

STRETCH

- Ankle and wrist rotation
- Bouncing and calf stretch
- Ankle shift
- Full knee bending
- Knee rotation- Inward and outward
- Hip push stretch
- Hip rotation- Clockwise and anticlockwise
- Trunk twist
- Elbow out stretch
- Arm rotation- Clockwise and anticlockwise
- Arm swing
- Forearm rotation
- Neck rotation- Clockwise and anticlockwise
- Toe touches
- Upper body rotation
- Alternate lunges
- Alternate side lunges
- High kicks
- High Jump
- Jumping Jack
- High Knee
- Butt kick
- Fast feet tapping

WARM UP

2 Courts 2 Rounds each exercise

- Jogging
- Back Running
- Side Running
- Side Shuffling
- Side- Side- Jump
- Zigzag Running
- Scissor Jump
- Twister
- Lunges
- Alternate High Knee Jump
- High Knee
- Butt Kick
- Tapping
- China Jump
- Tuck Jump
- Jump Squats
- Jump Lunges
- Sprint
- Straight and Side Run
- Ankle In Out

Tactical Points

- Badminton game is all about having confidence.
- Focus on opponent's weak point.
- Same action, consistency and short swing for shots will prevent opponent from predicting your shots.
- First 5 points judge your opponent. Play basic shots like toss, drop and lift to move opponent on court.
- Try to make court big for your opponent.
- Wait for right opportunity to finish rally. Don't hurry.
- Always change the pace of game as it helps to break rhythm of opponent.
- If you are under pressure, then play to centre. Hit attacking toss, fast drop because all players practise shots which come in corner.
- If you are stuck in rear court, then don't play slow shots as opponent it would help opponent to finish the rally. Play faster shots.
- After hitting powerful smash you should generally follow your smash because return will be weak.
- If you didn't do proper lift, then stand one step back from centre, wide your leg and stay low.
- Use body alignment. If you do lift to right side then stand one step towards right side and same with left side.

- If you are under pressure, then lift/ hit toss towards forehand side because your opponent won't be able to use body weight as he will do china jump. Don't give too much height or else he can use scissor jump to increase power in his shot.
- If you hit tight net shot then move one step back towards centre and be ready.
- Watch videos of top players to learn. Also watch your own and opponent's video and analyze it.
- **Bonus:** Have a balanced meal before 2-3 hrs of your match.

GRIP

- There are four types of grip in badminton.
- It helps for playing more powerful, accurate and consistent shots.

Types of Grip

1] Forehand Grip

2] Backhand Grip

3] Bevel Grip

4] Pan- Handle Grip

- **Forehand Grip**
How to hold?

- 1] Pretend to shake someone's hand.
- 2] You should have 'V' shape appearance of thumb and index finger.
- 3] A small gap between index and middle finger.
- 4] String facing sideward.

Shots-

- 1] Forehand high and low serve.
- 2] Forehand clear, drop and smash.
- 3] Forehand lift and keep.
- 4] Forehand drive.

- **Backhand Grip**

How to hold?

- 1] Pretend to hold like a fry pan.
- 2] Thumb on top and finger relaxed on side.
- 3] Thumb on wider section.
- 4] String facing upward.

Shots-

- 1] Backhand flick and shot serve.
- 2] Backhand lift and keep.
- 3] Backhand drive and defence.

- **Bevel Grip**

How to hold?

- 1] Hold backhand grip, then turn racket clockwise.

2] String facing half way.

Shots-

1] Backhand rear court.

2] Convert, convert defence and late defence.

3] Backhand dribble.

- **Pan- Handle Grip**

How to hold?

1] Thumb on side of racket.

2] Pinch the side of thumb and finger.

Shots-

1] Forehand tap.

2] Late backhand rear court.

SERVE

Forehand Serve

- Hold shuttle like a glass of water near chest area
- Keep your non racket leg front
- Keep your shuttle in front
- Keep your non racket arm[in which you are holding shuttle]
- Toe should be in direction we are serving.
- First stand with your non racket leg on heel
- Then stand with your racket leg on toe
- Twist your hip and right ankle while hitting
- Keep racket face slightly tilted forward
- Maintain a relaxed grip

- Hit the shuttle in one follow through
- Do contact at lowest point near left foot with arm fully extended
- Execute a controlled swing