

## Lesson 3 (Movement)

Recap from previous lessons, forehand and backhand grips:

- **Forehand** grip, hold your hand out (straight in front) as if shaking hands with someone, put the racket into your hand (with the shaft pointing away from you and the frame of the head pointing up and down), grip your fingers around the handle with your thumb diagonally across it. This should mean your first finger and thumb make a “V” shape.
- **Backhand** grip, have the racket head horizontal (as if you are holding a frying pan), grip the handle as in the forehand grip except have your thumb on top, pressing the handle into your hand.

The main difference between forehand and backhand grips is in the forehand your palm is behind the racket but it's your thumb behind it in the backhand.

### **The “Ready position”**

Players use the ready position because it prepares them for movement around the court. The idea is, you stand in such a way as to be prepared for the movement you are about to perform. This makes the player instantly quicker around the court and is not reliant on the player's physical speed or reach. Everyone can benefit from this and all it requires is to get into the habit of standing in this way when your opponent is about to hit the shuttle.

- **The “Ready position”** (in general play), stand facing the net, with your feet slightly more than shoulder width apart, knees bent, slightly on your toes and your racket out in front (I use a forehand grip mostly).

**The “Push Start”**. At the moment your opponent is about to strike the shuttle, drop your weight slightly. This has the effect of priming your muscles (like coiling a spring) so you are ready to jump into life, and your heels should now just touch the floor (but your weight should still on your toes).

### **The Chasé step** (said “shas-ey”)

The chasé step (sorry I've not picture) is used sports where it is very important to stay in balance (notably fencing and badminton of course). It's not the fastest way of moving from A to B (that of course is running) but by using the chasé step you stay in balance and it is a very efficient way of moving. Using the chasé step will help you move to play a shot and then return to the middle of the court ready for the next shot. It also is a very efficient way of moving and so you should (when used to using this) find you get less tired (and can play longer).

- **To perform the chasé step**, stand with your feet slightly more than shoulder width apart. Move your right foot (if going to the right) in the direction you want to go. So you have stepped **wider**, now move your left foot back to shoulder width distance and repeat until you have covered the distance required. When moving your feet should never get closer than shoulder width (or you lose balance) and the front foot should point to where you are going and the back foot should be at a right angle to the front (this is a lot clearer to see so apologies again for not having a picture) so they make a “T” shape (although never get closer than shoulder width apart).

And finally, try to make a good lunge to stretch the last bit of the way, this conserves your movement and makes you more efficient.