slightly bent, showing a simple and early shot.
- iv. Lunging foot should land as you are pretending to play the first shot.
- v. Get your racket face as close as possible to the shuttle.
- vi. Then quickly pull your elbow back.
- vii. Keep your body weight leaning forward.

2) Deceptive Straight Lift-

- i. Show an early straight net shot.
- ii. At the last millisecond drop your racket and punch it over their head.
- iii. Keep your elbow out.
- iv. Short backswing.
- v. More common in singles but can also be used in doubles.
- vi. Works better against opponent with poor footwork.

3) Top Spin Lift-

- i. Take the shuttle in-line with you.
- ii. Flick your wrist up and use your fingers and thumb to generate power.
- iii. Racket should move in sideward and upward direction.
- iv. Slice the shuttle to make it travel in opposite direction.

- v. As you strike the shuttle your racket should almost horizontal.
- vi. A short gone.

Uses

- 1) Used to reset the rally.
- 2) Used to opponent under pressure.

What not to do?

- 1) Don't fold in your racket arm.
- 2) Don't drop your head down.
- 3) Don't do toe landing.

What to do?

- 1) After doing high lift come back doing backward running.
- 2) After doing flat lift come back side ways.
- 3) Use finger and thumb to change direction of lift.
- 4) Lunges and recovery most important.

CROSS NET

What is a cross net?

- A shot played close to the net from one side of the court to the opposite side.
- It is typically hit softly and angled sharply to make it difficult for opponent to return.

How to do?

- **Forehand Cross Net-**

- 1) Long lunge to get close to the net.
- 2) Reach the shuttle as early as possible.
- 3) Racket positioning slightly up.
- 4) Racket head should be vertically facing to the ground after hitting the shot.
- 5) Loose forehand grip.
- 6) Racket arm should be slightly bent.
- 7) Keep your non racket arm straight behind you as it helps for balancing.
- 8) Pull your elbow back and down.
- 9) Push the shuttle over.

- **Backhand Cross Net-**

- 1) Start in a backhand grip then change it to bevel grip.
- 2) Pull your elbow back and down.
- 3) Racket arm should be slightly bent.
- 4) Keep your non racket arm straight behind you as it helps for balancing.
- 5) Keep your body controlled.
- 6) Bend your wrist slightly.
- 7) Push the shuttle over.

Types of Cross Net

- Really Late Cross Net -
 - 1) Strike with a straight arm.
 - 2) Use your wrist to turn the shuttle.
 - 3) If you hit very low and far out turn your grip into pan handle grip.
- Faster Cross Net -
 - 1) Not quite early enough to kill it.
 - 2) Used when shuttle comes with more gap.
- Deceptive Cross Net-
 - 1) Show early dribble.
 - 2) Drop your elbow then turn your wrist.

Uses

- 1) To make opponent move more.
- 2) To make opponent change sudden direction.

What not to do?

- 1) Don't do shoulder rotation. Do only forearm rotation.
- 2) Don't use your wrist too much.

NET SHOT

What is a net shot?

- A shot played close to the net and making it challenging for opponent to return.

How to do?

- 1) Split step.
- 2) Chasse movement.
- 3) Lunge just before you strike the shuttle.
- 4) Keep your left hand back straight for balancing body.
- 5) Keep your body in control.
- 6) Reach early to the shuttle.
- 7) Use bevel grip for dribble.
- 8) Forehand side use forehand grip and backhand side use backhand grip.
- 9) For spinning shuttle use bevel grip.
- 10) You should have a relaxed grip.
- 11) Use short swing.

When to play net spin and long net shot?

- 1) When shuttle is close to the net go for net spin.
- 2) When the shuttle comes near the service line play long net shot.

Types of Net shot

- In to Out Net shot -
 - 1) Arm is bent; straighten your arm at the last moment.

- 2) Straightening your arm pushes the shuttle forward.
 - 3) Coming under the shuttle and hitting it on the side creates the spin.
 - 4) More commonly used when the shuttle is coming across you.
- Out to In Net Shot -
 - 1) Keep your arm straight almost whole time.
 - 2) Twist your hand from fingers facing side wards to facing up wards.
 - 3) More commonly used when the shuttle is directly in- front of you and also to return serve.
 - Dead Net -
 - 1) Your lunge creates the momentum of the shuttle.
 - 2) It is very important to keep your body upright.
 - 3) Used when your opponent is closer to the net.
 - Long Net -
 - 1) Racket shaft should be horizontal.
 - 2) If shuttle comes with more height
 - 3) If shuttle comes deeper
 - 4) Have a relaxed grip.
 - 5) In this shot you can push in same action more used in doubles.
 - Really Late Net Shot -
 - 1) Straighten your arm.
 - 2) Use panhandle grip.
 - 3) Pull the racket back.

- 4) Used when touches the net and falls very close to the net shuttle.

What to do?

