

Badminton



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The history of Badminton

The sport of badminton has its origins in ancient civilizations in Europe and Asia. Aztecs and Inca were interested in this sport and during renaissance when this sport became the entertainment of the Europe's nobility they played it in their palaces, lawn parties and even on the deck of their yachts.

French revolution in 1789 made badminton a popular sport and it became people's Sunday entertainment. Finally English officers residing in India got introduced to this sport and brought it to England from Poona, a city in India (in India earlier name of badminton was Poona). In 1873, the Duke of Beaufort held a lawn party in his country place, Badminton. A game of Poona was played on that day and became popular among the British society's elite. The new party sport became known as "the Badminton game". In 1934 the International Badminton Federation (IBF) was formed and now more than 70 countries are the members of IBF.

The most prestigious regularly held badminton event for World Men's Team Championships is called Thomas cup that was formed in 1948 and was held every three years, however since 1982 it has been held every two years. Uber Cup is the World Team Championships for Women formed in 1956 and contested at three year intervals till 1984 when it started to be held every two years.

Sir George Thomas was the first IBT president. The following countries are known worldwide as the countries with the most outstanding badminton performances- China, Indonesia, South Korea, Malaysia and recently Denmark.

History of badminton in Iran

In Iran and in the south especially in Masjid Suleiman and Abadan, English residents played badminton and from them Iranians were introduced to this sport. This is why the first Iranian champions and the national badminton team members were from these areas in the early years.

Zanjan, Tehran, Isfahan, Golestan and Qom are some of the Iranian cities with outstanding badminton performances.

The first Iranian championship was held in Shahid Beheshti Univeristy's sport hall with 24 teams.

Badminton

Badminton is a sport that can be played both outdoors and indoors in courts. In this sport there is a certain kind of excitement that is less felt in other sports. Being skillful in badminton depends on the player's speed and techniques. Small mistake can change the result of the game for the team.

Badminton is played with a racket, shuttlecock and a badminton court that is divided to halves by a net. For the game to be more enjoyable it is better to play it in the court. When badminton is played by two

players only, each one covering the entire side of their court, it is called Singles and when the game is played with 4 members, 2 on each side, it is called Doubles.

The shuttlecock must only pass within the space between the players and the player must be very quick in thinking and performing and should be fully prepared. While playing, the player can hit the shuttle in various ways. One of the rare characteristics of this sport is that anyone regardless of his age or gender can take a racket, start playing and enjoy the game.

Equipment:

1. Shuttlecock (also called a shuttle or a birdie):

Shuttles are made of both plastic and feather but the official games are played with feather shuttles. Plastic shuttles are used mainly for training and practicing.

2. Rackets:

Rackets are composed of many different materials such as steel, wood, a combination of wood and steel and Carbon fiber composite (graphite reinforced plastic).

The different parts of a racket are: handle or grip, shaft and string bed (made of sheep intestines or plastic). Racket head covers the circumference of the string bed and head, throat plus the handle is called frame.

The weight of the racket shouldn't be more than 120 grams.

It has 22 cm of vertical string and 24 cm of horizontal string.

3. Net:

Its length is as much as the court's width (6.10 meter) and is made of thread in dark color and in shape of a net. The upper edge of the net is distinguished by a white covering.

The net is 1.55 meters (5 ft. 1 inch) high at the edges and 1.524 meters (5 ft.) high in the center.

4. The court:

The court is 5.18 x 13.40 cm in singles and 6.10 X 13.40 in doubles. In official games prepared badminton courts are used like carpets so that the condition of the court would be the same for everyone. The color of the court is unusually green with light lines (white).the width of lines on the court is 4 cm.

5. Badminton hall:

The ceiling of the hall should be at least 10 meters with proper floor covering, lighting and air circulation.

Holding the racket

One of the first and basic techniques for a beginner is to learn to hold the racket properly. The player should feel comfortable, meaning he shouldn't hold it too tightly or too loosely so that it would be unbalanced in his hand. The player should hold the racket in a way that the thumb and the index finger on the handle make a "v" shape. For a better movement of the wrist the racket is held with the fingers and the palm. The palm and the fingers are placed diagonally in a way that the little finger applies a strong pressure on the racket. Keep in mind that this way of holding the racket is for forehand shots.

