# Lesson 2 (the clear)

Key Points:

- The clear (or lob) forms the basis of all other overhead shots in the game (smash and drop shot).

- The aim is to hit the shot as high and deep as possible (the higher and deeper the better), it is generally a defensive stroke to give you time to get back into good court position.

Preparation:

- Hold the racket as if shaking hands with someone with your thumb and first finger making a "V" shape (if you hold your arm out straight with the shaft horizontal the head should point up and down)

- From the ready position (square on to the net) move your right foot (for right handed person) back, so you are sideways on and your weight is on your back foot see Pic. 1. Use your other hand to point at the shuttle (for balance).

- Draw back your arm so your elbow is the same height as your shoulder and the racket is behind your head.

1   2   3
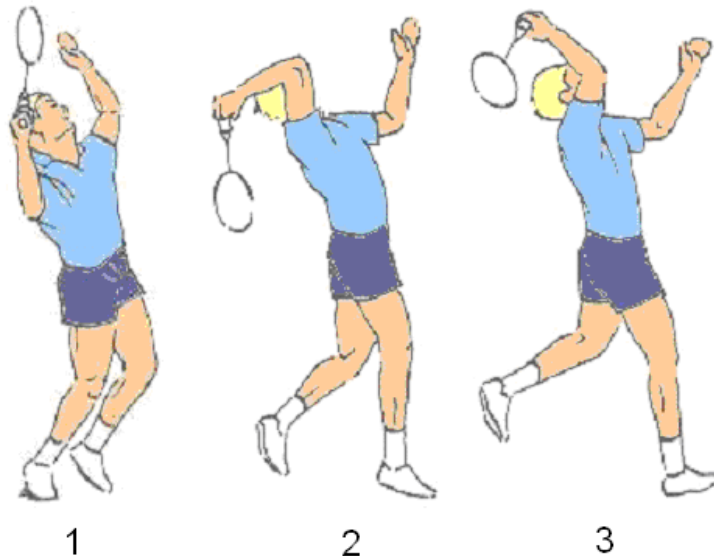
Execution:

- Pics 1-3 show how you should move your racket arm up and your balancing arm down in a "sea-saw" action. Your body weight should start to move forward.

- Try and get right underneath (and just slightly behind) the shuttle at the point of contact (note this point is not shown well in picture 4) and step through as you hit.

- Try to hit the shuttle at the highest point you comfortably can Pic. 4 (as this helps with power) and hit up into it, you are trying to send the shuttle high and deep.

- Aim for the corners as this will move your opponent further out of position.

- Use a full follow through and get your racket up ready for the next shot (Pics. 5 and 6).
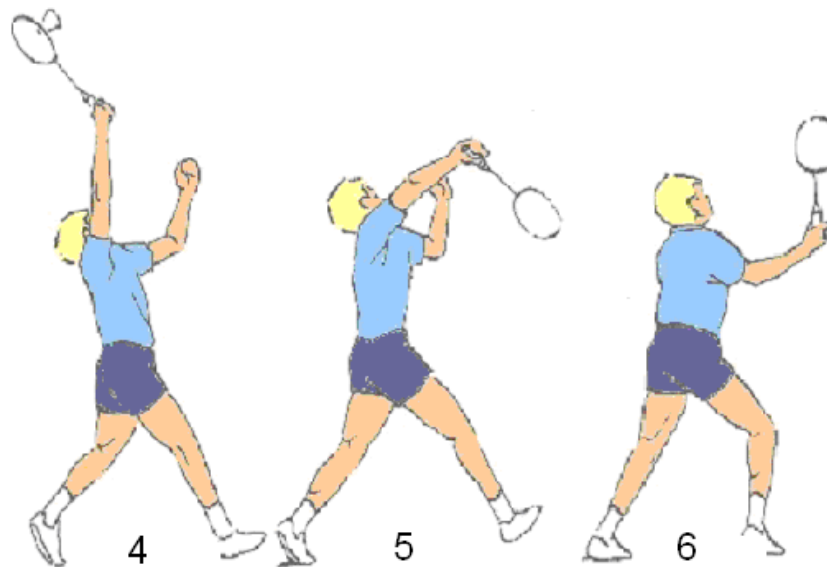
- The power comes from 3 areas, 1, weight transfer (from back foot to front), 2, arm movement and 3, sharp flick of the wrist. All these things should be done at the point of contact for a successful shot.

Clearing is the most important overhead shot as smashes and drop shots are derived from it. It is an excellent way of warming up for a game so try and hit nothing but clears to each other for 2-3 mins at the start of the warm up.