

# DECEPTION

## 1) Top Spin

1. Take the shuttle in-line with you.
2. Flick your wrist up, use your fingers and thumb to generate power.
3. Racket should move in sideward and upward direction.
4. Slice the shuttle to make it travel in opposite direction.
5. As you strike the shuttle, your racket should be almost horizontal.
6. Do a short swing.

**NOTE:** Move your fingers as if you are opening water-bottle.

## 2) Forehand Slice

1. Use a relaxed forehand grip.
2. Give more angle by tilting/ turning racket face.
3. Stand facing sideward with shoulder open.
4. Open your upper body and keep your arm up.
5. Raise the racket slightly up.
6. Elbow goes down.
7. Rotate hip.
8. Striking point of shuttle should be high.
9. Do soft slice.

10. Slice the shuttle but don't rotate under arm.
11. Use your finger and wrist to slice the shuttle.
12. Follow through for controlled finish by racket facing down.
13. Swing towards the middle and slice fast.

### **3) Forehand Reverse Slice**

Uses:

1. Great variation to add to your attack.
2. It can be used in both singles and doubles.
3. Hopefully you can get a chance to win a point.

What opponent will feel:

1. Straight reverse slice looks like it will go cross.
2. Cross court reverse slice looks like it will go straight.
3. Looks like same form as clear, drop and smash.

Footwork:

1. Split step and chasse.
2. Pivot [A.T.H].
3. China jump [Forehand side].
4. Shift your weight onto your back foot [A.T.H].
5. Use scissor kick jump and rotate your body towards the shuttle [A.T.H].
6. Jump and strike the shuttle at same time [Forehand side].

Hitting technique:

1. Hold loose forehand grip.
2. Body facing sideward.
3. Racket arm around 90°.
4. Point the shuttle with your non-racket arm as it helps for timing, balance and rotation.
5. Bring elbow through with fast swing.
6. Straighten your arm at the point of contact.
7. Angle racket face slightly downward to create slicing motion.
8. Position the racket behind your body to generate power.
9. Don't turn your racket face too early.

#### **4) Ginting's Net Deception**

1. Use a relaxed forehand grip.
2. Prepare out to in of shuttle.
3. Should look like a straight net shot.
4. Drop the racket quickly and do in to out.
5. Bring racket below the shuttle to create the angle.
6. Push the shuttle cross court aiming close to the net.

#### **5) Ginting's Deceptive Service**

##### **Return**

Forehand return:

1. Looks like you are going to play straight net shot or straight lift.

2. Slightly drop your racket, arm and shoulder.
3. Bring your elbow close to your chest.
4. Turn your wrist so, it is facing upwards.

Backhand return:

1. Looks like you are going to play straight net shot or straight lift.
2. Slightly drop your wrist and bring elbow up.
3. Guide the shuttle cross court.

**NOTE:** Don't use too much wrist. Use your body momentum.

## 6) Forehand Net Variations

1. Normal Keep
2. In to Out
3. Out to In
4. Cross Net
5. Straight Lift
6. Cross Lift
7. Straight Push
8. Cross Push
9. Far Net Kill
10. Out to In Net Kill
11. Forehand Deceptive Straight Net:
  - i. Grip used: forehand v grip.
  - ii. Perform a lift action.

- iii. Bend the wrist and pull back.
- iv. Relaxed soft touch.

## 12. Forehand Deceptive Cross Net:

- i. Grip used: forehand v grip.
- ii. Show early straight net.
- iii. Elbow slightly bent.
- iv. Pull your elbow.
- v. Rotate your forearm and wrist together.
- vi. Squeeze the grip little bit towards cross.

## 13. Forehand Deceptive Cross Push:

- i. Grip used: loose forehand and hitting time squeeze.
- ii. Perform early straight net.
- iii. Leave the shuttle first.
- iv. Turn your racket face towards cross.
- v. Pull your elbow.
- vi. Strike the shuttle from below.

## 14. Forehand Peter Gade Deception:

- i. Grip used: forehand and backhand thumb grip.
- ii. Catch early.
- iii. Turn your wrist.
- iv. Turn racket face.
- v. Strike it from below towards cross.

## 15. Forehand LCW Deception:

- i. Grip used: forehand v grip.
- ii. Perform a kill action.

- iii. Bend the wrist, pull back and get low.
- iv. Relaxed soft touch with spin.

#### 16. Forehand Deceptive Slice Net Kill:

- i. Grip used: forehand and panhandle
- ii. Perform a normal net.
- iii. At the time of contact slice the shuttle.

#### 17. Forehand behind the back:

- i. Grip used: forehand and panhandle.
- ii. Show early net block.
- iii. Leave the shuttle first.
- iv. Continue to watch the shuttle.
- v. Leg stable, turn your upper body.
- vi. Strike it from behind the back, doing cross net.

#### 18. Forehand between two legs:

- i. Grip used: loose forehand.
- ii. Catch early.
- iii. Leave the shuttle first.
- iv. Right leg will come forward.
- v. Gap between both legs.
- vi. Adjust shuttle in centre between two legs.
- vii. Strike it towards cross.

#### 19. Forehand Grip change Cross Net:

- i. Grip used: loose forehand and panhandle.
- ii. Perform early straight net.
- iii. Leave the shuttle first.

- iv. Fully rotate your wrist and change grip from forehand to panhandle.
- v. Turn your racket face toward cross.