To hold the racket easily in the above position you can do the followings:

- a. First hold the racket with your thumb and index finger horizontally (the edges of the racket head is perpendicular to the ground) or (the handle's edge is in front of your face) with your other hand we hold the racket in a way that the thumb would be on one side of the handle and the other four fingers on the other side.
- b. Hold the racket in front of your body in a way that the handle is placed in front of the waist line and the head a little tilted in front of the abdomen. We move the other hand from above the head passed the string bed towards the handle till we reach the handle and then as if you want to shake hands you hold the grip.

In 'a' and 'b' if the hand and the racket are turned the nails will be facing the ceiling and there is a space between the three fingers supporting the racket and the index finger and it is as if the thumb pulls the trigger. The thumb is placed straight and downward making almost a 45 degree with the horizontal line.

Holding the racket for backhands

We hold the racket in the same way as the forehand shots. You only need to move your thumb a little upwards till it is located straightly on the handle (on the side of the handle) and the last joint of the index finger would be located on the thin side of the handle. In backhands the thumb plays an important role. Generally backhands are played with the back of the hands and to do the backhand shots the thumb should be behind the racket.

Common mistakes in holding a racket

1. The thumb on the racket is tilted a little inwards.
2. The racket's bottom is located on the palm's raised surface.
3. The player is holding the racket like a hammer.

4. If you continue the bottom side of the “v” shape between your fingers it isn’t located on the edge of the racket.

Hitting the shuttle:

Principally, in any sports including badminton the way you hit is one of the most important things that the player must be aware of so that he can attack the opponent’s court with more force and gain a better result.

Hitting is done in two ways:

1. One is to shift the body backwards towards the hand holding the racket before you want to hit the shuttle. In this position, the legs are turned around within 90 degrees and almost are placed with their paroral status and the toes in direction of the court’s vertical lines in a way that the other side of the body (body’s side) will be located in front of the net and the opponent’s court. The head is placed towards the opponent’s court and the shuttle and can be hit easily. In this way the strength of the hit is stronger than the other positions and is on its pick.
2. The other way is to turn the upper body especially the forearms around as much as a half circle towards the hand that is holding the racket, and the legs rarely follow the upper body. By doing that the head of the racket is placed in front of the shuttle and the opponent’s court and the player can hit the shuttle easily.

The key to success in hitting is to make sure that your racket fully touches the shuttle. When the racket hits the shuttle the racket should not be turned around in different directions since this will reduce the force of the hit.

Keep in mind that advanced, skillful players may turn the racket as they want to deceive the opponent or to make spins and they face fewer problems than the beginners.

Where does the shot’s power come from?

Hitting the shuttle forcefully and with a high speed needs proper timing and the coordination of different factors. Basically there are three source of energy to fully hit the shuttle:

1. The energy produced by moving the body from back to front (from one leg to the opposite leg) at the same time with the movement of the racket.
2. The energy produced from moving the hand and the forearm backward before hitting.
3. The energy produced by benefiting from proper and on time movement of the wrist to hit.

To have a perfect hit first the movement of the legs must be correct. To reach this, the weight of the body should be on the leg holding the racket before the hit and in the moment of hitting should subconsciously and involuntarily, in the right time and in coordination with the racket move to the opposite leg. By transferring the weight of the body in the way that was explained, a proper and influential source of energy is produced and by combining the two other sources the maximum contact between the racket and the shuttle is produced which makes the shuttle move towards the opponent's court with more precision.

The second source of energy that creates perfect and correct shots in the game is the energy produced by the right and perfect movement of the hand and the forearm.

By moving the hand that is holding the racket backwards and by its sudden movement forward another source of energy is produced that has a very strong influence on the shot. To do a perfect hit it is not enough to just use the two mentioned sources of energy and the player needs a third source of energy, meaning the right and proper moment of the wrist movement.

Many players are ignorant of the importance of the wrist. Correct use of wrist not only produces more force in hitting but also helps the shuttle to move correctly and with precision over the net and to the desired aim.

Also the movement of the wrist has an important role in controlling the speed and making the shuttle reach the desired location perpendicular which is done with the most level of deception. With minimum amount of wrist movement the shuttle flies over the net and suddenly changes direction which makes prediction of the final destination difficult.

Ready position in badminton

The player in a ready position, must stand to answer the opponent's shot in a way that he would be able to move in any direction anytime that he'd want to.