- 1) Need to be on balance.
- 2) Take the shuttle early.
- 3) Have the belief that you can play a tight net shot.
- 4) Stay relaxed.
- 5) Arm move with body momentum.

What not to do?

- 1) Don't hold grip down.
- 2) Don't approach the shot with tension.
- 3) Landing before and after causes to lose control of your body.
- 4) Arm shouldn't move alone.
- 5) Don't bend your arm.
- 6) Don't hold grip too tight.
- 7) Don't do big swing.
- 8) Don't bend upper body.

NET KILL

What is a net kill?

- A quick and aggressive shot played close to the net.

- The shuttle goes down into the opponent's court making it hard for opponent to return.

Types of Net Kill

- **Basic Far Kill -**

- 1) Push off and step forward with your non- racket leg moving swiftly towards the shuttle.
- 2) Always lead with your racket leg.
- 3) Knee should be slightly bent while lunging.
- 4) Body weight forward.
- 5) Lunge then strike the shuttle.
- 6) Keep your racket hand ready.
- 7) Use bevel grip to change quick direction.
- 8) Hold racket handle little up.
- 9) Allow enough room between your body.
- 10) Racket shouldn't be too close or too far to the body.
- 11) Keep racket face downward to create correct angle for a sharp downward shot.
- 12) Use a short and sharp wrist movement to strike the shuttle just above net level.
- 13) Use your fingers to create power on forehand side.
- 14) Use thumb to create power on backhand side.
- 15) Hold loose grip then squeeze it to create power.
- 16) Have a short swing and rebound racket.

- **Brush Off Kill-**

- 1) Use pan handle grip on forehand side and backhand grip for backhand side.

- 2) Forehand side do swing from right to left.
- 3) Backhand side do swing from left to right.
- 4) Jump and strike the shuttle.
- 5) Use short swing.

What to do?

- 1) Stay slightly in front from the midcourt.
- 2) Generate power from wrist and forearm.
- 3) A short swing.
- 4) Racket up and steady.
- 5) Go one step back after playing tight net shot.
- 6) Knee slightly bent while lunging.

What not to do?

- 1) Don't go too close to the net.
- 2) Don't use too much power.
- 3) Avoid full swing of shoulder.
- 4) Don't keep your racket down.
- 5) Don't go fully centre after playing net shot.
- 6) Knee should not be too straight.
- 7) Racket and racket leg shouldn't cross the net and don't touch the net with your racket. Doing this will be considered fault.

BACKHAND

What is a backhand?

- A backhand is hitting the shuttle deep into the opponent's court using the backhand side of the racket from the rear court position.

How to hit?

- **Footwork-**

- 1) Split step in the direction you want to move.
- 2) Chasse with your non racket leading.
- 3) Pivot facing backward.
- 4) Lunge and strike the shuttle at the same time.
- 5) Push off with your racket leg. After that, rotate forward, then come back to centre.

- **Grip and racket positioning-**

- 1) If the shuttle is in front of you, use backhand grip.
- 2) If the shuttle is behind you, use bevel grip.
- 3) If the shuttle is far behind you, use panhandle grip.
- 4) Have a relaxed grip and arm.
- 5) Squeeze grip at the time of contact.
- 6) Start with elbow low then bring it up to generate power.
- 7) Arm is slightly bent at the time of contact.
- 8) Hit the shuttle at optimal point.

Types of Backhand

- **Backhand Clear-**

- 1) Lunge and strike the shuttle at the same time.

- 2) Use body weight and squeeze grip to generate power.
 - 3) Use flat racket face as you strike the shuttle.
 - 4) Have a relaxed arm and it should be slightly bent before striking the shuttle.
 - 5) Contact at the optimal point.
 - 6) If you want to hit cross then do cross follow through.
 - 7) It is used if you want to reset the rally.
- Backhand Drop-
 - 1) Use racket leg to generate power.
 - 2) Keep wrist inward.
 - 3) Racket face vertical.
 - 4) If you want to hit cross then turn your racket face cross.
 - 5) Used when you want to neutralize the rally and not give attack away.
 - Backhand Smash-
 - 1) Take the shuttle little earlier.
 - 2) Do quick body rotation.
 - 3) Generate power by rotating forearm and squeezing grip.
 - 4) Used to put pressure back on opponent and to surprise opponent.
 - Backhand Reverse Slice-
 - 1) Keep your elbow low then bring it up.
 - 2) Pull back with your wrist.
 - 3) Strike the shuttle from vertical racket head position.
 - 4) Straighten your arm at the time of contact.
 - 5) Used to deceive the opponent.

- Backhand Late Rear Court-
 - 1) Use panhandle grip.
 - 2) Keep your body and core upright.
 - 3) Use low centre of gravity.
 - 4) Split step, small chasse and turn backward.
 - 5) Keep gap between your racket and body.
 - 6) Rotate the body, shoulder and then squeeze the grip to generate power.
 - 7) Used when you are stuck in backhand rear court.