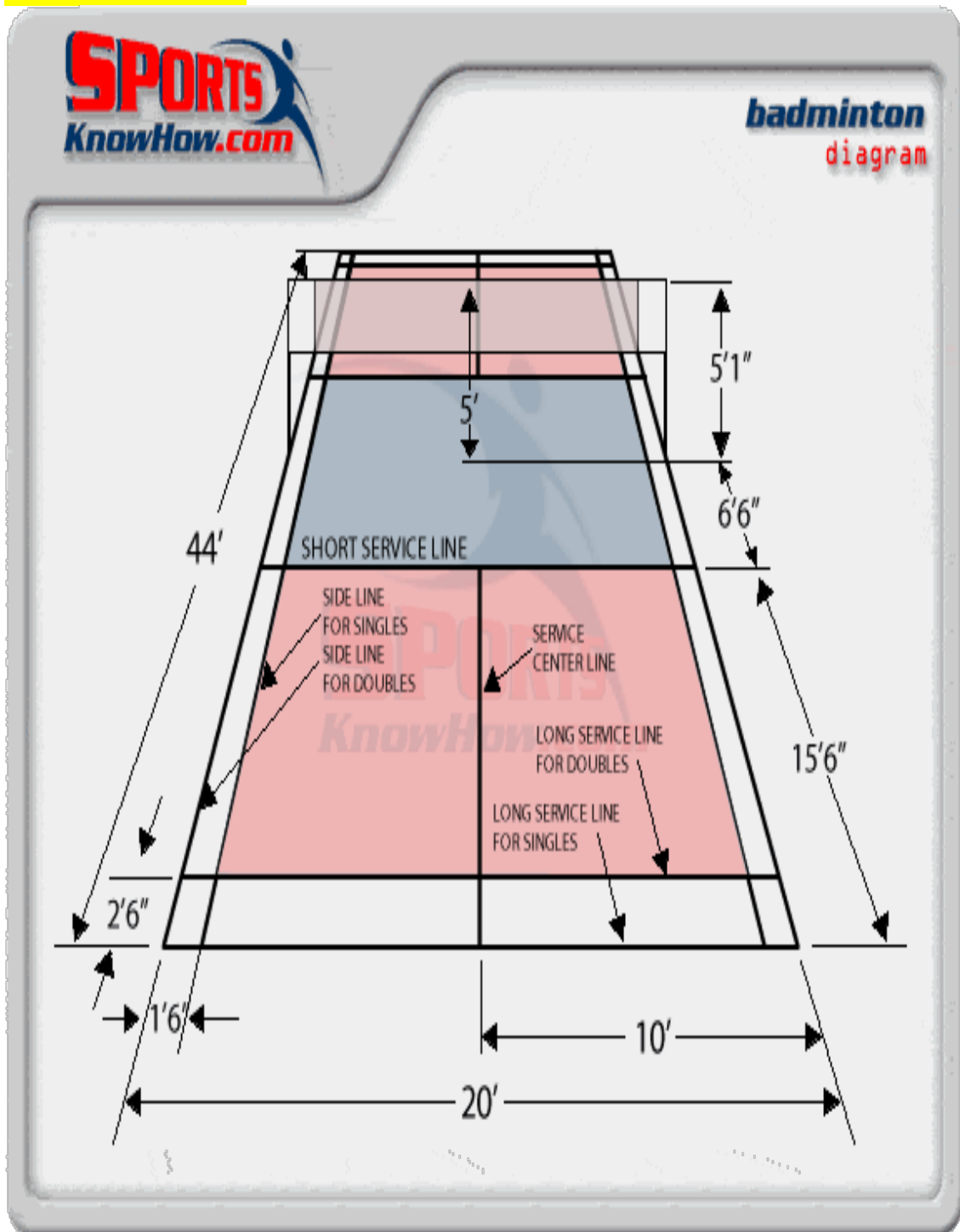


# BADMINTON.-

## 1.-COURT.-



## 2.-EQUIPMENT.-



A Racket



A **Shuttlecock** shall have 16 feathers fixed in a cork base covered in kid leather. Interestingly, the best Badminton Shuttlecocks are made from feathers from the **left wing of a goose**.

