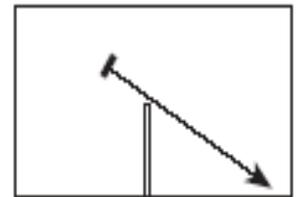
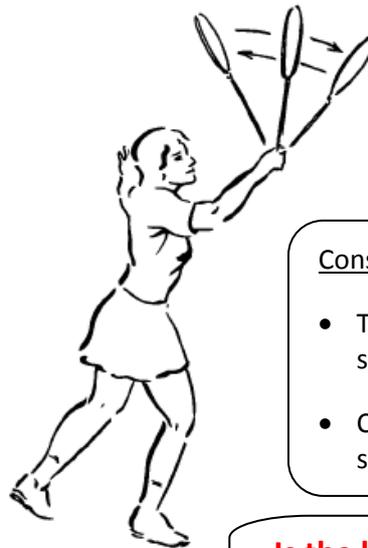


# Badminton – Attacking Shots

## Keywords

Clear	Accuracy
Balance	Flick
Tap	Push
Control	Trajectory
Speed	Stance
Angles	Flight

Can you think of anymore?

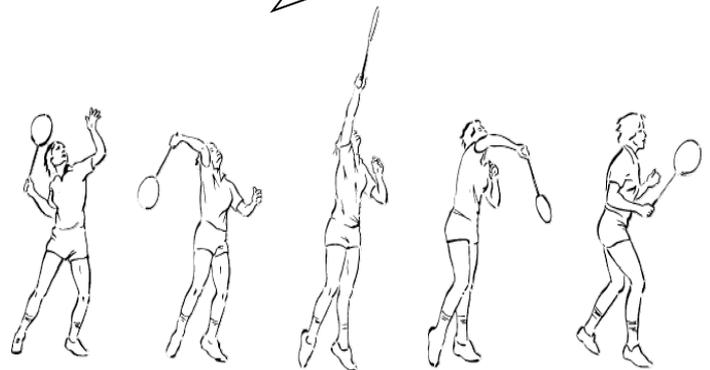


Consider the following:

- The Contact Point on the shuttle.
- Consider the flight of the shuttlecock

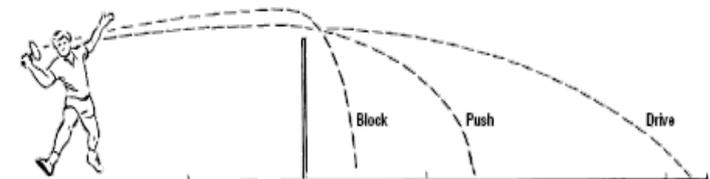
Is the kill shot an attacking or defensive shot?

Making and Applying Decisions	Can you select the correct shot?
	What is effective grip?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	What is your opponents weakness?
	Can you feint your shot selection?
	What area of court do you aim at?
	Can you control the rally?
Accurate Replication	Can you copy the each shot?
	Which foot do you lead with?
	Can you strike shuttle?
	Do you flick your wrist?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game



Important Points:

- Early preparation of your feet.
- Disguise on the shot.



# Badminton – Net Shots

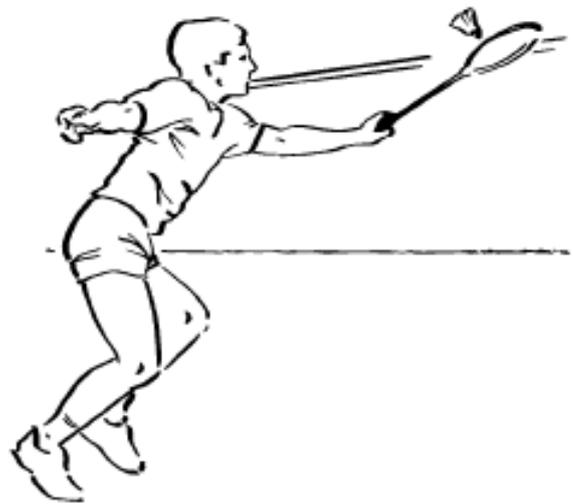
## Keywords

Clear	Accuracy
Balance	Flick
Tap	Push
Control	Disguise
Speed	Preparation
Angles	Shuttlecock Flight

Can you think of anymore?