The ready position is determined by the opponent's actions and shots and the player must be a ready position according to the opponent's actions to show the proper reactions. But generally two kinds of ready positions are:

- a. Defending status in which the feet are paroral and the player is in the middle of the court.
- b. Attacking in which the foot holding the racket is in the front location. Players usually adapt their alert status with their techniques and how comfortable they are in a particular alert status. Champions adjust their movement with the shuttle in a way that they would gain the fastest speed; speed of the body depends on the movement of the legs, thought process and the eyes. The shuttle goes a short way with a high speed and the player has a short time to make a decision and answer even in doubles that the teammate covers half of the court. The player

must be totally alert and prepared for each shot. It is better for the player to be facing the net and the opponent's court as much as possible so that he can show the proper reaction.

Suggestion for the ready position

- The feet must be spread apart the proper amount and should be in a comfortable and free status.
- The knees should be bent the proper amount and shouldn't be straight and stiff.
- The forehands and the racket must be exactly in front of the body so that it would be possible to prevent the passing of the shuttle from in front of the body.
- The body's weight must be distributed on each leg equally in a way that there is balance (in attack status the body's weight is more on the front leg)
- The body's weight is focused on the toes and the body is formed as if it is going to hit the shuttle from the front of it.
- The racket must be held in a perfectly prepared manner with the head being upwards so that it can be moved in any moment to any position.
- The player should keep his position till the direction of the shuttle is determined.
- The eyes and the sight should be focused on the shuttle not the opponent so that the player can move immediate after the opponent's shot.
- The player should have the ready position in the middle of the court; the middle of the court is located 1 to 1.5 meter behind the short serve line and on the central line of the court.

The rules of badminton

Any sport should have some rules and regulations so that the sport is done properly. The badminton rule book which is published by the badminton federation has 17 rules that are necessary to be aware of for any badminton player.

Toss

To begin the game the referee does the toss using a coin. The one winning can choose either the shuttle or the court.

Scores

The team winning 2 games out of 3 is the winner.

The winner in each game is the one who reaches 21 sooner. The team scoring each rally gains another extra point. If both teams become equal in the score of 20, the team gaining two consecutive scores will be the winner. If both teams become equal in the score of 29 the team that gains the 30th score first is the winner. The winner of the game serves first in the next game.

The players must change their courts in the following situations:

1. At the end of the first game
2. Before the third game
3. Both having won one game and becoming equal in the score of 11 in the third game

In badminton there are two ways to score:

1. The shuttle dropping on any part of the court
2. Doing anything against the rules by the players.

Different types of serve:

Serving is a very important shot that the play starts with and plays an important role psychologically on the players. Usually a serve is done with a forehand and sometimes a backhand.

The place that the racket hits the shuttle should:

1. Be lower than the waist and the wrist of the person serving and it is a foul if done otherwise. Also
2. Both feet should be on the ground while hitting the shuttle.
3. The feet shouldn't cross the serve line.
4. The feet shouldn't be dragged along.

General way of doing a forehand serve

The player should stand 1 to 1.5 meter from the short serve line next to the central line of the court. The hand holding the racket is almost perpendicular to the vertical line of the court and the toes of the opposite leg are in direction of the net and make a 45 degree with the back foot and are the best balanced position of the player's stretched and tilted body towards the direction of the shuttle. The body's weight is first on the back leg and by moving the racket forward the body's weight is also moved forward. (The transfer of the weight is between the heel of the back foot to the toes of the front foot)

Kinds of serve

Depending of the game and the opponent's strengths and weaknesses we can serve in one of the following ways:

1. low serve
2. high serve
3. drive serve

The best place for doing a high serve is the back of the court and the best place for doing a low serve is the front.

Low serve with forehand

This serve is used mostly in doubles but it can be used in singles based on the opponent's condition as well.

With your fingers without the racket hold the shuttle and hold it in front of the body and in the direction you want to hit it. It is easier to hold the shuttle with the thumb and the index finger. Move your wrist and your racket forward. In this position the racket will hit the side of the shuttle till the shuttle is moved through the air with the least distance from the net.