### **3.-POINTS, GAMES AND MATCHES.-**

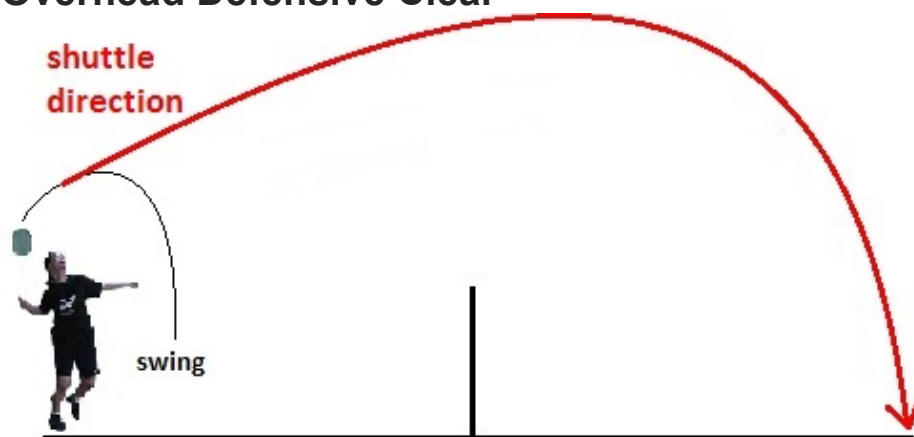
Every time you win a rally, you get a point. Starting from zero, the first person to reach 21 points wins the game. A match is the best of three games: you win the match by winning two games. So a match could last either two or three games.

## 4.-Types of Badminton Shots: Learn to Use the Badminton Clear/Lob, Drop Shot, Net Shot and Smash to Win.-

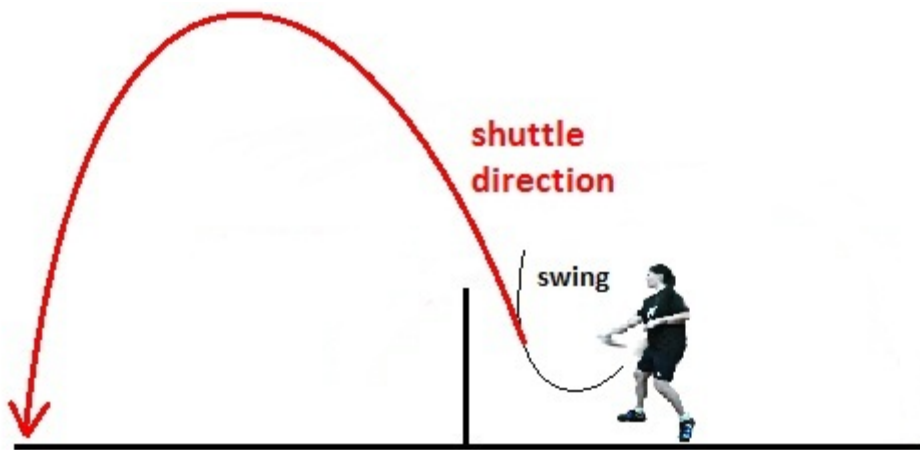
### 1. Defensive Badminton Clear/Lob

This is the most basic badminton shot. The defensive badminton clear is performed to *get you out of trouble*.. A clear or lob is a good way to get yourself more organized while you're under pressure and buys you some time to work yourself back into the rally.

#### Overhead Defensive Clear



#### Underarm Defensive Lob.

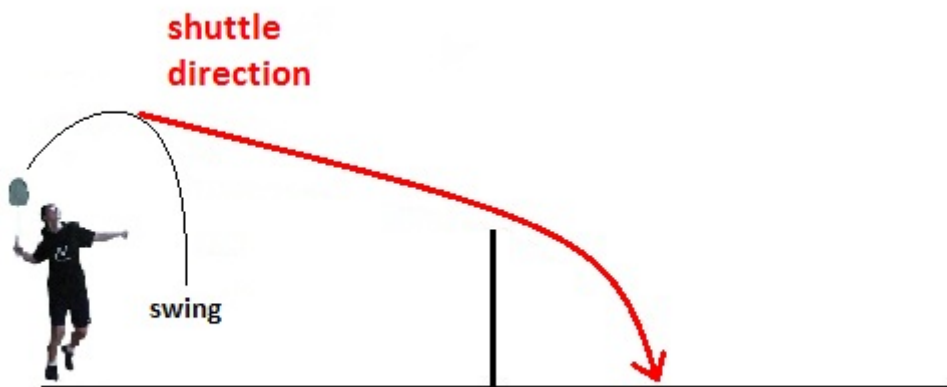


The pictures above show you the flight trajectory of the defensive badminton clear and lob. This shot can be performed using the **badminton overhead stroke** and the **underarm stroke**.