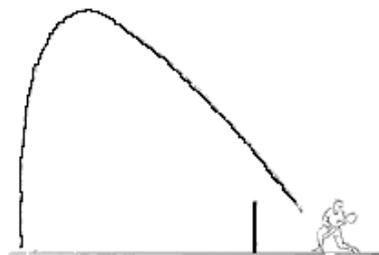


Net Shot



Defensive Lob

Making and Applying Decisions	Can you select the correct shot?
	What is effective grip?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	What is your opponents weakness?
	Can you feint your shot selection?
	What area of court do you aim at?
	Can you control the rally?
Accurate Replication	Can you copy the each shot?
	Which foot do you lead with?
	Can you strike shuttle?
	Do you flick your wrist?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game



### Important Points:

- Early preparation of your feet.
- Disguise on the shot.

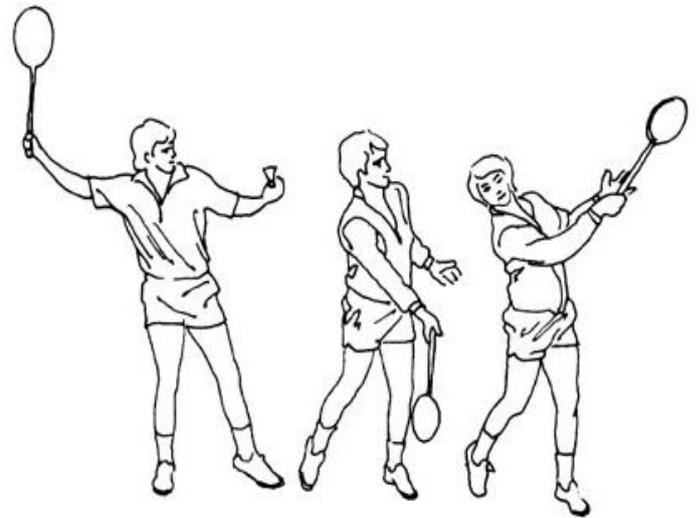
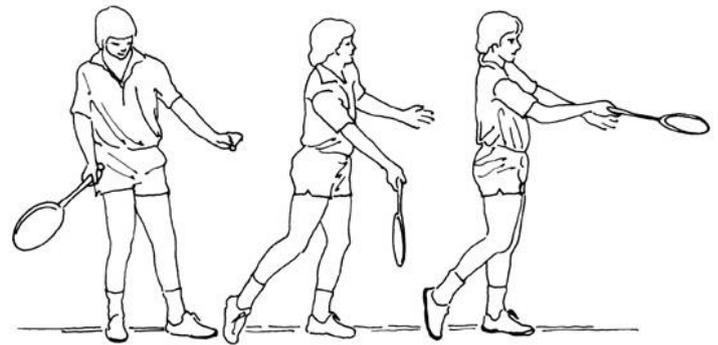


# Badminton – Serves

## Keywords

Clear	Accuracy
Balance	Flick
Tap	Push
Control	Disguise
Speed	Clear
Agility	Shuttlecock Flight

Can you think of anymore?

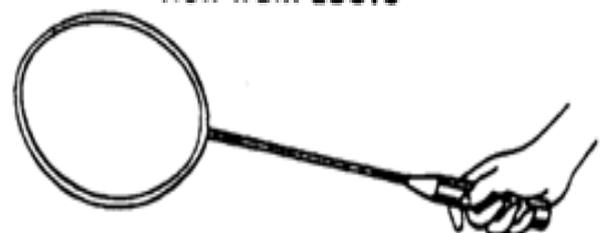


Making and Applying Decisions	Can you select the correct shot?
	What is effective grip?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	What is your opponents weakness?
	Can you feint your shot selection?
	What area of court do you aim at?
	Can you control the rally?
Accurate Replication	Can you copy the each shot?
	Which foot do you lead with?
	Can you strike shuttle?
	Do you flick your wrist?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game