Suggestions for a better low serve:

1. Make sure that the racket's point of contact with the shuttle is lower than the fingers, the wrist and the waist.
2. Make sure the shuttle is sent over the net with the least distance from it and try to hit it to the front short service line or somewhere around it so that the opponent would have difficulty and doubt answering it.
3. In doing this service you don't need much force to hit the shuttle, in fact you just have to guide the shuttle with your racket and feel its weight on your racket.
4. The shuttle is put in front of your body as much as possible and with racket moving the body's weight moves forward too so that the racket will hit the shuttle in the closest place and after that the racket's movement continues in the direction of the shuttle's movement.
5. The racket hits 95% the side of the shuttle and almost 5% under it.

Low backhand serve

You can do a short serve with the back of your racket too (backhand). In this serve the position of the legs are different from the forehand serve meaning the opposite leg is back and the other leg can be pretty close to the service line. The upper side of the shuttle is held in front of the body and outside of it with the free hand. Hold the racket in a backhand position in a way that the wrist and the racket's handle is higher than the racket's head, almost in front of the player and the head is located below the waist line, in front of the body and at the back of the shuttle. In this position the palm holding the racket is towards the ground and the thumb is located firmly on the racket and together with the movement of the hand, the wrist plays an important role

Clear

Definition: is a kind of shot by which the shuttle moves through the air from above and back of the court with a good height.

For the shuttle to be hit correctly and for it to sit on the back of the opponent's court the player must hold the racket correctly and pay a lot of attention to the time the shuttle hits the racket.

(The best position for the shuttle to hit the racket is above the head)

The player must make a maximum use of his leg movements and choose a right place to hit the shuttle correctly and comfortably. After standing in the correct position the player must move the racket backwards between the head and the shoulder. Doing this will make the body or at least the upper body to turn and the side of the body will be facing the net and the opponent's court.

Clear is the most fundamental shot in badminton. Beginners learn how to hit the shuttle in this way, although sometimes the shuttle may drop in the middle of the court.

Remember the "v" shape holding of the racket. Holding the racket in this way gives the player freedom of racket movement for forehands and backhands.

For players who hit the shuttle with precision it is easier and better to do so by holding the racket in this shape.

Suggestion for better clear shots

1. To make correct shots make sure the position of your legs and the main way of hitting is correct
2. At first the weight of the body is on the back foot and gradually with the release of the energy by the movement of the wrist and the forearm it is transferred to the front foot.
3. In the moment of impact between the racket and the shuttle the hand holding the shuttle must be stretched and in this position must be continued till the end of the movement and after that the player must quickly return to the ready position so that he can have a proper, on time reaction to the opponent's action.
4. If the player's hand is not stretched at the moment of impact between the racket and the shuttle, he will lose some of the force. The hand being stretched gives freedom of movement and the player would be able to easily do his shot.
5. The place of contact between the racket and the shuttle shouldn't be exactly above the head but a little forward.
6. To hit the shuttle above your head it is better for the racket to move against the direction of where the shuttle sits.

(In right handed individual the rest of the movement is towards left and for left handed individuals it is towards right)

7. The player must not allow the shuttle to come too close to him or get too low for him to hit it.
8. Hit as fast as possible so that the opponent wouldn't have enough time to response.
9. Shuttle must be hit straightly with the upper part of the racket.
10. You need to transfer the force of the wrist movement of the shuttle and turn your wrist depending on your purpose.
11. The head of the racket is thrown toward the shuttle.
12. If the racket hits the shuttle correctly the sound is clear and almost high.
13. Clear is basically a defensive hit that is done to get a chance to get back to the center of the court. Therefore it should have a considerable height to reach the back of the court so that the opponent will have no choice but to move from the center of the court it its back.
14. Clear is for singles only and is rarely used in any other type of play.

Types of clear

We can use clear in two ways: for defense or for attack

Each is divided to two groups: 1. Defensive forehand and defensive backhand clear 2. Attacking forehand clear and attacking backhand clear

Defensive forehand clear

Is a shot that moves the shuttle to the back of the court with a considerable height and a low speed.

In this position the head is titled backwards towards the ceiling and the wrist and the racket hit upwards and forwards. The angle between the shuttle and the racket is almost 90 degree.

The player uses this shot when he is not in a balanced or proper status and is under pressure and by doing this wants to lower the pressure and find a chance to go back to the center of the court.

Attacking forehand clear

It is a shot that move the shuttle toward the back of the court with a considerable height and speed so that the opponent would not have a chance to catch it in the middle. The height of shuttle is less than that of the defensive clear but the speed is higher. In this position the head of the racket is perpendicular and a little forwards and is aiming the back of the opponent's court. The angle of the racket hitting the shuttle is less that the angle of the defensive clear. The player uses this kind of shot when he is in a good and balanced situation and intends to take the opponent to the back of his court and by doing so put him under pressure.