## 20. Forehand Ginting's Deception:

- i. Grip used: loose forehand.
- ii. Show early net.
- iii. Leave the shuttle first.
- iv. Pull your racket below.
- v. Turn your racket face towards cross.

## 21. Forehand Grip Change Cross Push:

- i. Grip used: loose forehand and backhand.
- ii. Show early straight net.
- iii. Change your grip.
- iv. Squeeze the grip.
- v. Turn the racket face towards cross.

## 22. Forehand Late Net Shot:

- i. Straighten your arm.
- ii. Use panhandle grip.
- iii. Pull the racket back.
- iv. For cross turn your finger towards cross.
- v. Make sure soft touch.

## 23. Forehand Top Spin:

- i. Grip used: forehand and panhandle.
- ii. Flick your wrist up, use your fingers and thumb to generate power.
- iii. Slice the shuttle to make it travel in opposite direction.

- iv. As you strike the shuttle, your racket should be almost horizontal.
- v. Do a short swing.

#### 24. Forehand Racket face change Keep:

- i. Grip used: forehand v grip.
- ii. Perform a kill action.
- iii. Change the racket face.
- iv. Strike it from below and do a soft touch.

#### 25. Forehand Far Cross Net:

- i. Grip used: forehand v grip.
- ii. Catch it from below.
- iii. Extension of forearm.
- iv. Turn your wrist towards cross.
- v. Rebound action.
- vi. Squeeze a grip little bit.

## **7) Backhand Net Variations**

1. Normal Keep
2. In to Out
3. Out to In
4. Cross Net
5. Straight Lift
6. Cross Lift
7. Straight Push
8. Cross Push

9. Far Net Kill

10. Out to In Net Kill

11. Backhand Deceptive Straight Net:

- i. Grip used: bevel grip.
- ii. Perform a normal net spin.
- iii. Leave the shuttle first.
- iv. Strike it from below.
- v. Slice it out to in.

12. Backhand Deceptive Cross Net:

- i. Grip used: bevel grip.
- ii. Show early straight net.
- iii. Bring your elbow down with forearm and wrist combination.
- iv. Turn forearm towards cross

13. Backhand Deceptive Straight Push:

- i. Grip used: thumb and hitting time bevel.
- ii. Perform a net spin action.
- iii. Leave the shuttle first.
- iv. Strike the shuttle from below.
- v. Squeeze grip while hitting.

14. Backhand Deceptive Cross Push:

- i. Grip used: bevel and backhand thumb grip.
- ii. Show early net shot.
- iii. Drop your wrist and racket face.
- iv. Turn racket face towards cross.
- v. Leave the shuttle first.
- vi. Strike the shuttle from below.

vii. Squeeze grip while hitting.

## 15. Backhand LCW Deception:

Grip used: forehand v grip.

Perform a kill action.

Bend the wrist, pull back and get low.

Relaxed soft touch with spin.

## 16. Backhand Deceptive Net Kill:

i. Grip used: backhand.

ii. Perform a net kill.

iii. Deep lunge.

iv. Pull your wrist down and racket face upward.

v. Strike the shuttle from downward part of racket face.

vi. Do soft touch along with spin.

## 17. Backhand double action straight lift:

i. Grip used: backhand and bevel.

ii. Perform a normal cross lift.

iii. Leave the shuttle first.

iv. Pull your racket face back.

v. Hold loose bevel grip, at the time of hitting squeeze it with backhand grip.

## 18. Backhand Deceptive Dead Net:

i. Grip used: bevel.

ii. Perform a lift action.

iii. Leave the shuttle first.

iv. Spin the shuttle.

#### 19. Backhand Grip change Cross Net:

i. Grip used: backhand.

ii. Perform early straight net.

iii. Leave the shuttle first.

iv. Fully rotate your wrist.

v. Turn your racket face toward cross.

#### 20. Backhand Peter Gade Deception:

i. Show early net or lift.

ii. Leave the shuttle first and drop your racket down.

iii. Bring your elbow up and forearm down.

iv. Using your wrist and finger power follow towards cross.

v. Hold loose backhand grip and hitting time change to forehand grip.

#### 21. Backhand Deceptive Slice Net Kill :

i. Grip used: backhand

ii. Perform a normal net.

iii. At the time of contact slice the shuttle.

#### 22. Backhand Late Net Shot:

i. Perform a normal net.

ii. Leave the shuttle first.

iii. Drop your racket down.

iv. Turn your wrist.

- v. Grip changes from backhand thumb to forehand v grip.
- vi. Do soft touch.

### 23. Backhand Top Spin:

- i. Grip used: backhand and bevel.
- ii. Squeeze grip at the time of contact from backhand to bevel.
- iii. Contact at the edge of racket face.
- iv. Flick your wrist up, use your fingers and thumb to generate power.
- v. Slice the shuttle to make it travel in opposite direction.
- vi. Do a short swing.

### 24. Backhand Racket face change Keep:

- v. Grip used: forehand v grip.

Perform a kill action.

Change the racket face.

Strike it from below and do a soft touch.

### 25. Backhand Late Deceptive Cross Net:

- i. Grip used: bevel grip and hitting time panhandle.
- ii. Catch early.
- iii. Perform a normal net.
- iv. Leave the shuttle first.
- v. Strike it from below.

- vi. Then turn towards cross.
- vii. While hitting arm should be straight and use wrist.