- Racket head must make contact with the shuttle below the waist.
- Make sure you serve diagonal



view from above



view from side

A basic grip of the racket is vital:

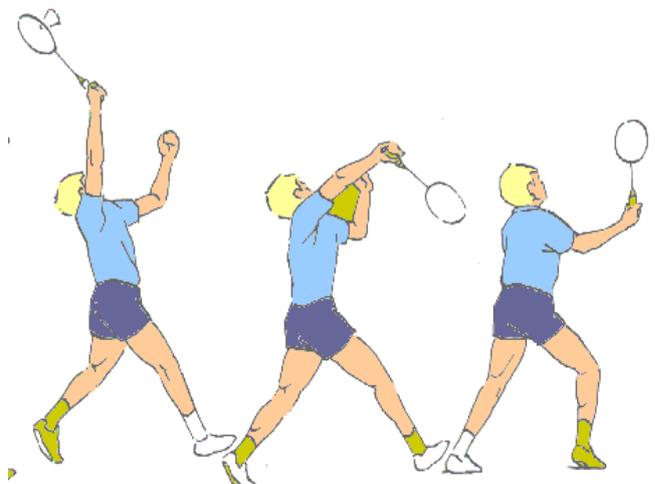
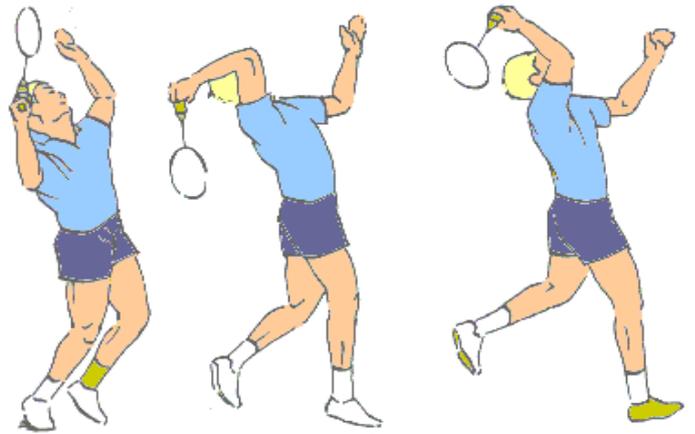
- A 'V' should be made with your thumb and index finger.

# Badminton – Overhead Shots

## Keywords

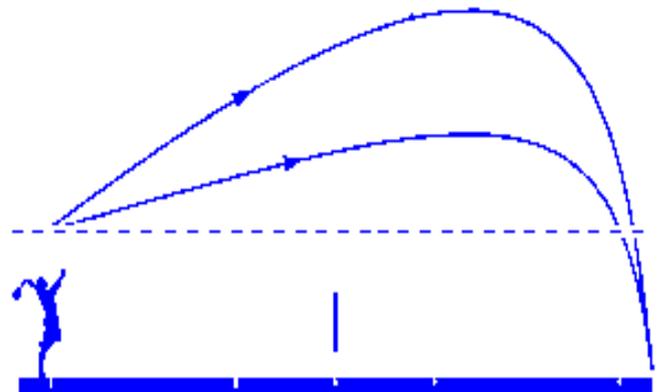
Clear	Accuracy
Balance	Flick
Tap	Push
Control	Disguise
Speed	Clear
Agility	Shuttlecock Flight

Can you think of anymore?



Making and Applying Decisions	Can you select the correct shot?
	What is effective grip?
	What tactics do you play?
	Can you adapt to each opponent?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	What is your opponents weakness?
	Can you feint your shot selection?
	What area of court do you aim at?
	Can you control the rally?
Accurate Replication	Can you copy the each shot?
	Which foot do you lead with?
	Can you strike shuttle?
	Do you flick your wrist?
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game

Look at the flight of the shuttlecocks below



What do you notice about the flight (Trajectory) of the shots?

Think: Flight/Attacking/Defensive/Time