In the picture above, you'll realise that the shuttle travels high up and deep into your opponent's baseline.

The defensive clear keeps the shuttle in the air for quite a while. This gives you some extra time before your opponent is able to hit it.

## 2. Badminton Drop Shot

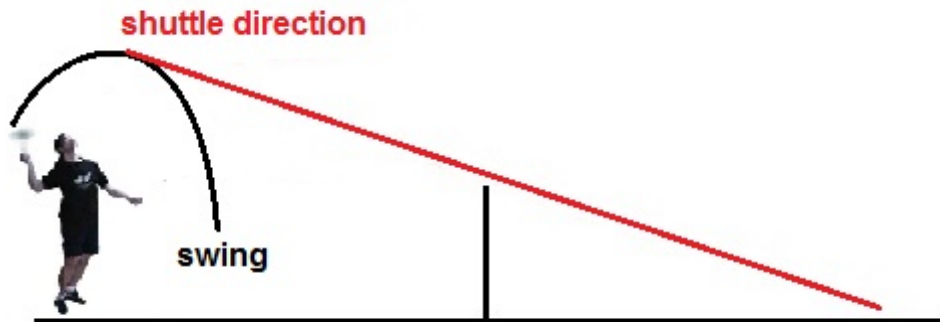


The badminton drop shot is semi-offensive. It's performed from

the back of the court and is usually used to maintain the pace of the game.

### 3. Badminton Smash

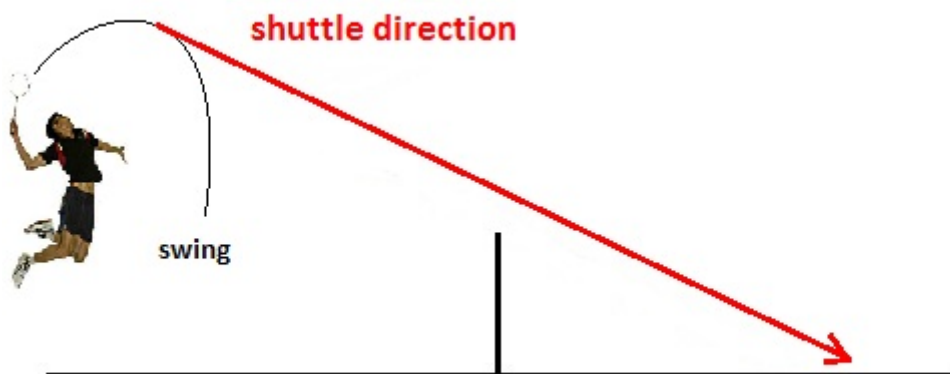
The smash is often known as the 'winning shot' in badminton. It's used with the intention to end a rally.



The smash is one of the most powerful badminton shots (However, when you decide to smash, you're taking a risk. Smashing causes you to lose a certain degree of balance.

### 4. Badminton Jump Smash

This is a more powerful version of the badminton smash. It is also one of the hardest badminton shots to perform.



To hit this shot, you will simply need to jump and hit the smash in mid air.

## 5. Badminton Net Shot .

Badminton shots along the net (known as "net shots") are used to create opportunities and dominate the front of the court.



## 6. Badminton Net Kill

The net kill is a useful skill to end a rally when if your opponent executes a poor quality net shot (net shot that is too high). When your opponent plays a net shot that is too high, strike with a net kill!



## 7. Defensive Badminton Net Lift



The net lift sends the shuttle high up to your opponent's baseline. It is similar to the underarm defensive clear but the net lift is usually performed very closely to the net.

## 8. Badminton Drive

Drives are fast and furious badminton shots exchanged horizontally across the net

