Basics of Badminton

The rules of badminton:

(1) Single play: https://www.youtube.com/watch?v=rrjCTSOU5Z8
(2) Doubles play: https://www.youtube.com/watch?v=RWrD5FZAYrE

Badminton Racquet:

If you feel that you are going to be dedicated to playing badminton and want to improve, you are going to have to buy yourself a racquet. The heavy racquets from the campus recreation center may hurt your wrist. For a beginner, a racquet priced from $50 to $150 is recommended.

How to choose a racquet that fits you:
http://www.how-to-play-badminton.com/badminton-racket.html

How to swing your arm (which is actually IMPORTANT):

Many people can’t hit the birdie as powerful as they want. Please be aware that it is not because of the lack of muscle but rather the inefficient way of swinging your arm. Proper swinging will allow you to hit birdie easier and with more power. See the video below:

https://www.youtube.com/watch?v=oSG5E3E1JDs

Basic foot movement (Probably the most IMPORTANT):

(1) First step: Very important because you can move faster with proper footwork.  https://www.youtube.com/watch?v=jW_GOjzBVXI
(2) Six corners for single play: https://www.youtube.com/watch?v=EjYKGMTcb3E
(3) Doubles: https://www.youtube.com/playlist?list=PLD91BB1D781C6677D

Serving (Of course important)

Serving plays an important role in the game. A good serve can give you a great advantage from the beginning. However, a bad serve will most likely lead to a terrible situation. Try to learn backhand short serve for doubles play and forehand long serve for singles play.
Clear shot (which means long-high shot)

Practice this shot as much as you can because it is a basic technique which can be transformed into other moves such as drop and smash.

If you can successfully perform all the basic skills provided above pretty well, then you are going to be tough opponent. But, if you want to proceed to a higher and more competitive level then you can always find more to learn and improve. For example dropping and smashing.

Drop (Slash the birdie so it goes down pretty fast and close to net)

Smash

Before you practice smash, PLEASE LEARN THE CLEAR SHOT. Smashing really depends on how well you can do clear shot.

To get better, you need to constantly exercise and practice the skills described above. The really good players come from the best basic practices. Your effort will never betray you. Good luck and have fun!

By Max Li