

# Badminton Skills For PE and Beyond

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## GRIP

**Regular Shake Hands** Thumb down and in contact with middle finger. Used in a full pronated overhead stroke with switch step.

**Power Slight Pan** Tight bottom fingers, thumb down and contacting the middle finger. Used for quick non follow through shots.

**Backhand** Thumb up in back, used for defensive drives and backhands hit parallel or in front of the shoulders.

## SKILLS ACTIVITIES

**Shuttle Balance. Shuttle Run/Relays. Shuttle Toss-ups and Catches. 2 or 3 person Shuttle Catch/Toss.**

## OVERHEAD STROKE

**Full Pronation** Regular grip loosely held with the butt cap pointing up towards the shuttle, racket head on edge to start, racket head moves upwards towards the shuttle. The hand squeezes at the point of contact as the butt cap is pointed downward to 4 o'clock for a right handed hitter. The grip then relaxes and the racket head travels forward and downward while the butt cap ends up pointing to almost 12 o'clock and the fingers are completely loose and the thumb is holding the racket.

**Switch Step** Start in a power T and hop off of the racket foot to the non-racket foot and land in the same spot with only a 90 degree turn of the hips.

**Short Stroke** Regular grip held super tight with ring and middle fingers while the thumb is down touching 3<sup>rd</sup> finger. The pinky finger is not a focus point. The racket head is slightly behind the racket shoulder and neck. Using core muscles to start, the hand tightens further and the racket head moves forward and is parallel to the shoulders at apex and contact of the shuttle. On follow through the wrist remains slightly cocked and the racket head and shaft should not proceed past parallel to the floor. Any follow through occurs across the body at chest height.

## FOOTWORK

**Quickness** Never let your heels stay in contact with the floor as long as the shuttle is in play.

**Balance** When you arrive at any spot on the court prior to striking the shot, your feet need to form a "T" no matter how far apart they may be. You could be in either a lunge at the net or beginning a power shot from the back court, either way, an imaginary "T" needs to occur with the intersecting of a heel to the arch of the other foot.

**Split step/Drop step** Prior to your opponent striking the shuttle, your feet are apart at least shoulders width, you are landing as they make contact and you step away from the desired direction you wish to travel.

**Don't run** Shuffling or using a cross behind step to move towards the destination covers greater distance and you arrive on balance.

**To the net** Drop-Step to start and shuffle or cross behind to arrive racket foot in front. Underhand long stroke finishes over the shoulder opposite side of contact. Drag back foot forward to complete stroke and help change center of balance. Walk backwards to center base position. If you hit a net drop, hop back one little hop keeping your racket foot in front so you can jump forward to put away a re-drop by your opponent.

## SERVES

**Underhand High Deep Serve** Power "T" with the butt cap pointing at the shuttle held loosely in the non-racket hand at eye level over the non-racket knee. Lift the back heel up and turn your hips bringing the knees in contact with each other, your shoulders are now parallel to the net. The stroke is the same as the full pronation only performed underhand. ( a golf swing). Finish over your non-racket shoulder near your ear.

**Backhand Serves** Backhand grip, feet comfortable with the racket head below the waist and the shaft at a slight downward angle. Hold the shuttle by the skirt/feathers at waist height and using a soft forward movement from the elbow, push the shuttle and control it using the thumb.

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