

Intermediate and Advanced Badminton

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When played beyond beginner level, badminton is a demanding sport in both physical and cognitive domains. Playing at higher levels demands a wide selection of shots and the knowledge to use them at the proper time.

In general:

1. a shot that is struck from below net height will result in an offensive opportunity for your opponent and should be played defensively
2. a shot made from the back of the court is more difficult to play offensively
3. a shot opportunity above the net should allow an offensive play
4. deception is part of the game. "Backscratch" position disguises a variety of shots
5. find an opponent's weakness (usually backhand) and exploit it

Singles

Doubles

Serving: The serve is a weapon to be implemented strategically. Serve from a position as far forward as possible. Become as tall as you can (up on tiptoes)	
High, Deep serve moves opponent back. The intent is to move your opponent back as far as possible.	Short, low serves that barely clear the net. The intent is to make your opponent strike the bird upward.
Court position: Your location on the court is usually defined by the position of your opponent as they strike the bird	
The center of the court is a great place to return to in most cases. It allows quick movement to all areas of the court.	If an opposing team has an offensive shot, move to "side-by-side" formation. If an opposing team only has a defensive shot (below net height), a "forward and back" formation allows more opportunity for offensive shots.

Shot variety: Forehand and backhand of each should be practiced.

Clear: The most common shot in singles. High and deep to opponent's backcourt.

Drive: A hard-driven shot that starts parallel to the floor. Played to opponent's mid/back court.

Smash: A hard-driven shot downward to the floor.

Drop: A shot that barely clears the net before dropping quickly to the floor.

Push: Uses an opponent's shot velocity to return the shuttle the front/mid court.

Hairpin: If an opponent hits a good drop shot, lunge and lift the shuttle barely over net height to drop on the other side.

There are several advanced shots at higher levels: Around-the-head, slice, double-motion (angle changes) and more.

New Rally Scoring System

- A match consists of the best of 3 games of 21 points.
- Every time there is a serve – there is a point scored.
- The side winning a rally adds a point to its score.
- At 20 all, the side which gains a 2 point lead first, wins that game.
- At 29 all, the side scoring the 30th point, wins that game.
- The side winning a game serves first in the next game.

Interval and Change of Ends

- When the leading score reaches 11 points, players have a 60 second interval.
- A 2 minute interval between each game is allowed.
- In the third game, players change ends when the leading score reaches 11 points.

Singles

- At the beginning of the game (0-0) and when the server's score is even, the server serves from the right service court. When the server's score is odd, the server serves from the left service court.
- If the server wins a rally, the server scores a point and then serves again from the alternate service court.
- If the receiver wins a rally, the receiver scores a point and becomes the new server. They serve from the appropriate service court – left if their score is odd, and right if it is even.

Doubles

- A side has only one 'service'.
- At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left court.
- If the serving side wins a rally, the serving side scores a point and the same server serves again from the alternate service court.
- If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
- The players do not change their respective service courts until they win a point when their side is serving.

Note that this means:

- The order of server depends on the score odd or even same as in singles.
- The service courts are changed by the servicing side only when a point is scored. In all other cases, the players continue to stay in their respective service court from where they played previous rally. This shall guarantee alternate server.