Drop

Drop is a shot by which the shuttle moves from above and back or the middle of the court to behind the net and in front of the opponent's court. The way of going back to the back of the court and hitting the shuttle is exactly like the clear shot and the point of impact between the racket and the shuttle is from the highest and closest spot. The wrist with the racket moves downward in a way that the shuttle is sent to the back of the net and falls on the ground very close to it.

The net shot can also be considered a kind of a drop which will be explained later. Drop is one of the most delicate shots in badminton and the player needs full attention to perform it and to send the shuttle to the other side of the net as closely to it as possible otherwise there is always a chance that the shuttle may hit the net and fall in the player's own court.

If the hitting is too weak there is a chance that the shuttle would go out from the sides. A good drop is one that passes over the net with the closest approximation to it.

A drop can be a deceptive shot and maybe the most deceptive shot in badminton that confuses the opponent and makes prediction very difficult for him. In this position only the wrist and its sharp movement determines the direction of the shuttle.

If the player does the pressure shots with the upper side of his racket and while the shuttle is still too high up, the shuttle will pass the net with a close approximation to the net and will be sent right next to the line and this will put the opponent under more pressure and takes creativity away from him and gives him the least chance of showing a reaction.

Kinds of drop: slow drop shot and fast drop shot. Point of impact

Suggestion for doing a drop shot:

1. The first rule of a correct drop is moving towards the shuttle and hitting it from the highest and closest point.
2. Hitting the shuttle from the highest point provided a chance to make a decision regarding how and to what spot of the court we want the shuttle to be sent, straight, diagonal, slow or fast.
3. When the racket hits the shuttle the shuttle must start to fly downwards and if it goes upwards it only mean that the shuttle was hit from its lower part.
4. A drop is like the way we do a clear but the force applied on the shuttle is much less and the shuttle sits close to the net.
5. Use the sharp movement of the shuttle properly and angle the racket downwards till the shuttle is sent towards the front part of the opponent's court.
6. Concentration and alertness of the player results in a successful drop shot.
7. The hand movement after having hit the shuttle is downwards and opposite of the shot direction.

Kinds of drop

Slow drop and fast drop

Slow drop:

It is the shot that makes the shuttle pass over the net with the least amount of force and speed and then fall close to the net of the opponent's court. The closest the shuttle is to the net the harder it will be for the opponent to respond. With this shot the opponent moves forward, and the center of the court is taken away from him. This drop is used mostly in singles and hardly in doubles.

Fast drop

It is a shot that sends the shuttle over the net from back of the court with more speed than in the slow drop and naturally the shuttle falls a bit further than the net and close to the short line of serve or even further.

Here the force applied on the shuttle is more than the force used in the slow drop but less than its name and its purpose is to take the balance and the creativity away from the opponent.

Underhand shots

Whenever the player cannot hit the shuttle from above he has no choice but to hit it from below.

Underhand is a shot in which the player has to hit the shuttle from below which is used depending on the player's condition when he is in front of the net and has to respond to a drop shot, when he wants to pass the shuttle over the net with a short shot or from the middle or back court in response to different kinds of smashes. Basically underhand shots are defensive shots and the player by doing an underhand shot is usually trying to fix his unbalanced situation or to get back quickly to the central base.

Types of underhand

There are two types of underhand: underhand clear and drop underhand

Underhand clear:

Is a shot used to respond to a short shot or to a drop shot and by using it the shuttle like a single long serve is sent towards the opponent's back court with the shuttle flying high and its speed being low.

We can do the underhand with forehand or backhand and what matters is the movement of the legs towards the net which has a significant role in the success of this shot (the leg on the same side with the hand that is holding the racket comes forward first)

Underhand clear forehand:

After having done the correct movements of the legs the front leg becomes more bent with the back leg being more stretched. The hand holding the racket moves backward toward the racket. The forearm turns backward, the palm faces the ceiling. As the shuttle approaches, the shoulder moves forwards, then the arm will turn inwards and the forearm follows this movement and strongly turns inward. The racket should hit the shuttle as high as possible and as close to the net as possible.

