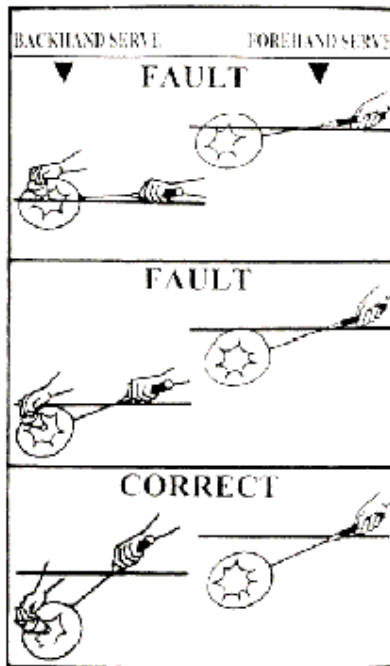


Badminton Lesson 1 (short serve)

Rules:

- Both feet of the server and receiver must be motionless and in contact with the floor
- The whole of the racket head must be discernibly (clearly) below the servers wrist, with the racket shaft pointing downwards, when striking the shuttle
- Contact with the shuttle must be made below the waist (here “below the waist” is taken as the area beneath you solar-plexus i.e. top of your six-pack downwards)
- Shuttle must be hit with a smooth continuous movement forwards



Short serve

- Why do we use the short serve in doubles? If you serve high in doubles you invite an aggressive response (i.e. a smash), so by serving short and keeping the shuttle low it forces your opponents to lift to your side giving you the advantage (and first smash/drop).
- The idea behind the short serve is to hit the shuttle at a very flat trajectory so it travels low over the net and just reaches the service box. Do not expect to win the point out right on the serve your are just trying to make your opponent hit the shuttle when its dipped below the net height and therefore make them lift it. If the shuttle is below the net height they cannot attack it and it is a good positive start for your side in the point.

- The movement in the short serve comes from the **elbow** (not the wrist). The wrist is used in the flick serve which will be taught later.

Things to think about...

Your opponent is stepping in and attacking your serve, what do you do?

- **Serve out wide** (it's more difficult to attack a serve coming across you).
Hint- let your partner know where you are going to serve as he/she will have to cover the return
- **Serve hard and flat** (you are hoping to rush your opponent into a mistake).
Hint- aim for left shoulder of receiver (right if left handed) this makes the shot more difficult for them.
- **Change your service pattern** (the time it takes for you to serve)
- **Serve short of the service line** (if your opponent is rushing in they are not judging the length, all you want to do is get the shuttle beneath the net height when they make contact)
- **Slice your serve** (it's harder to judge the pace when sliced and therefore easier to disguise the flick serve)
- **And finally... the flick serve** (useful as a surprise tactic)