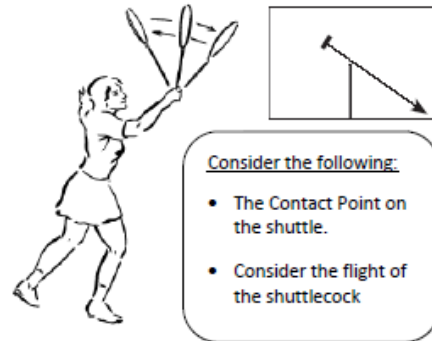
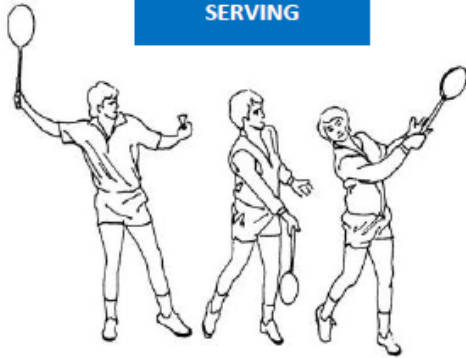


BADMINTON KNOWLEDGE BANK

SERVING



ATTACKING SHOTS

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



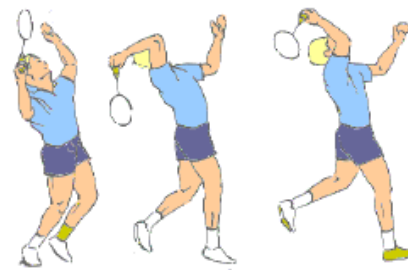
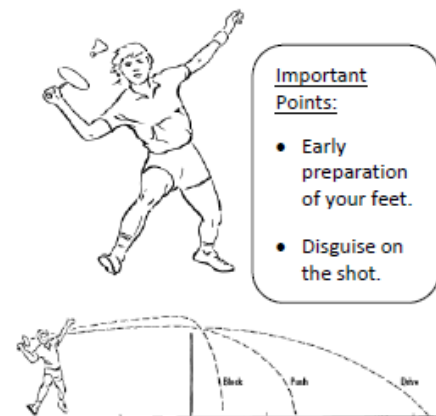
view from above



view from side

A basic grip of the racket is vital:

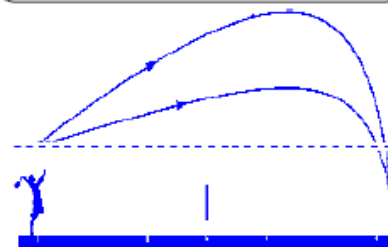
- A 'V' should be made with your thumb and index finger.



OVERHEAD CLEAR



Look at the flight of the shuttlecocks below



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

Think: Flight/Attacking/Defensive/Time

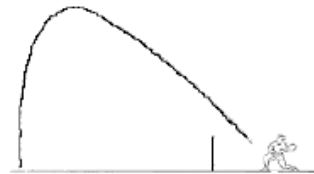
Keywords

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

Can you think of anymore?



NETPLAY



Important Points:

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

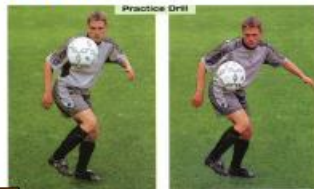
Football – Knowledge Bank

INSTEP CONTROL



Try to 'catch' the ball on your instep and drop it at your feet. Draw your controlling foot away slightly at the point of impact.

OUTSIDE FOOT



CONTROL

1. If you are facing the goal and the ball comes to you from the side, you need the outside of your foot to control it.
2. Watch the ball all the way onto your foot and use your arms to help with your balance.
3. You can allow the ball to drop a little bit lower than if you were using the instep.
4. You still need to deaden the impact as it strikes your foot on the outside area around your toes.

Keywords

Attack	Accuracy
Balance	Movement
Receive	Possession
Control	Volley
Speed	Shoot
Instep	Laces

Can you think of anymore?

DRIBBLING



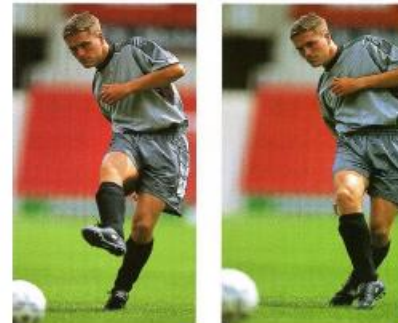
1. Make sure you have good control of the ball by using the inside and outside of both feet.
2. Note the distance between the ball and the feet, and the eyes focused on the ball.
3. Balance is vital. It gives you the platform from which to change direction in an instance.

Can you set up the drill below?



How could you make this drill it ...

(a) Harder? (b) Easier?



1. Place your non-kicking foot firmly alongside the ball.
2. Lean your body over the ball as you make contact.
3. Strike the ball solidly with the hard part of your instep.
4. A long, smooth follow through will help your power and accuracy.

How could you challenge yourself further? What would make passing...

(a) Harder? (b) Easier?

PASSING



Coaching Points



1. Point the striking foot towards the target and draw back the other foot.
2. Use a wide area with the inside of the foot as this gives you greater accuracy.
3. With a good firm contact try to steer the ball into the corner of the net.

SHOOTING



Should you shoot High or Low?

Should you shoot with Power or Accuracy?