The arm continues the forward and the upward movement to send the shuttle to the back of the opponent's court. The hand movement prevents the shuttle from deviating and finally the racket moves in opposite of its initial movement.

Underhand clear backhand:

In this shot after having done the correct movements of the legs and coming close to the net, the front leg becomes more bent with the back leg being more stretched.

Most of the body's weight is on the front leg. The shoulder and the hand holding the racket should be in front of the body and should be facing the net, the forearm is turned inwards, and the head of the racket is pulled backwards towards the body in a way that the palm would face the ground. By opening the elbow forwards and upwards and turn of the forearm outwards the racket will be moved straight and upwards and the racket will hit the shuttle on the highest and the closest point. The movement of the hand holding the racket continues after the shot, in direction of the shoulder of the same hand.

Underhand drop:

Underhand drop is a shot by which the shuttle moves over the net from below to the opponent's front court and the player does this shot when he is close to the net or is away from it, for example he can do so from the central base or the back court. Underhand drop is a defensive shot and the player uses it because of the situation and its pressures.

The short defensive shot is a type of underhand drop that is used in response to the opponent's smashes which was explained earlier. To do underhand drop the movement of the legs are the same as was explained earlier and the hand and the racket while stretching towards the shuttle will turn backwards and downwards in a way that the palm would be facing the ceiling and the racket with a 34 degree hits the shuttle and sends it over to the opponent's front court and close to the net.

To do the underhand drop backhand, the movement of the legs is the same as explained before. The hand and the racket, as they stretch towards the shuttle, turn back and down in a way that the palm would be facing the ground and the racket hits the shuttle with a 45 degree angle.

Net shots

1. **Net:** a shot that passes over the net with a low height and speed and one way of responding to it is by using a drop shot.

2. **Underhand drop:**

The wrist and the racket send the shuttle over the net to the opponent's court and near its net. This shot is very delicate and the player must have a special skill to do it. It is used usually in answer to drop shots and shots near the net.

The movement of the legs is the same as was previously explained and it is like the underhand clear with a difference that the opposite leg is stretched and the other leg is closer to the net. The hand is almost fully stretched and the shuttle is hit as high as possible and the shuttle goes over the net to the other side in a rolling manner. For a forehand shot the hand is turned outwards and the wrist is fixed towards the thumb, and the palm and the fingers are facing the ceiling. For a backhand shot, the hand is turned inwards and the wrist is fixed towards the thumb in a way that the palm and the fingers are facing the ground.

Generally the position of the players depends on the position of the shuttle in the court and the player must constantly adjust himself to the changes in the movement of the shuttle.

For example the shuttle is at the back and the left side of the opponent's court, the player must be in the base but a little towards the shuttle and if the shuttle is at the back and the right side of the opponent it is better if the player stands a little towards the left side of his court and be in the direct route of the opponent's shot.

If the shuttle is in front of the opponent's court the player must be standing bending a little forward and towards the shuttle (right or left) so that he can show the right reactions.

Positions in badminton doubles:

Positioning in doubles follows specific rules, meaning each player other than having to do his own individual movements correctly should also be in coordination with his teammate for better results.

In other words because doubles is actually a team game the two players should be coordinated with each other and the right actions of only one player will not be sufficient. Positioning in doubles is different in different conditions, some of them are:

1. If the double team has to do the serve:

The player that should do the serve should be standing next to the central line of the court and close to the short line of serve and its teammate should be standing with a proper distance (1.5 meters almost) from him and in the court's central line area.

2. If the team has to return a serve:

The player in charge of receiving the serve should be standing in the area where the shuttle is going to drop and close the short line of serve and more inclined towards the central line of the court and ready to give an attacking response to the opponent, in which case the weight of the body is transferred to the front leg. The partner should not be in the player's way or be in the way of his sight.

It is suggested for the partner to stand in almost back of the court (right or left) so that none of the above would happen. He can also inform the player receiving the shuttle, about the shuttle being out or in.

3. The third condition:

Depending on how the game is going and also the place and the height of the shuttle, we can do one of the following:

a. Back and forth method

It means that during the whole game the player move only back and forth in the court. It is known as the attacking position.

b. Side by side method

In this method the players divide the court vertically to two parts and each player moves back and forth in one of these two divisions. It is known as the defensive position.

c. Doubles Rotation method

The players move in rotation around each other and cover both front and back of the court.



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